



Memorandum

#16-103

TO: WIC Regional Directors
WIC Local Agency Directors

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

DATE: October 21, 2016

SUBJECT: New Trainings in the WIC Training Catalog

We are excited to announce several new trainings now available in the WIC Training Catalog:



Formula Approval Process Changes

This recorded webinar will give you details on the formula approval process and related policies that changed beginning October 1, 2016.



Non-Contract Infant Formula Approval

The non-contract infant formula approval training is designed to help Certifying Authorities (CA), WIC certification specialists (WCS), Nutritionists and Dietitians understand the new October 1, 2016 non-contract infant formula approval process.



Mindful Eating in 5-Steps

This WIC Wellness Works training is designed for staff who are interested in becoming healthier by learning more about mindful eating. This training will talk about why mindless eating often leads us down a path we don't want to be on and how doing more mindful eating can change that.



Motivation and Exercise

This WIC Wellness Works training is designed for staff who are interested in becoming healthier by learning more about how to stay motivated to exercise. This training will teach you how to develop motivational goals related to the immediate benefits of exercise.



Positive Thinking in 3 Steps

This WIC Wellness Works training is designed for WIC staff who are interested in becoming healthier by learning more about a 3-step process for positive thinking.



Sugar Smart: How to Avoid Sneaky Sugars

This WIC Wellness Works training is designed for staff who are interested in becoming healthier by learning more about how to avoid sneaky sugars in foods and beverages. The training will discuss expert guidelines for added sugar consumption and how to identify added sugars in foods and beverages.



Helping Mom with Sore Nipples

This training will teach how to distinguish between different types of sore nipples, what can cause them, and how to help.



Texas WIC Approved Foods

This training is designed to take you through a client shopping tips and tricks, and how to shop for standard and special food packages.



Risk codes

Risk codes not only help identify eligibility for the WIC program, they guide referrals, counseling, food packages and more. This training covers a variety of risk code topics and provides explanation for when to assign them.



Overview of the Certification Process

This training provides an overview of the certification process from beginning to end, including how to develop an appropriate atmosphere, complete a nutrition assessment, and identify required forms.



Weighing and Measuring

Small errors in measurements can have a big impact. Learn how to accurately weigh and measure clients in this two part training.



Basic Nutrition Module

The Basic Nutrition Module provides WIC staff with information on nutrients in food, dietary guidelines, and important nutrition issues. The new online training meets training requirements and may be completed in place of the paper-based Basic Nutrition Module and Workbook.



VENA 103: Motivating for Behavior Change

WIC counselors can powerfully impact clients' steps towards behavior change. In this session we will discuss motivational interviewing concepts and techniques that the WIC counselor can use to help promote behavior change in clients.



Information Systems Security Awareness

There are so many threats to our computers and information systems. How do you protect them both at work and at home? Learn how to identify threats and vulnerabilities plus best practices to use to protect WIC information systems and their information. This new self-paced format meets annual training requirements and will be available after November 1, 2016.

There are also two new *Just-in-Time* training videos that cover recent updates on FY 17 approved foods and the CDC safe formula preparation guidelines:



FY 17 WIC Approved Foods Updates

Have you already completed the Texas WIC Approved Foods training? If so, you won't need to watch it again - just check out this short video to learn about all of the changes for FY17.



CDC: Safe Formula Mixing Prep

This 4-minute training will help staff inform participants who are using powdered infant formula, about CDC guidelines. It explains how to present the "How do I mix my baby's formula?" pamphlet to formula feeding families.

To view the trainings, visit the Texas WIC Training for Staff website and follow the instructions for accessing trainings: <http://www.dshs.texas.gov/wichd/tng/texaswictrainingstaff.aspx>.

If you have any questions please contact Kaylene Thompson at Kaylene.thompson@dshs.state.tx.us or (512) 341-4560, or e-mail the Texas WIC Training inbox at TXWICTraining@dshs.state.tx.us.