

“Making healthy choices, easy choices.”



Lori Lippert, RDN, LRD
Lake Region WIC Program

WIC Nutritionists are partners for health

Public health nutritionists like Lori Lippert help busy families find strategies for healthy meals. Lori loves working with families taking part in the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC). Good nutrition leads to better health, and small changes in food choices, along with free, healthy foods can make a big impact.

Learn more about North Dakota WIC and how to participate at:

<https://www.hhs.nd.gov/women-infants-children-wic-program/how-do-i-apply-wic>

Public Health Nutritionists...*share strategies that work.*