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**#11-061**

**TO:** WIC Regional Directors  
WIC Local Agency Directors

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

**DATE:** May 13, 2011

**SUBJECT:** **New web lessons for participants**

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The purpose of this memo is to introduce two new web lessons that are available for WIC participants on the [texaswic.org](http://texaswic.org) website. The two new lessons below are now available in English and will be available online in Spanish within the next few weeks.

**WL-000-13, *Whole Grains for Good Health*** - This lesson discusses whole grains, why they are important, and how to find them at the store. It also provides tips and recipes to help WIC families eat more whole grains.

**WL-000-17, *Baby's First Foods*** - This lesson focuses on when and how to start baby foods with infants. It also addresses progressing to thicker foods as a baby grows and teaching a baby to drink from a cup.

The [texaswic.org](http://texaswic.org) website now contains a total of thirteen (13) web lessons including general/child classes, classes for pregnant and breastfeeding women, and classes for parents of infants. More lessons are currently in development and will be announced when they are available.

An instructional handout titled *Complete your WIC class online* (stock #13-06-12216) is available electronically to print via the WIC catalog. This handout guides participants through the steps of completing a web lesson on [texaswic.org](http://texaswic.org).

If you have questions or need additional information please contact Erica Harris, Nutrition Education Consultant, Nutrition Education/Clinic Services Unit, at (512) 341-4588 or [erica.harris@dshs.state.tx.us](mailto:erica.harris@dshs.state.tx.us).