



Memorandum

#11-057

TO: WIC Regional Directors
WIC Local Agency Directors

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

DATE: May 13, 2011

SUBJECT: **New Client Centered Nutrition Education (CCNE) Materials**

During the month of April, local agencies should have received the new DVD, *Feeding, Cooking and Shopping for Healthy Families* (bilingual), stock no. DV0609 and the first two of four lessons. The DVD includes four segments which discuss healthy recipes, helpful shopping hints and great tips for feeding infants and children. The Client Centered Nutrition Education (CCNE) lessons go with each of the four segments. The first two lessons which were received with the DVD are *IF-000-22, CCNE: Baby's First Bites* and *GN-000-24, CCNE: Cooking with WIC Approved Foods*.

- *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 lesson 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.

The two remaining lessons, *FE-000-08, CCNE: Shop Smart and Save* and *CF-000-26, CCNE: Great Tips for Feeding Kids* will be shipped to local agencies later this month. As the lessons are released for distribution they will also be available online at: www.dshs.state.tx.us/wichd/nut/lesson-nut.shtm.

- *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 grocery shopping. Families will learn how to plan ahead and how to compare products to help save time and money at the store.

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- ***CF-000-26, CCNE: Great Tips for Feeding Kids*** - This lesson uses a short a 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 participants share their ideas and experiences about getting their kids to eat healthy.

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 more information.

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