HOUSTON HEALTH
DEPARTMENT

WICook at Home

New Nutrition Education Class

WICook at Home

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

To learn more, visit:
https://www.houstontx.gov/health/WIC/nutrition-education.html

1. Choose your recipes from www.texaswic.org, or www.nutrition.gov, or an approved WIC Cookbook.
2. Make the recipe and enjoy it with your family.
3. Take a picture and present it at you next WIC appointment.

HOUSTONHEALTH.ORG
Houston Health Department
8000 North Stadium Drive, Houston, TX 77054 832-393-5169

Call us:
832-393-5427

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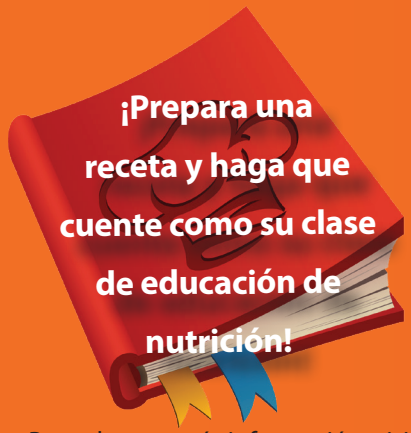
DEPARTMENT

WICocinamos en Casa

Nueva Clase de Nutrición

WICocinamos en Casa

Esta institución ofrece igualdad de oportunidades.



Para obtener más información, visite:
https://www.houstontx.gov/health/WIC/nutrition-education.html

1. ¡Elija una receta de www.texaswic.org, o www.nutrition.gov, o de un libro de cocina aprobado por WIC.
2. Haga la receta y disfrútela con su familia.
3. Tome una fotografía y preséntela en su próxima cita de WIC.

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