



Memorandum

14-015

TO: WIC Regional Directors
WIC Local Agency Directors

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

DATE: January 27, 2014

SUBJECT: February 2014 National Health Observances

Please find health observances for February 2014 listed below along with relevant trainings and materials WIC has to offer your staff and participants. We will continue to send health observances each month and will deliver a full year's calendar this summer to help you plan your FY 2015 class schedule.

American Heart Month / National Wear Red Day (February 7, 2014)

Classes/lessons to offer participants

- CCNE: Diet and Women's Health – Feeling Great Postpartum and Beyond PN-000-10
- CCNE: What Can I Do Besides Eat? PN-000-11
- CCNE: Postpartum Grab Bag PN-000-09
- CCNE: Benefits of Breastfeeding (games) BF-000-37

Web lessons for participants

- Follow the Rainbow to Better Health with Fruits and Vegetables
- Cooking with Fruits and Vegetables
- Active Play and Your Child
- Help Your Child Have a Healthy Weight
- Mooove to Low-Fat Milk
- Whole Grains for Good Health
- How Will You Feed Your New Baby

Materials for participants

- Balance Takes Practice 13-06-12897
- Keeping Their Spirits Up Helps 13-06-13781
- 10 Ways to Help Your Family Fall in Love with Fruits and Vegetables 13-68-0813
- Breastfeeding Facts 13-162

Training for staff- Century Link

- Help Your Child Have a Healthy Weight
- How Children Develop Food Preferences

National Cancer Prevention Month

Classes/lessons to offer participants

- CCNE: Benefits of Breastfeeding (games) BF-000-38

Web lessons for participants

- Follow the Rainbow to Better Health with Fruits and Vegetables
- Cooking with Fruits and Vegetables
- Whole Grains for Good Health
- How Will You Feed Your New Baby
- Importance of Exclusive Breastfeeding

Materials for participants

- Balance Takes Practice 13-06-12897
- Keeping Their Spirits Up Helps 13-06-13781
- 10 Ways to Help Your Family Fall in Love with Fruits and Vegetables 13-68-0813
- Breastfeeding Facts 13-162

Training for staff- Century Link

- Help Your Child Have a Healthy Weight
- How Children Develop Food Preferences

National Children's Dental Health Month

Classes/lessons to offer participants

- Healthy Teeth, Healthy Smiles Bulletin Board Display 13-06-13959

Web lessons for participants

- Baby's First Foods

Materials for participants

- Common Infant and Childhood Problems Tooth Decay -13-126
- Healthy Teeth for a Healthy Smile – 13-89
- Somewhere There's a Magic Cup – 13-06-12896A

If you have any questions or need additional information, please contact Mandy Seay, RD, LD, CDE, Nutrition Education Consultant, at (512) 341-4516 or mandy.seay@dshs.state.tx.us.