Memorandum

#16-034

TO: WIC Regional Directors
   WIC Local Agency Directors

FROM: Amanda Hovis, Director
       Nutrition Education/Clinic Services Unit
       Nutrition Services Section

DATE: March 22, 2016

SUBJECT: Updated / Re-designed Calcium Materials:
          Bulletin Board Lesson, PB-000-01: Calci-YUM!
          Brochure: EveryBODY Needs Calcium

The bulletin board lesson, Calci-YUM! has been re-designed and content updated. The display components will be mailed to local agencies. Each local agency should receive enough displays for each clinic sites to display at their discretion.

**Calci-YUM! Bulletin Board Lesson | PB-000-01**

- This lesson, updated and redesigned in the format of an interactive bulletin board, emphasizes the importance of calcium and offers practical tips for the whole family. Topics covered in the display include: health benefits of calcium; common list of dairy and non-dairy foods that contain calcium; daily calcium recommendations for children and adults; example serving sizes; tips for getting enough calcium; and take home recipes that are high in calcium and kid friendly. Upon completion, qualified WIC staff should review the lesson evaluation with the participant and address the participant's concerns before issuing NE credit.

- The corresponding bilingual recipe cards are available for order and print from the WIC catalog at [http://www.dshs.state.tx.us/wichd/WICCatalog/contents.shtm](http://www.dshs.state.tx.us/wichd/WICCatalog/contents.shtm).
  - Vegetable Stir-Fry with Tofu Recipe Card (Stock # 13-06-14714)
  - Mango Parfait Recipe Card (Stock # 13-06-14715)
  - Mexican Snack Pizza Recipe Card (Stock # 13-06-14716)

- Components of this bulletin board lesson can also be downloaded and printed as low-resolution, 8.5” x 11” modular components at [http://www.dshs.state.tx.us/wichd/nut/splessons-nut.shtm](http://www.dshs.state.tx.us/wichd/nut/splessons-nut.shtm).
If you would like to add this lesson to your current Nutrition Education Class Schedule, please make the change to your online Class Schedule at http://wicstaffapps.dshs.texas.gov or contact your State Nutrition Education Liaison for additional information.

EveryBODY Needs Calcium brochure is now available!

- This brochure discusses the importance of calcium and offers tips for getting enough calcium daily. Included is a list of foods that are good sources of calcium and a sample menu high in calcium.
- Available to download electronically in English and Spanish, from the WIC catalog at http://www.dshs.state.tx.us/wichd/WICCatalog/contents.shtml. Additionally, printed copies in English and Spanish will be available to order from the WIC catalog. To order, use stock # 13-06-14687 (English) and stock # 13-06-14687A (Spanish).
- This brochure replaces the previous brochure titled Calcium (stock # 13-8 & 13-8A).
If you have any questions or require additional information about these materials, please contact Kelley Reed, RD, Nutrition Education Consultant, at 512-341-4580 or kelley.reed@dshs.state.tx.us.