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#11-071

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

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

**DATE:** June 3, 2011

**SUBJECT:** *New Online CCNE Lessons Available for Download*

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The following new CCNE lessons will be available for download as of June 1<sup>st</sup>, 2011, as they are released to the WIC Lesson Plans website: <http://www.dshs.state.tx.us/wichd/nut/lesson-nut.shtm>:

- **GN-000-25, CCNE Healthy Media Diet** - This lesson teaches participants about the relationship between media use and the whole family's health through group discussion and analysis of current food advertising, and incorporates the Pam McCarthy emotion-based handout, "Pester Power."
- **GN-000-28, CCNE How Sweet is Your Drink?** - This lesson uses group discussion and a powerful hands-on activity to emphasize the health benefits of drinking fewer sugar-sweetened drinks. It also teaches participants how to find sugar on a beverage label (including "hidden sugars" in the ingredients) and covers healthy choices for "specialty drinks" like sports drinks, coffee drinks, and smoothies.
- **PN-000-09, CCNE Postpartum Grab Bag** - This lesson emphasizes the importance of self-care for postpartum mothers. It uses a "Grab Bag" filled with items (or pictures of items) that help spark a discussion about the various emotions and experiences of being a postpartum mother. Mothers walk away with a plan for self-care, including resources for community support during the postpartum period.
- **NR-000-18, CCNE Building Strong Blood** - This lesson uses bingo board handouts and facilitated group discussion to explore the importance of iron in the diet. Using bingo board handouts, participants will identify iron-rich and vitamin C-rich foods that they have eaten in the past three days and talk about ideas for combining these foods. Participants will also explore how overconsumption of milk, as well as drinking tea and coffee during meals can interfere with meeting iron needs.

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 for the State Agency to continuously improve our lessons.

If you would like to add any of these new CCNE lessons 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 Hildreth England, Nutrition Education Consultant, at (512) 341-4509, [Hildreth.England@dshs.state.tx.us](mailto:Hildreth.England@dshs.state.tx.us) or Frances Diep, Nutrition Education Consultant, (512) 341-4584, [Frances.Diep@dshs.state.tx.us](mailto:Frances.Diep@dshs.state.tx.us).