
SECTION: NUTRITION EDUCATION

SUBJECT: Nutrition Education Requirements

ITEM: Frequency of Nutrition Education Contacts (NECs)

Policy

Qualified staff shall offer and document nutrition education to participants according to the following required frequency.

Required Procedures

- I. Frequency of offered and documented NECs shall be:
 - A. Scheduled at a minimum of two contacts in each six month certification period;
 - B. Scheduled at a minimum of one contact per quarter for participants certified for a period in excess of six months; contacts that occur in the month prior, or the month after the quarter are allowable; and
 - C. Made available to all adult participants; and/or the parent, guardian, caretaker of an infant or child, and to the child when appropriate. (WPM 290-10)
- II. Program orientation does not meet the requirement of providing nutrition education during the initial certification process (WPM 270-40). Nutrition assessment and education shall be offered either at the initial certification appointment or the next month, and documented separately.
- III. The chart below is designed to help WIC staff plan the number of NECs per certification for all categories.

Months in Certification Period	Number of Required NECs
10-12 months	4
7-9 months	3
4-6 months	2
1-3 months	1

Authority

WRO Policy Memo 8/29/2011: Guidance for Providing Quality WIC Nutrition Services During Extended Certification Periods

7 CFR 246.11 (e) (2) (3)