

## Subject: Nutrition Education Requirements

## Item: Lesson Plans and Materials for Nutrition Education

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### **PURPOSE:**

To ensure local agencies (LAs) have proper guidelines with regard to nutrition education materials.

### **POLICY:**

- I. LAs must 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.

### **PROCEDURE(S):**

- I. The nutrition professional must direct the development and selection of the lesson plans and materials.
- II. The LA must use lesson plans and nutrition education materials developed by CDPH/WIC or LAs and/or are selected from other reliable sources.
- III. The LA must assign each education contact a WIC MIS 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 must offer nutrition education to participants in all categories on healthy eating and active living. In addition, the following topics must be addressed:
  - A. For pregnant women:
    1. Weight gain.
    2. Benefits of Breastfeeding.
    3. Information on drug and alcohol abuse.
  - B. For breastfeeding women:
    1. 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.

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- 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.
- V. When the LA develops nutrition education materials with WIC funds for use on an ongoing basis:
  - A. Written approval from the CDPH/WIC must be obtained prior to distribution using the form, *Local Agency Developed Nutrition Education Materials Approval Request* (WPPM 980-500).
  - B. The materials become public domain and may not be copyright protected.
  - C. The materials may be distributed to other California local agencies.

### **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 \(VENA\)](#)

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

### **CROSS REFERENCE:**

WPPM 980-500 Local Agency Developed Nutrition Education Materials Approval Request