

How to Find Recipes on *Health eKitchen*

Use these simple steps to find delicious, nutritious recipes made with WIC-approved ingredients.

Step 1: Have your state's WIC Food List handy as you plan your search.

Step 2: Go to our homepage and scroll down to *Health eKitchen*.

Step 3: Click on **View Recipes**.

Step 4: If you want, you can start by reviewing the **Featured Recipes** in the *Health eKitchen Overview*.

Step 5: Write down any specific ingredients you want to use. You can type them into the *Health eKitchen* **search bar** in the next step.

Ingredients I would like to use:

Step 6: Search for recipes by selecting **Recipes** in the top navigation. Then, type an ingredient into the **search bar**. Matching recipes will appear below the search bar when you are finished typing. You can also search for words you think may be in the recipe title.

Step 7: To narrow down your options, use the **Filter** feature. You can filter by **Cooking Method** or **Meal Type**.

Step 8: Figure out if you have enough time to prepare the recipe you have chosen. You can find the total time needed under the recipe image on the recipe page.

Step 9: To maximize your WIC benefits, choose recipes that have a high number of WIC ingredients.

Step 10: Bookmark your favorite recipes so you can return to them quickly! You can find your bookmarks in the **Recipes** tab under **My Bookmarks**.

Bonus! Don't forget to check out the **Resources** collection while you are on *Health eKitchen*.