



Memorandum

11-086

TO: WIC Regional Directors
WIC Local Agency Directors

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

DATE: June 23, 2011

SUBJECT: New CCNE Lessons & New CCNE Evaluation Checklist Tool

The following new CCNE lessons will be available for download as they are released to the *WIC Lesson Plans* website at: <http://www.dshs.state.tx.us/wichd/nut/lesson-nut.shtm>.

- ***GN-000-26, CCNE Texas Chili Cook-Off:*** This lesson is a cooking demonstration of the Texas Chili recipe found in the participant education brochure, *Your Guide to WIC Foods*, stock no. 13-06-13178. This lesson uses hands-on activities as well as group discussion in order to build skill, increase self-efficacy and reduce barriers to cooking with WIC foods. This lesson includes options for clinics that do cooking classes as well as non-cooking options for clinics that do not cook on-site. The non-cooking option of this lesson uses video segments from the DVD, ***Feeding, Cooking and Shopping for Healthy Families*** (bilingual), stock no. DV0609 which was shipped to local agencies in March 2011 for use with the four new CCNE lessons: ***IF-000-22, CCNE Baby's First Bites, GN-000-24, Cooking with WIC Approved Foods, FE-000-08, Shop Smart and Save, and CF-000-26, Great Tips for Feeding Kids.*** Additional copies of this DVD are also available on the *WIC Media Catalog*.
- ***GN-000-27, CCNE Whole Grains, Whole Nutrition*** - This class uses group discussion and hands-on activities to explore the difference between whole grains and refined grains. Participants will discuss why it is important to include whole grains in the diet, share ideas for adding whole grains, and understand what to look for on food packages and labels to determine if a product is a whole grain.

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The following are additional new CCNE lessons that have recently been released: See Memo #11-029, *New Nutrition Education Materials, March 18, 2011*

- *IF-000-22, CCNE Baby's First Bites*
- *GN-000-24, CCNE Cooking with WIC Approved Foods*
- *FE-000-08, CCNE Shop Smart and Save*
- *CF-000-26, CCNE Great Tips for Feeding Kids*

See Memo # 11-049, *Breastfeeding group lesson converted to CCNE, April 15, 2011*

- *BF-000-23, CCNE A Mother's Guide to Breastfeeding*

See Memo #11-071, *New Online CCNE Lessons Available for Download, June 3, 2011*

- *GN-000-25, CCNE Healthy Media Diet*
- *GN-000-28, CCNE How Sweet is Your Drink?*
- *PN-000-09, CCNE Postpartum Grab Bag*
- *NR-000-18, CCNE Building Strong Blood*

See Memo #11-079, *Zobey Barn Dance Party DVD and lessons, June 10, 2011*

- *CH-000-23, CCNE: Zobey's Barn Dance Party*

Once a new lesson has been comfortably taught a few times, please provide feedback to the State Agency by completing the *Staff New Lesson Evaluation Survey* online at: <http://www.surveymonkey.com/s/CSBZ28K>. A link to this survey can also be found on the *WIC Lesson Plans* website at: <http://www.dshs.state.tx.us/wichd/nut/lesson-nut.shtm>.

If you would like to add any of these new 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.

New CCNE Evaluation Checklist Tool - A new *CCNE Evaluation Checklist Tool* is now available on the CCNE webpage at: <http://www.dshs.state.tx.us/wichd/nut/ccne.aspx>. This tool is intended as a resource to evaluate your current level of CCNE implementation and to provide ideas for becoming more client-centered. It provides a list of items to consider for evaluating Client-Centered Nutrition Education (CCNE) at the group class, clinic, and the agency level. Please look over the checklist to see what items are already completed or are possible to accomplish in the future. To view the checklist please visit: <http://www.dshs.state.tx.us/wichd/nut/pdf/CCNEEvaluationChecklist.pdf>.

If you have any questions or require additional please contact Frances Diep, Nutrition Education Consultant, at (512) 341-4584 or Frances.Diep@dshs.state.tx.us.