

**Subject: Farmers' Market Nutrition Program****Item: Participant Nutrition Education Documentation**

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**PURPOSE:**

To establish procedures for participant nutrition education and documentation requirements for the Farmers' Market Nutrition Program (FMNP) provided by the California Department of Public Health/Women, Infants and Children Division (CDPH/WIC).

**POLICY:**

- I. Nutrition education must be provided to all participants who receive the FMNP benefit and must emphasize the use and nutritional value of fruits and vegetables seasonally available at the certified farmers' markets. FMNP nutrition education must be culturally appropriate and meet the other requirements as specified in WPPM 400-00. Nutrition education for FMNP benefit recipients must be documented using the WIC management information system (WIC MIS).

**PROCEDURE(S):**

- I. The individual group or nutrition education requirements for FMNP and WIC may be met at the same individual or group contact session. The local agency (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 must offer nutrition education to all FMNP benefit recipients. Nutrition education topics can include, but are not limited to the following:
    - A. Health benefits of fruits and vegetables.
    - B. How to increase intake of fruits and vegetables.
    - C. Cooking with fruits and vegetables.
    - D. Dietary Guidelines for Americans.
    - E. Types of fruits and vegetables grown in California.
    - F. Selection, storage, preparation and preservation of California-grown fruits and vegetables.
    - G. Physical activity associated with visiting farmers' markets and gardening.
  - III. Qualified staff must document the nutrition education topics discussed and the type of contact provided in the WIC MIS "Document Nutrition Education Contacts" screen (WPPM 400-07) or in the Individual Nutrition Education Plan (INEP).
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- A. Participants not being certified or having an individual nutrition follow-up appointment must 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 must 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 must 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 must 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). (WPPM 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 WIC MIS. Telephone contacts may be documented as either group or individual contacts in WIC MIS.

**AUTHORITY:**

[7 CFR §246.11\(a\)\(1\) and \(2\), \(b\), \(d\)\(1\), \(e\)\(1\) through \(5\)](#)

[7 CFR §248.9\(a\) and \(b\)](#)

[Nutrition Services Standards: Standard 10B](#)

**CROSS REFERENCE:**

WPPM 400-00 Standards of Education

WPPM 400-07 Documentation of Nutrition Education Contacts (NEC)