
SECTION: FARMERS' MARKET NUTRITION PROGRAM

SUBJECT: Farmers' Market Nutrition Program

ITEM: Participant Nutrition Education and Documentation

Policy

Nutrition education shall be provided to all participants who receive Farmers' Market Nutrition Program (FMNP) checks and shall emphasize the use and nutritional value of fruits and vegetables seasonally available at the certified farmers' markets. FMNP nutrition education shall be culturally appropriate and meet the other requirements as specified in WPM 400-00. Nutrition education for FMNP check recipients shall be documented using the Integrated Statewide Information System (ISIS).

Required Procedures

- I. The individual group or nutrition education requirements for FMNP and WIC may be met **at the same individual or group contact session**. LA may offer group Nutrition Education on fruit and vegetables to meet the requirement for both FMNP nutrition education and the secondary Nutrition Education Contact for WIC participants.
- II. Qualified staff shall offer nutrition education to all FMNP check recipients. Nutrition education topics can include, but are not limited to the following:
 - Health benefits of fruits and vegetables;
 - How to increase intake of fruits and vegetables;
 - Cooking with fruits and vegetables;
 - Dietary Guidelines for Americans;
 - Types of fruits and vegetables grown in California;
 - Selection, storage, preparation and preservation of California-grown fruits and vegetables; and
 - Physical activity associated with visiting farmers' markets and gardening
- III. Qualified staff shall document the nutrition education topics discussed and the type of contact provided in the *Document Nutrition Education Contacts* screen in the participant's ISIS record (WPM 400-07) **or** in the *Individual Nutrition Education Plan (INEP)*.
 - A. Participants not being certified or having an individual nutrition follow-up appointment shall have the contact documented as a **secondary** NEC.

When the fruit and vegetable education is provided in a class or individually using a script or lesson plan, LA staff shall record as a **Group NEC**.

- B. For participants whose nutrition education plan includes **individual** secondary nutrition education, if the fruit and vegetable education is completed during the individual visit, LA staff shall provide nutrition counseling and FMNP nutrition education topics at the same appointment. LA staff may document it as part of the INEP or as a Group NEC if a FMNP nutrition education script is used.

- IV. If the LA chooses not to conduct FMNP nutrition education, they shall enter into a written cooperative agreement with another program for the provision of FMNP nutrition education.

Definitions

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). (WPM 130-00)

Group NEC (Nutrition Education Contact) – Nutrition education utilizing a class outline or script directed to one or more persons. Electronic contacts shall be documented as a group contact in ISIS. Telephone contacts may be documented as either group or individual contacts in ISIS.

Authority

7 CFR 246.11 (a) (1) (2), (b), (d) (1), (e) (1-5)

7 CFR 248.9 (a) (b)

WRO 805-F Nutrition Education Guidance, January 2006

WRO 805-G Nutrition Services Documentation, July 2008

WIC Nutrition Services Standards: Standard 10B