



Memorandum

#10-036

TO: Regional Medical Directors for
Health Service Regions 4/5, 6 & 5 South, 9/10 and 11
WIC Local Agency Directors

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

DATE: March 26, 2010

SUBJECT: New Nutrition Education Materials

This memo announces a new nutrition education lesson *Food Basics: Shopping Smarts, FE-000-07* and accompanying *Food Basics: Shopping Smarts, DVD0569*. This lesson was mailed to all local agencies the week of March 15-22, 2010. The DVD was not mailed with the lesson but will be sent to all local agencies as soon as possible. The arrival date will be announced with a memo. Please share this information with your nutrition education coordinator and breastfeeding coordinator.

FE-000-07, Food Basics: Shopping Smarts - This educator's guide lesson was developed by Discovery Education to go with the DVD *Food Basics: Shopping Smarts*, stock number DV0569. In this class participants will explore how to shop for value, flavor, and good nutrition by using menu planning, shopping lists, and cost comparisons.

The lesson does not follow the normal format used by the Texas Department of State Health Services but it has been reviewed and is approved for use with the DVD. It is not necessary to read the discussion questions and answers verbatim to the class. Feel free to tailor this lesson for your audience and add questions to help guide the discussion.

If you have questions, or require additional information, please contact Shellie Shores, Nutrition Education Coordinator, Nutrition Education/Clinic Services Unit, Nutrition Services Section, at (512) 341-4516, or email shellie.shores@dshs.state.tx.us.