

Your FY 2003 Nutrition Education Tool Kit

The Tool Kit covers topics which are important in providing nutrition education. Take a look at this year's tool kit to find out more about these topics:

Handling Walk-In Clients: Check out ways to insure that walk-in clients get the nutrition education that they need.

How to Obtain a Registered Dietitian (RD) Consultant for Your WIC Local Agency: A step-by-step guide to getting a contract RD, along with possible job responsibilities for the position.

Tips for New Nutrition Education Coordinators: If you are a new NE Coordinator, this section will help you get started. This information covers the basics of getting your job done. You will find ideas on what to do first in your new job and what can wait until later. It is especially useful to NE Coordinators who are working independently.

Nutrition and Breastfeeding Materials: If you cannot get to all the training you would like, look at this section. It has websites which will be helpful in keeping you up-to-date in nutrition education and breastfeeding issues. There is also a listing of books to order with extra funds at the end of the year.

In addition, the Tool Kits from previous years are in Appendix F. The Tool Kits have information on other nutrition related topics. Put all the Tool Kits together in one file for a useful reference on providing nutrition education in your local agency.

Handling the Walk-in Client

Every clinic experiences the situation where clients come in at unscheduled times. These walk-ins may be new to WIC, may have forgotten their appointment or may be needing vouchers at a different time than scheduled. Although WIC operates most efficiently when people come in at their appointed times, handling walk-ins efficiently and with a display of friendly customer service skills can and should be done.

Preventing Walk-ins

The best way to handle walk-ins is to prevent it from happening in the first place. Some ways to accomplish this are:

1. Educate your staff and clients. Tell clients what to do if they cannot keep their appointment. Ask them to call the clinic as far ahead as possible to reschedule. Train staff to remind clients to call if they cannot keep their appointment. You might try making the reminder a regular part of getting a WIC appointment.

2. Make calling the clinic as easy as possible. If it is impossible to get through to you by phone, clients will stop calling. Check your automatic answering machines to see that they are working. Try calling the clinic phone number to see how long you have to wait on the phone. Mothers with small children may not be able to sit at the phone for ten minutes waiting to get through to you. And some clients do not have their own phones. They will not be able to call your clinics easily.

3. Market your classes. Write up a description of the classes you will offer at the clients' next appointment. Post the description or print it as a handout. Also tell the clients how the class can help their family. Let clients know how interesting and important their next class will be. Marketing can motivate them to come for their scheduled class.

4. Let clients pick their next class. As much as possible, let clients pick the next class they will attend. People are motivated to show up for a class which they selected.

5. Send clients a reminder notice. Three months is a long time to remember an appointment. Send reminder notices the week before the appointment to reduce the number of missed appointments.

Handling Walk-ins in the Clinic

As any experienced WIC clinic staff person knows, there are many ways to handle walk-ins, and often it depends on what is happening in your clinic at the time a walk-in shows up. Of course, if the clinic is slow, and you are able to provide services right away-either certification or nutrition education - that is ideal and should be done when possible.

The reality is, however, that many walk-in clients show up when everyone with an appointment has shown up and the clinic is busy. What can you do under these circumstances?

1. **Offer the next available time for the walk-in to come in for services**, either for a certification appointment or a class which meets their categorical needs. She may be able to return later that day or soon after for a class that fits her situation and needs. It is not okay to put the walk-in into the next class just for convenience. The class she attends must be appropriate for her client category. If she is English-speaking, do not put her into a Spanish class to meet the NE contact. It would also not be appropriate to put woman who is not pregnant or breastfeeding, in a breastfeeding class. However, if she is pregnant and also has a three year old, a general nutrition class, in the appropriate language would be fine. Offering general classes at variety of times during the week, may facilitate the placement of walk-ins into appropriate classes at convenient times. Some clinics offer a general class each day just to accommodate participants who can not come at their scheduled time.

2. **If the client can not or will not be re-scheduled**, then try to accommodate in another way. If the participant is there for voucher issuance you can:

- **offer a self-paced lesson.** Be sure to be familiar with the guidelines for providing self-paced lessons. After the participant completes the lesson, and a staff member reviews it, then she can be issued vouchers. She can complete this in the waiting room and be issued vouchers as soon as you are able to do it.
- **provide individual counseling** by a qualified staff person.

As a last resort for someone who must receive vouchers immediately and cannot be rescheduled, or cannot read, or does not have time to complete a self-paced lesson, **provide her with vouchers without an NE contact**. In this situation no NE code should be entered into the WIN system.

Local Agency 88 plans ahead for walk-ins. Their schedule for pregnant women, infants and children is attached. They have core classes offered, as well as categorical group classes. General classes are provided as a make up class for clients. Self-paced lessons are also on their schedule as another option for serving walk-in clients. And they may also offer clients the chance to get an individual counseling class, if the other two options do not work.

In the larger clinics at Local Agency 88, general classes are offered every day as a make up class. General classes are offered at a variety of times including noon and after 5 pm to better meet clients' schedules.

The February 2002 schedule for Falfurias is included. It shows how their system works in a smaller clinic. Falfurias serves 770 clients a month. They also serve a satellite clinic two or three times a month. Falfurias has three WIC staff: a CPA, a clerk who is also a WIC Certification Specialist and another WIC clerk. Because of their size, they only offer general classes one or two times a week.

**Schedule of Classes
FY 2002**

Local Agency # **88**

Site: **All Sites**

Core Classes		
Pregnant Women	Infants	Children
<p>*First voucher appointment after certification: @ 1st or 2nd trimester (A Healthy Pregnancy) MN-000-07</p> <p>*Second voucher appointment (Yes You Can Breast-feed) BF-000-02</p> <p>*Third voucher appointment @ 3rd trimester (New Baby Care: Keeping Your Baby Healthy & Happy) *New Lesson MN-000-09</p>	<p>*First voucher appointment after certification: (Look Who's Eating) IF-000-10</p> <p>*Second voucher appointment (Lily Feeds Her Baby) IF-000-11</p> <p>*Third voucher appointment (Feeding Your Infant 8-12 months) IF-000-15</p>	<p>*First voucher appointment after initial certification: (Anemia The Silent Shadow) NR-000-05</p> <p>*Second voucher appointment (Feeding Your Child 1-3 Years) CF-000-17</p> <p>*Third voucher appointment (Child Obesity: Lily Faces a Problem) CF-000-15</p>

***Core Class Schedule Will Be Used for All Initial Certifications**

Group Class Schedule for Clients

FY 2002

Project # 88

Month(s)	Client Category	Class Title	Class Code	Class with Video	F D	CBNE	Class with Activity	Class with Food Demo.	Other: Describe Briefly
October thru December	Children	Maintaining Healthy Balance	NT-000-04	X					
	Infants	Perils of 2nd Hand Smoke	NR-000-07	X					
	Pregnant	Breast-feeding & Working	BF-000-07	X					
January thru March	Children	Childhood Obesity Lily Faces a Problem	CF-000-15	X					
	Infants	Inappropriate Feeding	IF-000-07	X					
	Pregnant	Nutrition During Lactation	BF-000-06	X					
April thru June	Children	Smart Snacking For Children	CF-000-06	X					
	Infants	Healthy Teeth Part A	DH-000-04	X					
	Pregnant	Starting Out Right	MN-000-02	X					
July thru Sept.	Children	Food For Thought	CF-000-14						Oral
	Infant	Lily Feeds Her Toddler	IF-000-12	X					
	Pregnant	Valerie's Diary: Setting Goals for BF	BF-000-26	X					

*** Classes will be offered in English & Spanish. All Other Languages will be conducted thru Individual Counseling.**

**Schedule Of Classes - Local Agency #88
FY 2002**

Quarterly Classes		Make-Up Class Schedule	
Months	Client Category	Group Classes	Self Paced Lessons
October thru December	General	Say No To Fat (GN-000-06)	SP-000-01 Storing Left Overs Safely
	General	Kitchen Food Safety (FS-000-02)	
January thru March	General	Sally Get's Money's Worth (FE-000-05)	SP-000-02 Healthy Food Choices to Go
	General	Growing Healthy Families thru Physical Activity (GD-000-01)	
	General	Rise & Shine Breakfast (GN-000-02)	
April thru June	General	Lily Does Lunch (GN-000-13)	SP-000-05 Food Guide Pyramid
	General	Grocery Store Tour - Shopping For Kids (CF-000-11)	
July thru Sept.	General	Lily Bets on Five A Day (GN-000-08)	SP-007-05 - Facts on Fiber
	General	Fiber (NT-022-03)	

***Follow This Schedule for Make-up/Missed Classes**

Insert the Falfurias Schedule Here

How to Obtain a Consultant Registered Dietitian (RD) and What She Can Do For Your WIC Local Agency

State Agency funding for RD consultants is generally made available to local agencies each fiscal year. The State Agency notifies local agencies when funds are available and provides instructions for requesting funds. Each local agency that wishes to hire a consultant RD must submit a request form, on a yearly basis. The State agency evaluates local agency requests and disburses funds. When requests exceed available funds, agencies that do not have an RD on staff are given priority. The following information is intended to help you obtain and effectively use the services of an RD consultant.

How to Obtain a Consultant RD

1. Review policy **AC:03.16**. This policy provides information on contracting professional services. All aspects of this policy must be followed when securing the services of a consultant RD for your LA. Contact Joe Serrano at (512) 458-7444 ex. 7641, if you have questions about contract procedures.
2. Find a dietitian willing to consult. Check your local dietetic association, dietetic internship programs and Early Childhood Intervention Programs in your community. For more information and phone numbers, refer to WIC memo #00-091, dated September 15, 2000.
 - What is her/his hourly rate? Most WIC agencies are paying around \$35/hour. Some pay as high as \$50/hour.
 - What kind of experience does she have? Has she ever worked in WIC? Does she have pediatric experience? Has she consulted for other agencies such as Early Childhood Intervention?
 - What hours is she available? Can she come to the clinic when you need her? If she has a full-time job and can only work with you on Saturday, you may want to keep looking.
 - Check references. You want someone who will work well with WIC clients and your WIC staff.
3. Write a contract to cover the RD's proposed job responsibilities. What hours will she work? What is her hourly rate? Although you may need to pay travel expenses for the RD, you should not need to pay her for the actual travel time to the clinic.
4. Write a letter to Joe Serrano requesting approval for your contract.
5. If your RD changes during the year, you will need to complete a new contract and go through the process from the beginning.
6. If you retain your RD after her yearly contract expires, you can renew the contract without State Agency approval.

Effectively Using the Services of a Consultant RD

1. Quality Assurance

- Check records for accuracy, appropriate risk code determination, diet recall, signatures, NE codes, etc.
- Observe staff doing their jobs. Observe for customer service, accuracy of information, etc.
- Develop procedures and tools for staff self-evaluation and/or peer-evaluations.
- Observe clinic flow. How are participants moving through the clinic? Are there bottlenecks? Are they getting the certification and classes in as little time as possible?
- Check scheduling of clients. Are there ways to improve the scheduling of clients to improve clinic flow and decrease participant's time in clinic?
- Develop a comprehensive quality assurance plan for your Local Agency, including items/functions to be monitored, frequency of monitoring and a plan for staff training based on observations.

2. Observation of Nutrition Services

- Listen to staff providing nutrition counseling.
- Is the information accurate?
 - Are they answering participants questions and concerns?
 - Are only CPAs and WCSs conducting individual counseling?
 - Have all nutrition educators completed all the nutrition modules?
 - Are important risk conditions being addressed during individual counseling?
 - Is counseling being provided in an appropriate language?
 - Are appropriate pamphlets being given to accompany discussion?
 - If outside nutrition materials are being used, have they been approved by an RD or the State Agency?
 - Is an evaluation of learning taking place during each session?
- Observe anthropometric and hematological testing procedures.
 - Are proper techniques being used, as outlined in the training modules?
 - Is information being properly documented and /or graphed?
- Observe classes.
 - All participants should attend an appropriate class at voucher issuance.
 - Is the scheduled class taught?
 - Are qualified and properly trained staff teaching the class?
 - Have participants been scheduled into correct classes? Are Spanish speakers in Spanish classes? If the class is for pregnant women, are participants pregnant? If it is an infant class, do participants have infants?
 - Are the educators completing the discussion component of the

lesson? Watching a video is not considered a nutrition education contact. The written lesson and discussion must accompany the video. The lesson must be followed as written.

- Non-State Agency developed lessons must be approved by either the Local Agency RD or sent to the State Agency for approval. Even if approved by a Local Agency RD, it must be sent to the State Agency for review and nutrition education coding.
- Is accurate information being provided?
- Are participants engaged in the discussion?
- Is an evaluation of participants' learning taking place, as written in the lesson plan?
- Refer to nutrition education policies for further information.

3. Provide Staff Training

- Based on information gained during record review and staff observation, develop training for staff that address issues and concerns. For example, if you observed that the CPAs are giving misleading or incorrect information, develop a short training on the major issues you had concerns about. If you noticed during a record review that risk conditions are being neglected or inappropriately assigned, develop training to address that need.
- If you noticed problems with weighing and measuring or hematological testing, provide training to address that procedure.
- Develop training on topics of concern to nutrition education staff.
- Develop training on new policies and procedures.

Finally, the goal of a quality assurance program should be to improve the quality of services. The critical component, after problems or concerns have been identified, is staff training. This should be seen as an opportunity to continually improve services and have well-trained, confident staff and able to provide WIC participants the high quality services they deserve..

Tips for New Nutrition Education Coordinators

Here are some things to get you started in your job as a Local Agency Nutrition Education Coordinator. Read them over. You may do them in the order which is best for your local agency. Or you can use the time frame provided here.

See the attached glossary for a definition of terms used in these tips.

Do these in the first two weeks:

1. Find out who your State Agency Nutrition Education (NE) Contact Person is. Your WIC Director will know. The person's name will also be in the Nutrition Education and Breastfeeding Plan, or you can call the State Agency at 512-458-7444. Ask to speak to someone in the Nutrition Education Section. They will be able to tell you the name of your contact person.

Your NE Contact Person will be able to answer your questions about nutrition education at your local agency.

2. Find out if your local agency has a Registered Dietitian on contract. If someone is on contract, meet her. Learn what she does at your local agency and her impressions of your agency's nutrition education.
3. Read your local agency's Nutrition Education and Breastfeeding Plan for the current fiscal year.

Look at the class schedule in the plan. Make sure that you can locate the upcoming lessons for each group class on the schedule for the current fiscal year. If you cannot, check with your Nutrition Education Contact Person at the State WIC office. She can tell you how to get the lessons you need.

Next read over each lesson. Make sure that you have the necessary materials to present each lesson and that you have enough duplicate materials for every clinic site to do the lesson. You will need to make sure that videos are rewound and work before classes start.

4. As Nutrition Education Coordinator, you are responsible for assuring that the staff teaching group classes are trained. You or another qualified person at your agency should conduct the training. You will need to cover how to present the lesson in an effective manner. And you will need to make sure that staff are trained on the area of nutrition the lesson covers.

Do these in the first month:

5. Find the nutrition modules at your local agency. Start completing them. You will need to complete all of them within six months. Begin with the Basic Nutrition Module. Also check to make sure that staff who teach classes and provide individual counseling have completed all of the modules. Documentation should be on file showing that the modules have been completed.

If you have trouble finding the modules, check with your WIC Director, call your State Agency NE Contact Person or call your local agency's Information and Resource Management (IRM) Liaison. To find out your liaison's name call 512-406-0711. The IRM supervisor or another staff member will know their name.

6. Read the policies which cover nutrition education and children with special health care needs. You are responsible for seeing that the policies are followed in your local agency. Policy NE 02.0 outlines your responsibilities as Nutrition Education Coordinator.
7. The appendices of the Nutrition Education and Breastfeeding Plan have a list of deleted lessons and videos. There is also a separate list of deleted pamphlets. These lists are also available on the WIC website. Check the lessons, videos and pamphlets in use at your local agency. Get rid of anything on the deleted lists.

The Nutrition Education and Breastfeeding Plan also has a listing of current lessons and pamphlets which are available from the State. In addition, the Nutrition Education and Breastfeeding Plan has a listing of organizations which produce pamphlets you can use in WIC. You will need to make sure that any pamphlets which the State did not produce are from these organizations. You may need State approval to use any other pamphlets.

8. Watch staff perform individual counseling and group classes. See if classes start on time and if late arrivals are handled according to your local agency's guidelines. Check to see if the information provided to clients is correct. Insure that the main points of each group class are covered as outlined in the lesson. And make sure that there is an evaluation of any session. Make sure that vouchers are not issued during a group class but are issued at the end of class. Finally check to see if the correct code for the class is being entered into the computer system.

Any problems which you find can be covered in future staff training.

Do these in the first three months:

9. Look at the WIC website (www.tdh.state.tx.us/wichd). It has a section on nutrition education which can help you do your job. Other sections such as those on upcoming training classes or policies and procedures will also be helpful.
10. Find any staff training materials on nutrition education or breastfeeding. One important video on education techniques is "Class Act." The video accompanies the module, "Teaching WIC Nutrition Education Classes." Take a look at them. If staff have not seen them, consider using them in a staff training. The State Agency Training Section can

also conduct on-site training. Contact them at 512-406-0757 if you would like them to train your staff on nutrition education techniques.

Do this last:

11. After you go through the process outlined above, you will be ready to work on quality assurance (QA) at your local agency. Your local agency may already have a QA committee. Or you may do the QA on nutrition education alone or with the help of other staff. Your IRM liaison or WIC director can help you get State produced forms for doing QA. Some local agencies also have their own forms. Your WIC director can help you find them.

Use the findings from QA reviews to develop training for WIC staff.

12. Keep up with the nutrition education memos from the State Agency. Memos are emailed to your local agency each week and they can also be accessed on the WIC website.
13. New nutrition education materials are mailed to your local agency throughout the year. Make sure that you see all of them. Keep new materials on file at your local agency so that you can find them easily.

New nutrition education materials are announced in memos and in the *WIC News*, a Statewide newsletter for WIC employees. You can keep up with all new materials through these resources.

Glossary

Class Schedule	The schedule of group classes for your Local Agency: It is the guide for which classes will be taught each month in your Local Agency. It is part of the annual Nutrition Education and Breastfeeding Plan.
Fiscal Year	An accounting year: The Federal Fiscal Year is used for nutrition education scheduling. The year starts October 1 and ends September 30 of the next calendar year. The State Fiscal Year starts September 1 and ends August 31.
IRM Liaison	A State staff member who works with your local agency: They will help you interpret policy and answer any question about WIC. They also handle all complaints about the WIC Program in Texas.
Lesson Codes	<p>The computer code for group class lessons and individual counseling: The State Agency assigns unique codes for all lessons. The first two letters of the code indicate the topic of each lesson, <u>ie</u> IF is an infant feeding class.</p> <p>The three center numbers tell who developed the lesson. 000 means the lesson was developed by the State. 002 means the lesson came from an organization such as the American Heart Association. Center numbers higher than 002 indicate the Local Agency which developed the lesson.</p> <p>The last two numbers are specific for each lesson. 00 through 49 indicates that the lesson is a group class. 50 through 99 indicates that the lesson is for use in individual counseling.</p>
Lesson Plan	The written outline of a group class for participants: Group classes can be written by the State or local agencies. Each class has behavioral objectives which are the main points participants will take with them from the class. It also includes activities which can include a discussion, a bingo game or a video. It ends with an evaluation of what the clients learned from the lesson.

Nutrition Education

Federal regulations define nutrition education by stating the topics which can be covered. The topics are

- nutrition topics related to the population WIC serves.
- substance abuse information.
- breastfeeding.

Nutrition Education and Breastfeeding Plan

An over view of education on nutrition and breastfeeding at your local agency: Each fiscal year your Local Agency completes a Nutrition Education and Breastfeeding Plan. A copy of the plan is required to be on file at your agency. The State Agency reviews and approves the plan each year and keeps a copy on file.

Nutrition Education Contact

A group class or individual counseling session

Nutrition Education Contact Person

A member of the State Nutrition Education section who works with your local agency: She will be able to answer your questions about nutrition education.

Nutrition Modules

Self study booklets: They cover a variety of nutrition related topics important to WIC clinics. The State Agency produces them.

Quality Assurance

A periodic, internal review process of WIC records, group classes, individual counseling and other procedures: It determines if WIC policies and procedures are being followed. It also assures that clients are receiving accurate information and that nutrition education is presented using effective teaching techniques.

Nutrition and Breastfeeding Materials

Take some time to keep with in nutrition so that you can provide your clients with the best information possible. Below is a list of websites and materials which can help you learn more. Consider buying some of the books on nutrition or breastfeeding, if you have money left at the end of the year.

Websites

Breastfeeding	Website Address
Breastfeeding Resource Site	www.moms4milk.org
Breastfeeding After Breast Reduction	www.bfar.org
Breastfeeding Bookstore	www.iBreastfeeding.com
Breastfeeding.com	www.breastfeeding.com
Dr. Hale's Lactation Pharmacology Website	neonatal.ttuhscc.edu/lact/
Global Health: Breastfeeding and Child Survival	www.usaid.gov/pop_health/cs/csbfeeding.htm
International Board of Lactation Examiners	www.iblce.org
International Lactation Consultant Association	www.ilca.org
La Leche League International	www.lalecheleague.org
Promotion of Mother's Milk Incorporated	www.promom.org
The Academy of Breastfeeding Medicine	www.bfmed.org
The Linkages Project	www.linkagesproject.org/
World Alliance for Breastfeeding Action	www.waba.org.br

Pediatrics	
American Academy of Pediatrics	www.aap.org
Bright Futures	www.brightfutures.org
North American Society for Pediatric Gastroenterology, Hepatology and Nutrition	www.naspgn.org
Disease/CSHCN	
American SIDS Institute	www.sids.org
Diabetes	www.niddk.nih.gov/health/diabetes/diabetes.htm#pubs
Family Village: A Global Community of Disability-Related Resources	www.familyvillage.wisc.edu/index/html
Food Allergy and Anaphylaxis Network	www.foodallergy.org
National SIDS Resource Center	www.sidscenter.org
Pediatric Database	www.icondata.com/health/pedbase/pedlynx.htm
The Merck Manual	www.merck.com/pubs/mmanual
Nutrition	
American Dietetic Association	www.eatright.org
Children's Nutrition Research Center at Baylor College of Medicine	www.bcm.tmc.edu/cnrc
FDA Publications on Food Labeling	www.fda.gov/opacom/campaigns/3foodlbl.html
Food Labeling and Nutrition	vm.cfsan.fda.gov/label.html

Food and Nutrition Information Center	www.nal.usda.gov/fnic
Free Educational Materials	www.ed.gov/free/subject.html
Meals for You	www.mealsforyou.com/cgi-bin/home
Nutrition Analysis Tool v1.0	www.ag.uiuc.edu/~food-lab/nat
The Blonz Guide: Nutrition, Food and Health Resources	www.blonz.com
Tufts Nutrition Navigator	navigator.tufts.edu
USDA Nutrient Data Laboratory	www.nal.usda.gov/fnic/foodcomp
WIC Works Resource Sysytem	www.nal.usda.gov/wicworks
Women	
National Women's Health Information Center	www.4woman.com
Food Safety	
Food Safety Publications	www.fsis.usda.gov/OA/pubs/consumerpubs.htm#FOOD%20SAFETY%20FEATURES
www.FoodSafety.gov : Gateway to Government Food Safety Information	www.foodsafety.gov/foodsafe.html
Physical Activity	
Nutrition and Physical Activity	www.cdc.gov/nccdphp/dnpa
The President's Council on Physical Fitness and Sports	www.fitness.gov
Herbal Medicine	
American Botanical Council	www.herbalgram.org/browse.php/defaulthome
Herb Research Foundation	www.herbs.org

Government	
First Gov	www.firstgov.gov
Healthfinder: Your Guide to Reliable Information	www.healthfinder.gov
Language	
Spanish Language for Health Care Professionals	www.rho.arizona.edu/spanish/splinks.htm
Advertising	
Center for Media Literacy	www.medialit.org

Books to order:

1. Anderson, Kenneth N.. *Mosby's Medical, Nursing and Allied Health Dictionary*. Mosby, St. Louis, 1998.
2. Biancuzzo, Marie. *Breastfeeding the Newborn: Clinical Strategies for Nurses*. Mosby, St. Louis, 1999.
3. Dietz, William H. and Loraine Stern, editors. *American Academy of Pediatrics Guide to Your Child's Nutrition: Making Peace at the Table and Building Healthy Eating Habits for Life*. American Academy of Pediatrics, Random House, 1999.
4. Fomon, Samuel J. *Nutrition of Normal Infants*. Mosby, St. Louis, 1993.
5. Frisancho, A. Roberto. *Anthropometric Standards for the Assessment of Growth and Nutritional Status*. University of Michigan Press, Ann Arbor, 1993.
6. Kostas, Georgia G. *The Balancing Act: Nutrition and Weight Guide* Obtain from The Balancing Act: Nutrition and Weight Guide/ P.O. Box 671281/ Dallas, TX/ 75367-8281.
7. La Leche League International. *The Breastfeeding Answer Book*. La Leche League International, Schaumburg, IL, 1997.
8. La Leche League International. *The Womanly Art of Breastfeeding*. La Leche League International, Schaumburg, Illinois, 1997.
9. Lawrence, Ruth. *Breastfeeding: A Guide for the Medical Profession*. Mosby, St. Louis, 1998.
10. Lee, Robert D. and David C. Nieman. *Nutritional Assessment*. Brown & Benchmark, Dubuque, Iowa, 1993.
11. Lynch, Eleanor W. *Developing Cross-Cultural Competence: A Guide for Working with Young Children and Their Families*. Paul Brooks, Publishing Co, Baltimore, 1995.
12. Mahan, L. Kathleen and Sylvia Escot-Stump. *Krause's Food, Nutrition and Diet Therapy*. W. B. Saunders, Philadelphia, 2000.
13. McCance, Kathryn L. and Sue E. Heuther. *Pathophysiology: The Biologic Basis for Disease in Adults and Children*. Mosby, St. Louis, 1998.
14. Newman, Jack and Teresa Pitman. *Dr. Jack Newman's Guide to Breastfeeding*. Harper Collins, Toronto, 2000.
15. Owen, Anita L., Patricia L. Splett, George M. Owen. *Nutrition in the Community: The Art and Science of Delivering Services*. WCB McGraw-Hill, 1999.

16. *Pediatric Nutrition Handbook*. American Academy of Pediatrics, Elk Grove Village, 1998.
17. Riordan, Jan and Kathleen G. Auerbach. *Breastfeeding and Human Lactation*. Jones and Bartlett Publishers, Boston, 1999.
18. Sanjur, Diva. *Hispanic Foodways, Nutrition, and Health*. Simon and Schuster, Needham Heights, Massachusetts, 1995.
19. Satter, Ellyn. *How to Get Your Kid to Eat, But Not Too Much*. Bull Publishing Company, Palo Alto, 1987.
20. Satter, Ellyn. *Child of Mine: Feeding with Love and Good Sense*. Bull Publishing Company, Palo Alto, 2000.
21. Somer, Elizabeth. *Nutrition for Women: The Complete Guide*. Henry Holt and Company, New York, 1995.
22. Trahms, Cristine M. and Peggy Pipes. *Nutrition in Infancy and Childhood*. WCB/McGraw-Hill, 1997.
23. Wiggins, Pamela. *Breastfeeding: A Mother's Gift*. L.A.. Publishing Company, Franklin, Virginia, 1998.
24. Worthington-Roberts, Bonnie and Sue Rodwell Williams. *Nutrition in Pregnancy and Lactation*. Brown & Benchmark, Dubuque, Iowa, 1997.