



Memorandum

#13-104

TO: WIC Regional Directors
WIC Local Agency Directors

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

DATE: November 12, 2013

SUBJECT: New Nutrition Education Material – *Your Guide to Pregnancy*

NEW! *Your Guide to Pregnancy* is available now in English (Stock # 13-06-14098), Spanish (Stock # 13-06-14098A), and Vietnamese (only available electronically by Stock #13-06-14098V). This all-inclusive pregnancy guide includes a week-by-week snapshot of what's happening with your baby and your body, and provides information about weight gain, eating well, taking care of yourself, staying active, discomforts, and what to expect after your baby is born. A list of helpful resources is also included.

Your Guide to Pregnancy will be available to download electronically in English, Spanish, and Vietnamese from the WIC catalog at <http://www.dshs.state.tx.us/wichd/WICCatalog/contents.shtm>. In addition, printed copies in English and Spanish will be available to order from the WIC catalog. Invitations to pre-order printed copies of this publication in English and Spanish were emailed to Local Agency directors September 2013 with these orders to be shipped to Local Agencies during November 2013.

Your Guide to Pregnancy is a consolidation of information contained in several older WIC brochures and will replace the following brochures, which will be deleted from the WIC catalog once inventory is depleted:

- *Thinking About The Baby? Think About Breastfeeding* (stock # 13-14)
- *Healthy Foods For My Baby And Me* (Stock # 13-06-12495)
- *Healthy Moms for Healthy Babies* (Stock #13-66,13-66A)
- *Eating For You and a Healthy Baby, Too!* (Stock #13-197, #13-197A)
- *A More Comfortable Pregnancy* (Stock# 13-172, #13-172V)
- *Food Safety Guidelines for Women – Especially for Women Who Are Pregnant* (Stock #13-06-12145, #13-06-12145A)

If you have any questions or require additional information, please contact Erica Harris, Nutrition Education Consultant, Nutrition Education/Clinic Services Unit, at (512) 341-4588 or erica.harris@dshs.state.tx.us.