



Memorandum

#14-071

TO: WIC Regional Directors
WIC Local Agency Directors

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

DATE: June 2, 2014

SUBJECT: National Health Observances for FY15 Lesson Planning

Below is a list of links to past national health observances, future winter health observances, and other helpful resources to help Local Agencies (LAs) plan for next year's lessons. Also listed below are links to previously posted memos related to monthly health observances. We hope these reminders and resources will help you share all of these important health messages each month with fun and interactive lessons and events to promote change for your clients and community.

[January Health Observances](#)

[February Health Observances](#)

[March Health Observances](#)

[April Health Observances](#)

[Spring and Summer Health Observances \(May, June, July, Aug\)](#)

Fall and Winter 2014 Health Observances (September, October, November, December)

September 2014

America on the Move – Month of Action

Classes/lessons to offer participants

- Fit Families: Effortless Exercise GD-000-06
- A More Comfortable Pregnancy MN-000-15
- CCNE: Pregnancy – Giving Your Baby the Best Start MN-000-54
- CCNE: Get Your Groove On Mama! PN-000-08
- CCNE: What Can I Do Besides Eat? PN-000-11
- Be Active, Feel Great SP-000-36
- CCNE: Zobey's Jungle Jive CH-000-22

- CCNE: Zobey's Barn Dance Party CH-000-23
- The Adventures of Zobey Jungle Jive SP-000-31
- The Adventures of Zobey – Barn Dance Party SP-000-33

Web lessons for participants

- Active Play and Your Child

Materials for participants

- Keeping Their Spirits Up Helps 13-06-13781
- Top 10 Ways to Grow Happy Kids 13-06-13782
- Your Guide to Pregnancy 13-06-14098

Training for staff – Century Link

- VENA Counseling 101 – VENA Basics
- VENA Counseling 102 – Counseling Skills
- VENA Counseling 103 – Motivating for Behavior Change

Fruit and Veggie Month

Classes/lessons to offer participants

- CCNE: Introducing Vegetables CF-000-25
- CCNE: Great Tips for Feeding Kids CF-000-26
- CCNE: Give Your Child 10 Tasteful Gifts That Will Last a Lifetime CF-000-29
- CCNE: Child Nutrition Top Ten Discussion CF-000-30
- CCNE: Fun and Feeding for a Healthy Weight IF-000-24

Web lessons for participants

- Cooking with Fruits and Vegetables
- Follow the Rainbow to Better Health with Fruits and Vegetables
- Smart Snacks
- Healthy Eating, Healthy Pregnancy
- Tips for Feeding 1-2 Year Olds
- Tips for Feeding 2-5 Year Olds

Materials for participants

- Top 10 Ways to Grow Happy Kids 13-06-13782
- MyPlate Mini Poster 13-06-14039

Training for staff – Century Link

- How children Develop Food Preferences
- Vegetarian Diets
- Choose MyPlate: An Introduction
- How Children Develop Food Preferences
- Benefits of Soy and WIC Soy Food Packages

FASD Awareness Day (September 9, 2014)

Classes/lessons to offer participants

- CCNE: Pregnancy Top Ten Discussion MN-000-53
- CCNE: Pregnancy – Giving Your Baby the Best Start
- Fact or Myth – FASD NR-000-17

Web lessons for participants

- Healthy Eating, Healthy Pregnancy

Materials for participants

- Your Guide to Pregnancy 13-06-14098
- Drinking and Your Pregnancy 13-06-13276

Training for staff – Century Link

- Fetal Alcohol Spectrum Disorders

National Childhood Obesity Awareness Month

Classes/lessons to offer participants

- CCNE: Great Tips for Feeding Kids CF-000-26
- CCNE: Picky Eaters – Making Peace with Food CF-000-28
- CCNE: Give Your Child 10 Tasteful Gifts that Will Last a Lifetime CF-000-29
- CCNE: child Nutrition Top Ten Discussion
- CCNE: Zobey's Jungle Jive CH-000-22
- CCNE: Zobey's Barn Dance Party CH-000-23
- CCNE: Healthy Children, Healthy Smiles DH-000-07
- Breastfeeding Beyond the First Few Months SP-000-32

Web lessons for participants

- Help Your child Have a Healthy Weight
- Smart Snacks
- Tips for Feeding 1-2 Year Olds
- Tips for Feeding 2-5 year Olds
- Active Play and Your Child

Materials for participants

- Give Your Child 10 Tasteful Gifts 13-06-12900A
- Top 10 Ways to Grow Happy Kids 13-06-13782A
- Breastfeeding Beyond 6 Months 13-06-13331
- Keeping Their Spirits Up Helps 13-06-13781
- Putting the Fast in Breakfast 13-06-13957
- Wake Up to the Benefits of Breakfast 13-06-13958
- Help Your Child Have a Healthy Weight 13-75

Training for staff – Century Link

- Choose MyPlate: An Introduction
- Help Your Child Have a Healthy Weight: CCNE Lesson Backgrounder
- How Children Develop Food Preferences

Whole Grains Month

Classes/lessons to offer participants

- CCNE: Whole Grains, Whole Nutrition GN-000-27

Web lessons for participants

- Whole Grains for Good Health

Materials for participants

- Give Your Child 10 Tasteful Gifts That Will Last a Lifetime 13-06-12900
- Putting the Fast in Breakfast 13-06-13957
- Wake up to the Benefits of Breakfast 13-06-13958

Training for staff – Century Link

- Choose MyPlate: An Introduction

National Women's Health and Fitness Day (September 24, 2014)

Classes/lessons to offer participants

- Get Your Groove On Mama PN-000-08
- Postpartum Grab Bag PN-000-09
- CCNE Diet and Women's Health PN-000-10
- What Can I Do Besides Eat PN-000-11
- CCNE: Pregnancy Top Ten Discussion MN-000-53
- CCNE: Breakfast Builds Better Bodies CF-000-32
- CCNE: Building Strong Blood NR-000-18
- Get Your Groove on Mama SP-000-30

Web lessons for participants

- Healthy Eating, Healthy Pregnancy
- Preventing Anemia with Iron Rich Foods
- Cooking with Fruits and Vegetables
- Follow the Rainbow to Better Health with Fruits and Vegetables
- Whole Grains for Good Health
- Smart snacks

Materials for participants

- Why Every Woman Needs Folic Acid 13-205
- Eat Well, Be Well 13-169
- Wake Up to the Benefits of Breakfast 13-06-13958
- Your Guide to Pregnancy 13-06-14098
- Stay Strong with Iron 13-67
- Breastfeeding and Returning to Work 13-06-11496
- Breastfeeding: A Natural Way to Better Health 13-06-12078
- Breastfeeding and Family Planning 13-101
- Breastfeeding Fact Sheet 13-162
- Putting the Fast in Breakfast 13-06-13957
- Wake Up to the Benefits of Breakfast 13-06-13958
- Your Guide to Pregnancy 13-06-14098
- Pregnancy: What Should I do if I'm gaining Too Much Weight? 13-77
- Pregnancy: What Should I do if I'm Not Gaining Enough Weight? 13-78

Training for staff – Century Link

- Benefits of soy and WIC Soy Food Packages
- When the Client Leaves Your Clinic: How to Enable Healthy Behaviors in Unhealthy Nutrition Environments
- Identifying Participants at Risk for Anemia
- Anatomy of the Breast
- Choose MyPlate: An Introduction

October 2014

Eat Better, Eat Together Month

Classes/lessons to offer participants

- CCNE: Follow the Leader CF-000-24
- CCNE: A Healthy Media Diet GN-000-25

Web lessons for participants

- Cooking with Fruits and Vegetables
- Follow the Rainbow to Better Health with Fruits and Vegetables
- Whole Grains for Good Health
- Smart Snacks

Materials for participants

- Balance Takes Practice 13-06-12897
- Keep Your Family Health 13-06-12894
- Meals are a Great Time to Play Follow the Leader 13-06-12895
- Why Should TV Do All the Programming 13-06-12898
- Family Mealtimes – You Eat, You Talk, You Listen 13-06-13801
- Putting the Fast in Breakfast 13-06-13957
- 10 Ways to Help Your Family Fall in Love with Fruits and Vegetables 13-68

Training for staff – Century Link

- Choose MyPlate: An Introduction

Children's Health Month/Child Health Day (October 6, 2014)

Classes/lessons to offer participants

- CCNE: Child Nutrition Top Ten Discussion CF-000-31

Web lessons for participants

- Help Your child Have a Healthy Weight
- Smart Snacks
- Tips for Feeding 1-2 Year Olds
- Tips for Feeding 2-5 year Olds
- Active Play and Your Child
- Cooking with Fruits and Vegetables
- Whole Grains for Good Health

- How Should I Feed My New Baby?
- Baby's First Foods

Materials for participants

- Give Your Child 10 Tasteful Gifts that Will Last a Lifetime 13-06-12900
- Keeping Their Spirits Up Helps 13-06-13781
- Top 10 Ways to Grow Happy Kids 13-06-13782
- Putting the Fast in Breakfast 13-06-13957
- Wake Up to the Benefits of Breakfast 13-06-13958
- Help! My Child is a Picky Eater 13-18
- 10 Ways to Help Your Family Fall in Love with Fruits and Vegetables 13-68
- Help Your Child Have a Healthy Weight 13-75

Training for staff – Century Link

- Choose My Plate: An Introduction
- Help Your Child Have a Healthy Weight: CCNE Lesson Backgrounder
- How Children Develop Food Preferences
- Understanding Food Allergies

National Dental Hygiene Month

Classes/lessons to offer participants

- CCNE: Healthy Children, Healthy Smiles DH-000-07

Materials for participants

- Common Infant and Childhood Problems Tooth Decay Birth – 5yrs 13-126
- Healthy Teeth for A Healthy Smile 13-89

Healthy Babies Month

Classes/lessons to offer participants

- Baby's First Bites IF-000-22
- CCNE: Infant Top 10 Discussion IF-000-23
- CCNE: Fund and Feeding for a Healthy Weight IF-000-24
- CCNE: Pregnancy – Giving Your Baby the Best Start MN-000-54

Web lessons for participants

- How Should I Feed My New Baby?
- How do I know if I am making enough milk?
- Feeding your infant from birth to 6 months
- Baby's First Foods

Materials for participants

- Making the Right Amount of Milk 13-06-12038
- Breastfeeding Beyond 6 Months 13-06-13331
- Breastfeeding: A True Superpower 13-06-13923
- Your Guide to Pregnancy 13-06-14098
- Breastfeeding Guide: How to Get Off to a Great Start 13-220

Training for staff – Century Link

- Does Baby Eat What Mom Eats? Nutrition and Breastfeeding
- Fetal Alcohol Spectrum Disorders
- I Have Too Much Milk!
- Feeding Preterm Infants
- Does Just One Bottle Really Matter?
- Anatomy of the Breast
- Physiology of the Breast
- Is Mom Producing Enough Milk?
- Sleepy Baby
- Telephone counseling: What do you Say After You Say Hello?
- Texas WIC Breast Pump Program Part 1
- Texas WIC Breast Pump Program Part 2
- Transfer of Medications into Human Milk

National Spina Bifida Month

Classes/lessons to offer participants

- CCNE: Pregnancy Top Ten Discussion MN-000-53

Web lessons for participants

- Healthy Eating, Healthy Pregnancy

Materials for participants

- Why Every Woman Needs Folic Acid 13-205
- CCNE: Pregnancy Top Ten Discussion MN-000-53

Food Day (Oct 24)

Classes/lessons to offer participants

- CCNE: Introducing Vegetables CF-000-25
- CCNE: Great Tips for Feeding Kids CF-000-26
- CCNE: Give Your Child 10 Tasteful Gifts That Will Last a Lifetime CF-000-29
- CCNE: Child Nutrition Top Ten Discussions CF-000-30
- CCNE: Breakfast Builds Better Bodies CF-000-32
- Cooking with WIC Approved Foods GN-000-24
- Whole Grains, Whole Nutrition GN-000-27
- CCNE: Infant Top 10 Discussion IF-000-23
- CCNE: Fun and Feeding for a Healthy Weight IF-000-24
- CCNE: Pregnancy Top Ten Discussion MN-000-53
- CCNE: Pregnancy – Giving Your Baby the Best Start MN-000-54
- Feeding Your Family on a Budget FE-000-06

Web lessons for participants

- Cooking with Fruits and Vegetables
- Follow the Rainbow to Better Health with Fruits and Vegetables
- Smart Snacks
- Whole Grains for Good Health

- Healthy Eating, Healthy Pregnancy
- Baby's First Foods

Materials for participants

- Top 10 Ways to Grow Happy Kids 13-06-13782
- Family Mealtimes – You Eat, You Talk, You Listen 13-06-13801
- Putting the Fast in Breakfast – Quick& Easy Solutions 13-06-13957
- Wake Up to the Benefits of Breakfast 13-06-13958
- MyPlate Mini Poster 13-06-14039
- Your Guide to Pregnancy 13-06-14098
- Stay Strong with Iron 13-67
- Help Your Child Have a Healthy Weight 13-75
- Why Every Woman Needs Folic Acid 13-205
- Wake Up to the Benefits of Breakfast 13-06-13958
- Food Safety at Home 13-20
- 10 Ways to Help Your Family Fall in Love with Fruits and Vegetables 13-68

Training for staff – Century Link

- Vegetarian Diets
- Choose My Plate: An Introduction
- How Children Develop Food Preferences

November

Great American Smokeout Month

www.cancer.org

National Child Mental Health Month

www.aboutourkids.org

Prematurity Awareness Month

www.marchofdimes.com

American Diabetes Month & World Diabetes Day

Web lessons for participants

- Smart Snacks
- Follow the Rainbow to Better Health with Fruits and Vegetables
- Healthy Eating, Healthy Pregnancy

Materials for participants

- Wake Up to the Benefits of Breakfast 13-06-13958
- Your Guide to Pregnancy 13-06-14098
- Gestational Diabetes My Pregnancy, My Baby and Me 13-209
- Gestational Diabetes Eating for Your Baby's Health 13-210

December

National Hand Washing Awareness Week (December 7-13, 2014)
www.henrythehand.com

National Influenza Vaccination Week (December 7-13, 2014)
<http://www.cdc.gov/flu/nivw/>

Other Helpful Resources

Health observance calendars for 2015 are not available online yet; however, the current calendars list days and/or dates for each observance so that you can plan accordingly.

- National Wellness Institute's Health and Wellness Observances Calendar:
<http://www.nationalwellness.org/?page=HealthObservancesCal>
- Healthfinder.gov – Calendars and Toolkits: <http://healthfinder.gov/NHO/>
- Centers for Disease Control and Prevention - Women's Health Observances:
<http://www.cdc.gov/Women/observances/index.htm>
- USDA Holiday and Health Observances – Includes recipes for most observances:
<http://snap.nal.usda.gov/nutrition-through-seasons/holiday-observances>

If you have any questions or need additional information, please contact Mandy Seay, RD, LD, CDE, Nutrition Education Consultant, at (512) 341-4516 or mandy.seay@dshs.state.tx.us.