



Memorandum

#10-117

TO: WIC Regional Directors
WIC Local Agency Directors

FROM: Linda Brumble, Unit Manager
Nutrition Education/Clinic Services Unit
Nutrition Services Section

DATE: September 3, 2010

SUBJECT: Register Now for the Fall 2010 Semester at SFCC!

Santa Fe Community College will continue to offer online nutrition courses this fall. These 12-week nutrition courses begin on September 18, 2010 and end on December 10, 2010. Santa Fe Community College (SFCC) offers online classes for you and your staff. WIC staff can learn more about nutrition or get credit hours in basic nutrition by taking the online courses. The courses are a WIC allowable expense. The State Agency will reimburse your agency for successful completion of your staff's nutrition classes after the semester is over.

Although all of the nutrition courses are currently full, SFCC will allow a limited number of WIC students to enroll by overriding the course capacity.

Nutrition courses offered this fall are:

- **NUTR 200 Nutrition** (2 sections-register for one only) **CRN 20967 or 20968**
Basic principles of nutrition, including functions, interaction and human requirements of nutrients in maintaining optimum health.
Required Text: *Nutrition: Real People, Real Choices* ISBN-10: 0130612243 or ISBN-13:978-0130612243
- **NUTR 205 Nutrition in the Life Cycle** **CRN 20969**
Nutritional needs and recommendations for pregnancy, infancy, childhood, adolescence, adulthood and the elderly.
Required Text: *Nutrition through the Life Cycle*, 3rd ed. ISBN 9780485116370
- **NUTR 209 Nutrition in Chronic Disease** **CRN 20971**
Review of the relationship between nutrition and obesity, diabetes, hypertension, heart disease and cancer.
Required Text: none
- **NUTR 215 Culinary Nutrition** **CRN 20970**
This course combines the science of nutrition and current dietary recommendations with the culinary arts. Strategies and techniques used to prepare healthful and appetizing food are explored and demonstrated.
Required Texts: *NRAEF ManageFirst Nutrition Competency Guide* ISBN 0132283867 and *Techniques of Healthy Cooking* ISBN 9780470052327

- **NUTR 221 Diabetes Management CRN 20972**

Prevention and management of diabetes including blood glucose control, insulin and medication, nutrition and exercise recommendations, and the prevention of complications.

Required Texts: *Complete Guide to Diabetes* 4th ed. ISBN 1580402372 and
Guide to Eating Right When You Have Diabetes ISBN 1580401619

The textbooks required above may be ordered and shipped through the SFCC bookstore using a credit card OR through most major online booksellers. Students should have their text available the first day of class.

Instructions for Registration:

1. All **new** SFCC students must first complete an online application before registering for any courses.
2. E-mail Gretchen Scott at gretchen.scott@sfcc.edu with the following information:
 - Name and A # (an A# is basically a student ID#.) If you have taken classes in the past couple of years you will already have an A#. Otherwise, you will need to enroll at SFCC to be assigned one.
 - Nutrition course(s) you would like to register for (see course list above)
3. Make payment or payment arrangements immediately to avoid being disenrolled. (You will be notified if you have been registered for class(es).
 - Individual students enrolling and paying their own tuition may call the Cashier's Office at (505) 428-1211 to make payment or make arrangements for payment. Payment can also be made online by credit card by following the link.
 - Third party payers must e-mail the following information to Maria Eleas maria.eleas@sfcc.edu
Purchase order # or letter of intent to pay
Student name(s)
Student A#
Student phone number
Course(s) each student is enrolling in

Students can access their courses the first day of class by following the BLACKBOARD link on the SFCC homepage/public website.

Please go to the public site for Santa Fe Community College www.sfcc.edu for more detailed information about the college (enrollment of new students, college catalog, student handbook, phone numbers, online course access, etc.)

For specific information or questions contact the following individuals:

- Technical problems with registration or online courses: Help Desk (505) 428-1222
- Tuition/registration payment (505) 428-1211
- Bookstore (505) 428-1218
- Nutrition course content: Gretchen Scott gretchen.scott@sfcc.edu or (505) 428-1311

After completing the course(s):

WIC staff should give their final transcript to their local agency director. This is a WIC allowable expense and can be included in your **regular WIC billing**. Directors should keep a copy of the transcript showing successful course completion on file at the local agency.

If you have questions or require additional information, please contact Matt Harrington, Nutrition Education Consultant, Nutrition Education/Clinic Services Unit, at (512) 341-4515 or matt.harrington@dshs.state.tx.us.