



Memorandum

#11-127

TO: WIC Regional Directors
WIC Local Agency Directors

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

DATE: October 5, 2011

SUBJECT: New Online CCNE Lesson Available for Download

The following new Client-Centered Nutrition Education (CCNE) lesson will be available for download from the WIC Lesson Plans website <http://www.dshs.state.tx.us/wichd/nut/cflessons-nut.shtm> as of October 1, 2011.

CF-000-27, CCNE Help Your Child Have a Healthy Weight - This lesson uses group discussion and emotion-based visual aids to emphasize the importance of a healthy childhood weight and provides ways to help families prevent and treat overweight/obesity. Participants will learn how to teach and model healthy eating and activity habits and how to help their children make good food choices.

Once you have comfortably taught a new lesson a few times, please complete the *Staff New Lesson Evaluation Survey* online at <http://www.surveymonkey.com/s/CSBZ28K>. Your evaluations are very important in helping the State Agency staff continuously improve our lessons.

If you would like to add this new lesson to your current *Nutrition Education Class Schedule*, please make the change to your online *Nutrition Education Plan* or contact your State Nutrition Education Liaison for additional information.

If you have any questions or require additional information, please contact Debbie Lehman, Nutrition Education Consultant, Nutrition Education/Clinic Services Unit, at (512) 341-4517 or Debbie.Lehman@dshs.state.tx.us.