

Sample Protocol for Children  
Pica (D421)

Definition	Consuming nonfood items such as: ashes, baking soda, burnt matches, carpet fibers, chalk, cigarettes or cigarette butts, clay, dust, foam rubber, glue, large quantities of ice and/or freezer frost, paint chips, soil, starch (laundry and cornstarch) and/or toothpaste.	
Objective	Stop or prevent child from eating non-food items	
Instructions for Staff	<ol style="list-style-type: none"> <li>1. Review Nutrition Questionnaire/ISIS Summary Screen to determine WIC eligibility.</li> <li>2. Determine potential topic(s) for nutrition education/referral</li> <li>3. Have a conversation with the parent/guardian of the participant to identify what they are interested in discussing or learning about within the parameters of the participant's category, developmental stage, and health /nutrition risks.</li> <li>4. Provide Healthy Lifestyle Messaging and /or information about the risk condition, as appropriate.</li> <li>5. Work with participant to identify constructive "next steps"</li> <li>6. If the Summary Screen shows an "N", ask the participant about seeing a Nutritionist to answer questions about the identified medical condition.</li> <li>7. Document the nutrition education contact in ISIS.</li> <li>8. Make referral(s) and schedule follow-up as needed</li> </ol>	
Possible Assessment Information	<ul style="list-style-type: none"> <li>• Pattern of growth, if available</li> <li>• Eating non-food items listed (see definition)</li> <li>• Poor eating habits</li> <li>• Food insecurity/lack of food in house</li> <li>• Low Hgb/Hct</li> <li>• High blood lead levels</li> <li>• What does health care provider (HCP) say about their diet?</li> <li>• Related medical conditions and/or medications</li> </ul>	
Possible Topics for Discussion (Focus on Healthy Lifestyle Messaging)	<ul style="list-style-type: none"> <li>• Avoid eating nonfood items</li> <li>• Increase high iron foods</li> <li>• Use dietary food guide to instruct on frequent intake of healthy meals/snacks and adequate protein and calories.</li> <li>• Reinforce any recommendations given by HCP</li> </ul>	
Refer to the Nutritionist	<ul style="list-style-type: none"> <li>• If the participant presents a prescription for therapeutic formula</li> </ul>	
Possible Triggers for Referral to a Nutritionist	<ul style="list-style-type: none"> <li>• Very Low Hemoglobin/Hematocrit</li> <li>• High blood lead values</li> <li>• Does the participant want to see the RD?</li> <li>• Does the participant have medical or social issues beyond the scope of the counseling session?</li> </ul>	
Possible Referrals to outside WIC	<ul style="list-style-type: none"> <li>• HCP</li> </ul>	
Suggested Education Materials		
<ul style="list-style-type: none"> <li>• Feeding Your 1 to 3 Year Old</li> <li>• Feeding Your 4 to 5 Year Old</li> <li>• Tips for Picky Eaters</li> </ul>		<ul style="list-style-type: none"> <li>• Healthy Choices for Kids</li> <li>• Snacks</li> <li>• Iron Rich Foods</li> </ul>