



Memorandum

#12-129

TO: WIC Regional Directors
WIC Local Agency Directors

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

DATE: November 28, 2012

SUBJECT: New Client Centered Nutrition Education (CCNE) lesson available – *Pregnancy, Giving Your Baby the Best Start*

The following new CCNE lesson will be available soon for downloading from the WIC Nutrition – Maternal Nutrition Lesson Plans web page at <http://www.dshs.state.tx.us/wichd/nut/mnlessons-nut.shtm>:

MN-000-54, CCNE: Pregnancy- Giving Your Baby the Best Start

This lesson begins with a “Fact or Fiction” activity to spark discussion about healthy habits during pregnancy. The lesson also includes a meal makeover activity and ends with a wrap-up discussion where participants share ways to overcome their barriers to healthy habits.

If staff would like to add this new lesson to their Nutrition Education Class Schedule, please make the change to your online class schedule and contact your Nutrition Education liaison with any questions.

Once staff have taught the lesson comfortably a few times, please complete the Staff New Lesson Evaluation Survey online at <http://www.surveymonkey.com/s/CSBZ28K>. Staff evaluations provide meaningful feedback that helps the State Agency to improve lessons.

If you have questions or require additional information about this new lesson, please contact Erica Harris MS, RD,LD, Nutrition Education Consultant at 512-341-4588 or erica.harris@dshs.state.tx.us