

SECTION: NUTRITION EDUCATION

SUBJECT: Nutrition Education Requirements

ITEM: Standards of Nutrition Education

Policy

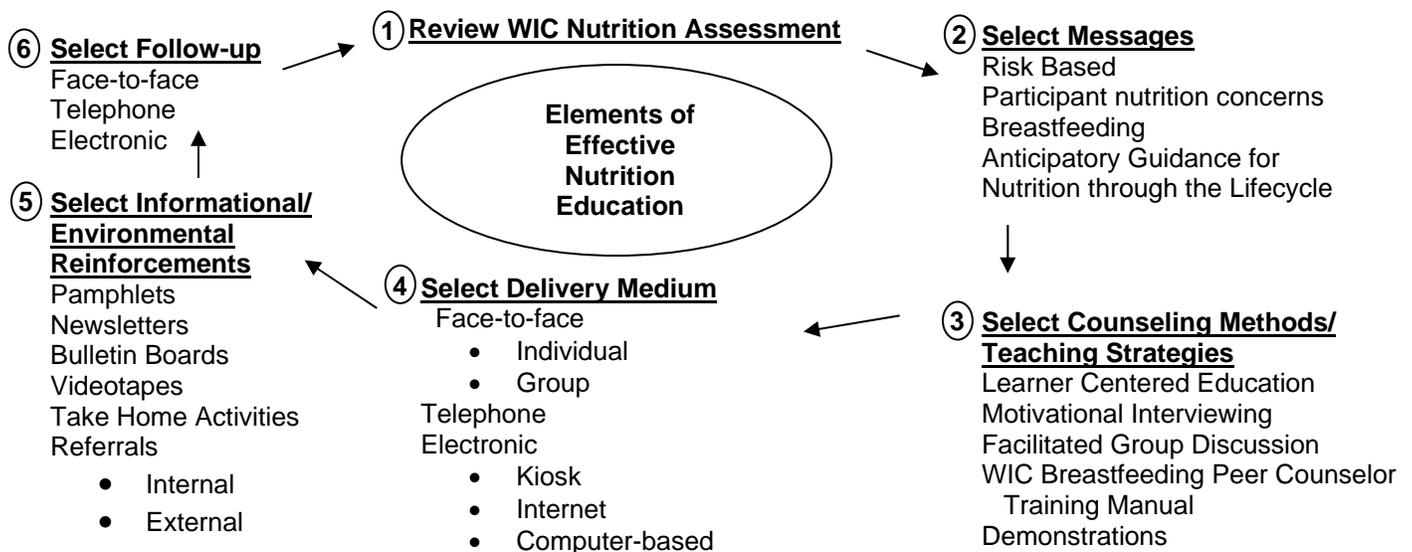
The goals of WIC Nutrition Education shall be to: 1) emphasize the relationship between nutrition, physical activity, and health with special emphasis on the categories served and 2) assist the participant to achieve a positive change in dietary and physical activity habits. The optimal use of WIC supplemental foods will support improved nutritional status and prevent nutrition-related health problems.

In addition, nutrition education shall be designed to meet the personal and cultural preferences of the individual, and shall raise awareness about the dangers of using drugs and other harmful substances during pregnancy and while breastfeeding. Nutrition education shall be made available to all WIC participants and at no cost to them.

Required Procedures

- I. All participants shall be offered the appropriate category based nutrition education contacts per certification period. (WPM 400-08)
- II. An effective nutrition education intervention is made up of the following six elements and shall be included during the participant's certification period. (WPM 400-01 through 400-06)

Nutrition Education Delivery Process



- III. A nutrition education contact shall:
- A. be facilitated by qualified staff, who have received training on adult learning principles, subject matter and lesson plans;
 - B. provide interaction that engages the participant;
 - C. meet the language and cultural preferences of the participant;
 - D. be relevant to the participant's category, assessment data, and/or questions or concerns;
 - E. assess the participant's readiness for knowledge and change;
 - F. address the participant's questions and concerns;
 - G. be comprised of accurate and current information;
 - H. be documented using the correct codes in the Integrated Statewide Information System; and
 - I. be made available to all present adult participants; and/or parent, guardian, caregiver of an infant or child, and when appropriate directly to the child. (WPM 290-10)

Definitions

Nutrition Education – individual or group sessions using various delivery mediums and materials designed to improve health status and achieve positive change in dietary, physical activity habits and health that meet the cultural preferences of the individual.

Qualified Staff – includes the Registered Dietitian (RD), Registration Eligible Nutritionist (REN), Dietetic Technician Registered (DTR), Degreed Nutritionist (DN), Master Degreed Nutritionist (MDN), WIC Nutrition Assistant, (WNA), Registered Nurse (RN), Physician Assistant (PA) and Physician (MD).

Authority

7 CFR 246.11 (a) (1) (2), (b), (d) (1), (e) (1-5)
WRO Policy Memo 805-F Nutrition Education Guidance, January 2006
WRO Policy Memo 805-G Nutrition Services Documentation, July 2008
Child Nutrition Act 1966, Sections 17(b)(7), 17(f)(1)(C)(x) and 17(j)
Public Law 108-265, the Child Nutrition and WIC Reauthorization Act 2004
[Value Enhanced Nutrition Assessment \(VENA\)](#)
[WIC Nutrition Services Standards](#)