



Memorandum

#13-009

TO: WIC Regional Directors
WIC Local Agency Directors

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

DATE: January 25, 2013

SUBJECT: *New Common Infant and Childhood Problems – Lead Poisoning Handout and New Self-paced Lesson, Family Meals – More Than Just Eating Together, SP-000-51*

The new handout, *Common Infant and Childhood Problems – Lead Poisoning* in English (Stock #13-06-14017) and Spanish (#13-06-14017A) is now available from the WIC catalog. This one-page, double-sided handout answers common questions parents may have about lead poisoning and includes facts about lead poisoning, what parents should know, what parents can do, and whom to call to protect against lead poisoning. This replaces the *Get the Lead Out with Good Nutrition* handout (Stock #13-32).

Family Meals – More Than Just Eating Together, Self-Pace Lesson # SP-000-51

- This self-paced lesson is available now for download from the WIC website at <http://www.dshs.state.tx.us/wichd/nut/splessons-nut.shtm>.
- It covers the importance of family meals, how to make mealtime pleasant and easier, and what foods make up a healthy family meal using MyPlate guidelines.
- If you would like to add this new lesson to your Nutrition Education Class Schedule, please make the change to your online Nutrition Education Plan and contact your NE/BF liaison with any questions.

If you have questions or require additional information about either the new materials or new lesson, please contact Debbie Lehman, PhD, RD, LD, Nutrition Education Consultant, at 512-341-4517 or debbie.lehman@dshs.state.tx.us.