

SECTION: Nutrition Education

SUBJECT: Nutrition Education Requirements

ITEM: Lesson Plans and Materials for Nutrition Education

Policy

Local agencies (LA) shall use lesson plans and materials for nutrition education that are written at an appropriate literacy level, contain current, accurate, and scientifically based information and be offered free of charge.

Required Procedures

- I. The nutrition professional shall direct the development and selection of the lesson plans and materials.
- II. The LA shall use lesson plans and nutrition education materials developed by State or local WIC agencies; and/or are selected from other reliable sources.
- III. The LA shall assign each education contact an ISIS code for documentation in the *Document Nutrition Education Contacts* screen. The titles of the contact types shall be descriptive of the content.
- IV. The LA shall offer nutrition education to participants in all categories on healthy eating and active living. In addition, the following topics shall be addressed:
 - A. For pregnant women:
 1. weight gain
 2. benefits of breastfeeding
 3. information on drug and alcohol abuse
 - B. For breastfeeding women: anticipatory guidance for breastfeeding
 - C. For infants:
 1. anticipatory guidance for breastfeeding, when applicable
 2. mixing, storing, and use of infant formula, when applicable
 3. proper use of bottles and sippy cups
 4. introduction of complementary foods
 5. importance of regular preventative health check-ups, including immunization and blood tests
 - D. For children:
 1. transition to toddler diet

2. weaning to a cup
 3. importance of regular preventative health check-ups, including immunization and blood tests
- IV. When the LA develops nutrition education materials with WIC funds for use on an ongoing basis:
- A. written approval from the State Agency (SA) shall be obtained prior to distribution using the form, *Local Agency Developed Nutrition Education Materials Approval Request* ([Appendix 980-500](#));
 - B. the materials become public domain and may not be copyright protected; and
 - C. the materials may be distributed to other California local agencies.

Guidelines

The SA recommends nutrition education materials be written at 5th grade reading level or below. To determine readability for education materials, click to view the following document on our website: [How to Determine Readability of Education Materials](#).

Definition

Anticipatory guidance – The counseling technique in which healthcare professionals provide parents or caregivers information for decision-making.

Authority

7 CFR 246.11 (c) (3)

22 CCR 40725 (a)

WRO 805-D; WRO 805-F

[Value Enhanced Nutrition Assessment \(VENA\)](#): Appendix C

[WIC Nutrition Services Standards](#): Standard 9