These are recipe sources available electronically. All have recipes and some have cooking videos.

The **WIC Smart Shopper app**, in addition to helping you find your WIC eligible foods has recipes.

**HealtheKitchen** on the opening page of [wichealth.org](http://wichealth.org) (you will need to set up an account) has many easy recipes with clear, detailed instruction.

Your **WIC calendar** has a different recipe each month. The back page of your WIC calendar has six different websites where you will find recipes.

The Kansas WIC website, [kansaswic.org](http://kansaswic.org), has some recipes. At the Nutrition tab, select Nutrition Education resources, then multicultural resources. Try something from Africa, the Arctic and more. At the lesson plan tab, go to: Cook Smart, Eat Smart or the I’m Hungry Now lesson has snack ideas.

**Eat right for Kids.org** – has videos, recipes and food and nutrition info for parents, written by registered dietitians.

Search for: **Beginner dinner recipes with Melissa Harrsion**, for fun cooking videos of quick and easy recipes. Since it’s on buzzfeed it has lots of ads.

Search for **Kidscookmonday** – encourages children to help cook, weekly info/recipes available or just use their website to search for recipes.