



Interactive Nutrition Games and Tools!

- ◆ Ideas for your family to enjoy more fruits, vegetables whole grains and other healthy foods.
- ◆ Tasty recipes, meal ideas, and online games the whole family will enjoy. Helpful online tools you can use anytime.

Try Give Me More Fruits and Veggies Nutrition Tool!
For Non-WIC users too!

1. Go to www.dphss.guam.gov
2. Click on Division of Public Health
3. Click on Bureau of Nutrition Services
4. Click on Women, Infants, Children (WIC)
5. Go to Links and click on the www.wicnutritiontool.com link for WIC Nutrition Tool

- Log in with your name and under WIC Family ID number enter the number **555**

- Enjoy the interactive learning and games!

Note: The quiz, survey and certificate of completion are for WIC users only.