



WIC Proof of Food Delivery For:

Date: _____

Head of Household Address: _____

Participant's Name: _____

End Date: _____

Family ID#: _____

Call your vendor immediately if any food delivery problems. Use this column to note missing foods. After last delivery, sign form. Leave out for vendor pick up, fax, or return by mail.

Food Delivered	Total	Week	Week	Food Not Received
MILK				
Whole (qts.) 1 Year Olds Only				
1% (qts.)				
Skim (qts.)				
CHEESE				
American (lbs.)				
Sharp (lbs.)				
Mild (lbs.)				
Low Fat (lbs.)				
EGGS				
Tofu (lbs.)				
Eggs (doz.)				
PEANUT BUTTER				
Peanut Butter (jars)				
BEANS				
Beans (cans)				
JUICE				
Orange (qts.)				
Apple (cans)				
Grape (cans)				
TUNA				
Tuna (cans)				
BREAD				
Bread (lbs.)				
RICE				
Rice (pkgs.)				
FORMULA				
Formula, Reg (cans)				
Formula, Soy (cans)				
JARS				
Infant Fruit (jars)				
Infant Veg (jars)				
Infant Meat (jars)				

I have received all my foods for this month unless noted here -

Sign Here Vendor must receive signed form to complete next months food delivery.

RECD POD

VERMONT DEPARTMENT OF HEALTH
District Office: _____
Phone Number: _____

New online nutrition resource now available!

There is nutrition and health information available online, just for WIC families!

Go to www.wichealth.org and log on as a Vermont WIC family and have fun learning about nutrition and health.

Follow these easy steps to begin your account set up:

1. Log onto www.wichealth.org
2. Enter through the "First Time Here?" box.
3. Follow the steps to set up your own personal family account.

Your Household ID is your Family ID which is found near the top of your POD (Proof of Delivery) form.

Your Agency/Clinic is your local District Office which is found near the bottom right of your POD form.



Here are just some of the great topics you can view on wichealth.org:

- Healthy pregnancy
- Secrets for feeding picky eaters
- Eat well — spend less
- Starting your baby on solid food
- Make meals and snacks simple
- Steps to a healthier family
- ...and many more!

Join WICHealth.org

Here is a step-by-step guide to register at WICHealth.org — your online resource for nutrition and health information.

Step 1: Create a new account

To join WICHealth.org please follow these instructions:

- a. Go to **www.wichealth.org**.
- b. Click the **Start** button in the First Time Here dialog box.
- c. Select **Vermont** as your **Local WIC Information** from the **State** drop down menu.
- d. Choose your **Agency** from the drop down menu (Agency equals the name of your District Office — found on the lower right hand corner of your Proof of Delivery form).
- e. Next, choose your **Clinic** from the drop down menu (Clinic also equals your District Office).
- f. Enter your **6 digit household ID**.
- g. Enter your **first name**.
- h. Answer optional race and ethnicity questions.
- i. Enter **information about you and your child(ren)** as indicated. (If pregnant with no children choose “mother” as relationship.)

Step 2:

- j. Choose a unique **username**.
- k. Enter your **email address**.
- l. Enter a **password** (6–14 characters) and choose **2 security questions** that will be used to reset your password if needed in the future.
- m. **Save the information** by clicking Create Account and begin the lesson of your choice!

You can share your favorite resources with friends and family on Facebook or Twitter, or just save them in your account for future reference.

Step 3: Visit often

Once you have registered on WICHealth.org, you will not need to repeat Steps 1 & 2. You can log-in and access the site 24/7 from any computer with internet access.

1. To log-in — go to **www.wichealth.org**. Add this link to your favorites for easy access.
2. Enter your **Username** and the **Password** you created and click the log in button in the left-hand dialog box.
3. Visit WICHealth.org anytime to “Start a new lesson” from one of the 5 categories or visit your favorite resources. WICHealth’s virtual nutrition educators will help you take the healthy steps that are right for you and your family.