



Memorandum

#15-029

TO: WIC Regional Directors
WIC Local Agency Directors

FROM: Amanda Hovis, Director
Nutrition Education/Clinic Services Unit
Nutrition Services Section

DATE: March 12, 2015

SUBJECT: Revised pamphlets available: *Let's Eat*, (Stock #13-168/13-168A) and *Watch Me Grow in My First Year* (Stock# 13-202/13-202A)

Revised versions of *Let's Eat*, (Stock #13-168/13-168A, **revised 11/14**) and *Watch Me Grow in My First Year* (Stock# 13-202/13-202A, **revised 1/15**) are now available to order from the WIC Catalog. The pamphlets have been updated to match the American Academy of Pediatrics infant feeding guidelines. Revisions to the pamphlets include the recommendation of waiting until infant is 6 months old to start offering solid foods. Please recycle any older versions of these pamphlets and replace with the revised version.

If you have any questions or require additional information, please contact Angela Gil, Nutrition Education Consultant, Nutrition Education/Clinic Services Unit, at (512) 341-4590 or angela.gil@dshs.state.tx.us.