



Memorandum

#15- 078

TO: WIC Regional Directors
WIC Local Agency Directors

FROM: Amanda Hovis, Director
Nutrition Education/Clinic Services Unit
Nutrition Services Section

DATE: June 24, 2015

SUBJECT: Register for the Fall 2015 Semester at SFCC!

WIC staff interested in enhancing their nutrition knowledge and job skills should consider the online nutrition courses available through Santa Fe Community College.

Reimbursement from the state agency is contingent upon successful completion of all courses by the WIC staff member with a letter grade of a C or better. The local agency may bill under either Administration or Nutrition Education for payment of the courses. If the student does not successfully pass the course with a letter grade of a C or better, it is the local agency's decision to determine if the staff member is responsible for reimbursement. Time off requests for the purpose of continuing education is subject to approval, for more information staff should refer to their local agency policy. The WIC staff member is responsible for purchasing textbooks. It is important to note that WIC does not endorse Santa Fe Community College or those employed with the facility.

Santa Fe Community College is offering online nutrition courses this fall. These 14-week nutrition courses begin on September 7, 2015 and end on December 12, 2015. ***Although many of the nutrition courses appear full, a few seats have been set aside for WIC students. Please register early as space is limited. Please see page 2 of this document for detailed enrollment instructions for WIC staff.***

Nutrition courses offered this fall are:

- **NUTR 200 Nutrition** (4 sections-register for one only) **CRN 20390, 20391, 20775 or 21365 (8 week course Oct 19-Dec 12, 2015)**
Basic principles of nutrition, including functions, interactions and human requirements of nutrients in maintaining optimum health.
Required Text: *Nutrition & You, 3rd ed.* ISBN 9780321960917
- **NUTR 205 Nutrition in the Life Cycle CRN 20392**
Nutritional needs and recommendations for pregnancy, infancy, childhood, adolescence, adulthood and the elderly.
Required Text: *Life Cycle Nutrition* ISBN 9781284005349-**Note: this is a new custom text being used and can ONLY be purchased through the SFCC bookstore.**
- **NUTR 206 Community Nutrition CRN 20681**

Food and nutrition issues and public health programs related to individuals, families and groups living in a defined area.

No text required for this course

- **NUTR 209 Nutrition in Chronic Disease CRN 20393**

Review of the relationship between nutrition and obesity, diabetes, hypertension, heart disease and cancer.

No text required for this course

- **NUTR 215 Culinary Nutrition CRN 20394** This course combines the science of nutrition and current dietary recommendations with the culinary arts. Strategies and techniques used to prepare healthful and appetizing food are explored and demonstrated.

Required Text: *Techniques of Healthy Cooking*, 4th ed. ISBN 9780470635438

- **NUTR 221 Diabetes Management CRN 20395**

Prevention and management of diabetes including blood glucose control, insulin and medication, nutrition and exercise recommendations, and the prevention of complications.

Required Texts: *Complete Guide to Diabetes* 5th ed, ISBN 9781580403306

Guide to Eating Right When You Have Diabetes ISBN 9780471442226

- **NUTR 230 Nutrition for Fitness and Sport CRN 20396**

Principles of nutrition in maintaining optimum health in the exercising adult. Effects of exercise on nutritional requirements and guidelines for their use are emphasized.

Required Text: *Practical Applications in Sports Nutrition*, 4th ed, ISBN 978-1284036695

The textbooks required above may be ordered and shipped through the SFCC bookstore (505-428-1218) using a credit card OR through most major online booksellers (*with the exception of the Life Cycle Nutrition text which is available only through the SFCC bookstore*).

Important: Students *should have their text available the first day of class*.

Instructions for Registration:

1. All **new** SFCC students must first complete an online application at http://www.sfcc.edu/registration/first_time_students before registering for any courses.
2. To register for nutrition courses email Gretchen Scott at gretchen.scott@sfcc.edu with the following information:
Student name and ID#
CRN # of nutrition course(s) you would like to register for
3. Individual students enrolling and paying their own tuition may call the Cashier's Office at 505-428-1211 to make a payment over the phone with a Visa, Master Card or Discover credit card. Students can also set up a payment plan or pay online through their JACK account: under the *Registration* tab, click on *Pay Online* and follow the prompts; contact the Cashier's Office 505-428-1211 for assistance.
4. Third party payers should email the following information to thirdparty@sfcc.edu.

Purchase order # or letter of intent to pay
Student name
Student ID#
Student phone number
Course(s) each student is enrolling in

Note: Payments for Third Party accounts vary and depend on the date of course enrollment.

Students can access their courses the first day of class by following the CANVAS link on the SFCC homepage/public website.

Please go visit the Santa Fe Community College website www.sfcc.edu for more detailed information about the college, including enrollment of new students, college catalog, student handbook, phone numbers, online course access, etc.

For specific information or questions:

Technical problems with registration or online courses: Help Desk 505-428-1222

Tuition/registration payment: 505-428-1211

Bookstore: 505-428-1218

Nutrition course information: Gretchen Scott gretchen.scott@sfcc.edu 505-428-1311

If you have any questions or require additional information, please contact Kelley Reed, Nutrition Education Consultant, at 512-341-4580 or kelley.reed@dshs.state.tx.us.