



Memorandum

#11-029

TO: WIC Regional Directors
WIC Local Agency Directors

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

DATE: March 18, 2011

SUBJECT: *New Nutrition Education Materials*

The DVD, *Feeding, Cooking and Shopping for Healthy Families* (bilingual), stock no. DV0609 is now available and will be shipped to Local Agencies (LAs). The DVD includes four segments which discuss healthy recipes, helpful shopping hints and great tips for feeding infants and children. There are CCNE class lessons that go with each of the four segments. These lessons will also be available as they are released at the website:

www.dshs.state.tx.us/wichd/nut/lesson-nut.shtm.

- **IF-000-22, CCNE Baby's First Bites** - This lesson offers group discussion and a video that shows babies at different stages of readiness to eat solid foods. Families will learn healthy ways to introduce baby foods, new tastes, and textures.
- **GN-000-24, CCNE Cooking with WIC Approved Foods** - This class uses group discussion and a video that includes recipes to encourage participants to cook meals at home using WIC foods. The lesson also has ideas for optional activities. Parents will have the opportunity to share ideas about their favorite WIC food recipes and how they get their children involved when preparing meals and snacks.
- **FE-000-08, CCNE Shop Smart and Save** - This lesson will use group discussion, video, and a hands-on activity to present ways to save while you are grocery shopping. Families will learn how to plan ahead and how to compare products to help save time and money at the store.
- **CF-000-26, CCNE Great Tips for Feeding Kids** - This class uses a short video that focuses on healthy foods for kids and tips for feeding picky eaters. The instructor then guides a follow-up discussion after the video to help clients share their ideas and experiences about getting their kids to eat healthy.

The first two lessons, **IF-000-22, Baby's First Bites** and **GN-000-24, Cooking with WIC Approved Foods**, will be shipped to local agencies along with the DVD, after April 1, 2011. The remaining two lessons, **FE-000-08, Shop Smart and Save** and **CF-000-26, CCNE Great Tips for Feeding Kids**, will be shipped to LAs within the next few months.

If you would like to add any of these new CCNE lessons to your current *Nutrition Education Class Schedule*, please make the change to your online *Nutrition Education Plan* or contact your Nutrition Education Liaison for additional information.

If you have any questions or require additional information, please contact Meghan Coffey, Nutrition Education Consultant, at (512)341-4516 or Meghan.Coffey@dshs.state.tx.us.