



Memorandum

#10-155

TO: WIC Regional Directors
WIC Local Agency Directors

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

DATE: November 23, 2010

SUBJECT: New Nutrition Education Materials

A new lesson FE-000-07 *Food Basics: Shopping Smarts* was mailed to all local agencies during the week of March 15-22, 2010. Please see Memo # 10-036 *New Education Materials* (<http://www.dshs.state.tx.us/wichd/data10/10036.pdf>) for more information.

The accompanying *DVD Food Basics: Shopping Smarts*, stock no. DV0569 is now completed, and one copy of the DVD will be mailed to all local agencies in the next few weeks. Please share this information with your nutrition education coordinator.

DV0569, Food Basics: Shopping Smarts – This short eight minute DVD was produced by Discovery Education to go with the lesson *Food Basics: Shopping Smarts*, FE-000-07. This DVD offers helpful tips for WIC participants to avoid grocery shopping frustrations and make it easier to navigate the aisles and get what's needed in a timely manner.

If you would like to incorporate this lesson into your *FY 2011 Nutrition Education Plan*, please contact your State Nutrition Education liaison.

If you have any questions or require additional information, please contact your Nutrition Education Liaison or Jessica Coll, Nutrition Education Consultant, Nutrition Training Group at (512) 341-4512 or Jessica.Coll@dshs.state.tx.us, or Erica Harris, Nutrition Education Consultant, Nutrition Training Group at (512) 341-4588 or Erica.Harris@dshs.state.tx.us.