#21-005

TO:     WIC Regional Directors  
        WIC Local Agency Directors

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

DATE:   January 11, 2021

SUBJECT: New Click and Learn Classes on TexasWIC.org

There are seven new Click and Learn classes posted on TexasWIC.org. All classes are available in English and Spanish.

**Featured Class: What Can I Buy with WIC?**

This shopping class is a wonderful resource for new clients, clients who have questions about WIC shopping and clinic staff. Please encourage all local agency staff to take this class so they can educate clients. This lesson focuses on skill building and tips, from reading the shopping list, to picking the correct foods, to checking out. Clients can also learn about the different WIC food packages and how to use the myTexasWIC shopping app.

**Other Class Topics**

- Baby’s First Skills: 2 Months to 1 Year Old
- What to Expect: Year to Year
- The Baby Blues and Postpartum Depression
- Balancing Breastfeeding
- Breastfeeding Beyond 6 Months
- Breastfeeding: Helpful Tips for the First Few Weeks

Visit the classes tab of TexasWIC.org to learn more about the topics offered and check back for new classes to be offered soon.

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