

## 2012 WIC Obesity Prevention Mini Grant Project Summary

### Local Agency Number and Name:

Fort Bend Family Health Center WIC Program #29

### Title of OPMG Project:

40 Days of Healthy Meal Planning...using WIC foods!

### Contact Person:

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## Project Overview

### List target audience and number of participants seen:

*40 Days of Healthy Meal Planning ... using WIC foods!* was initially designed for our clients and families at risk for (114) or found to be obese (113). Our goal was to write and publish 2 books – one in English (FY2011) and one in Spanish (FY2012). As the project progressed, we consolidated the two books in FY2011 and planned for distribution in FY2012. We expanded it to WIC families interested in healthy meal planning and time management when preparing menus for their family as both a class offered in the FY2012 NE Plan and one on one during VENA counseling.

### List type of activities for this project (a group class, cooking class, physical activity, gardening, breastfeeding, other):

The 1,980 copies of the *40 Days of Healthy Meal Planning ... using WIC foods!* book were offered as part of two WIC classes: the RD taught weight maintenance class which focuses on preventing obesity (risk 113 and 114 children) and the *Cooking With WIC Foods* class. Classes were offered at all four LA29 WIC clinics. To launch the class the staff were challenged to use the book as written and commit to a healthy lifestyle for 40 days prior to teaching the class. Those that participated were also awarded the cooking demo prizes that were included in *40 Days of Healthy Meal Planning ... using WIC foods!* Class.

### Overall goal for this project:

Busy lifestyles encourage families to look for quick meals which often contain higher calorie content. Our project focus is on showing WIC staff and families how they can plan ahead for quick healthy meals using their WIC foods.

#### Objectives for this project:

The *40 Days of Healthy Meal Planning ... using WIC foods!* book was completed and published for 1980 WIC families and staff members. WIC staff and families will now have a useful meal planning tool designed to promote a healthy weight as they follow healthy meal plans that meet all their nutritional needs.

#### Project description:

This publication follows the MyPlate recommendations for balanced healthy eating each day. WIC foods are in bold letters and used within each meal. The 40 day menu cycle offers separate breakfast, lunch, dinner and 3 snack items that can be mixed and matched according to the desire of the heart for the day.

The books will be offered during the FY2012 RD weight maintenance classes twice a month and the *Cooking with WIC Foods* classes. Clients will participate in the preparation of one item from the book and take home a kitchen utensil with an obesity prevention tip screen printed onto it. Staff and clients will be encouraged to adhere to the *40 Days of Healthy Meal Planning ... using WIC foods!* book to promote weight loss and weight maintenance. Pre-test data was collected on the first 100 participants of FY2012; however, post-test data has not been totally completed for the project. The pre-test was given when the book was given to the participant. Post-test data is being collected 3-6 months after the distribution at their next certification and will be used to evaluate the frequency of use and usefulness of the new meal planning tool. At End of FY2012, 544 books were distributed. Classes and individual instruction will continue into FY2013.

#### List results and objectives met:

Due to miscommunication the post-tests were held separate for the return visit and then missed on the return visit. Therefore, a number of families have not yet completed their post-test and final improvement results of the project are inconclusive at this time.

#### List curricula, kits or other educational materials used:

DSHS WIC education, cooking tips, nutrition tips, and budget saving ideas were included in the *40 Days of Healthy Meal Planning ... using WIC foods!* publication from various state developed WIC materials.

#### List other resources used, if applicable:

Multiple cook books and website reference materials were included in the recipe section of our healthy meal planning. Each was referenced in the publication. Let's Cook with Fruits and Vegetables was also given out with the meal planning book as numerous recipes from this publication were included in the meal planning. This is the publication provided several years ago by the state WIC office. It was reordered for those participants who did not have a copy at home.

#### List collaborating agencies or individuals, if applicable:

This project included the assistance of numerous individuals and organizations including: all LA29 WIC staff and families, Volunteers, and a University of Houston Dietetic Interns. The food for the demonstrations were donated and delivered weekly by the local Rosenberg Fiesta grocery store.

#### List the type of incentives that were given:

The *40 Days of Healthy Meal Planning ... using WIC foods!* Book  
Let's Cook with Fruits and Vegetables by Team4Nutrition

Kitchen gadgets with obesity prevention messages screen printed on them (cutting board – “Dice It To Size It” in purple for meats and “Fresh is Best” in green for veggies; measure cup – “How is your meal measuring up?”; measure spoons on key ring – “Moderation is Key”; pot holder – Texas WIC logo; jar opener – “Rinse and Drain to lower your Salt”; or a sandwich spreader – “Spread It Thin For A Healthier You!”).

#### Helpful ordering information for materials or incentives (if available):

- 40 Days of Healthy Meal Planning...using WIC foods! Book:

**Walsworth Publishing,**  
306 North Avenue,  
Marceline, Missouri 64658  
Office No. 800-369-2646  
Fax No. 660-258-2141  
[www.walsworthprinting.com](http://www.walsworthprinting.com)

- Incentive Items for food demos with obesity prevention messages:

Wittenberg Printing  
Sealy, TX 77474  
979-885-7464

- Staff Incentives for Creative Cooking by Jolie: [www.msc-international.com](http://www.msc-international.com)

### Tips for Other Agencies

#### What worked well for this project?

Clients love the hands on cooking demonstrations and respond best when the staff include them in the demonstration. They appear to feel relieved to have a new tool at their finger tips that will show them how to include WIC foods while eating healthy on a limited budget. Final post-test comments have not all been collected at this time, but verbal responses show gratefulness for the new tool.

**What were the challenges?**

We faced one major challenge throughout the project. Participants were to be offered a follow-up post-test evaluation 3-6 months following the distribution of the book. The pre-test was collected at the end of class and the post-test was filed in their chart to complete upon return. However, due to miscommunication the post-tests were held separate for the return visit and then missed on the return visit. Therefore, a number of families have not yet completed their post-test and results of the project are inconclusive at this time.

**What changes would be made for next time, if any?**

NA