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**#16-044**

**TO:** WIC Regional Directors  
WIC Local Agency Directors

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

**DATE:** May 5, 2016

**SUBJECT:** Register for 2016 Summer & Fall Nutrition Courses  
at Santa Fe Community College

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### **Register for the 2016 summer & fall semesters at SFCC!**

Santa Fe Community College will continue to offer online nutrition courses this summer and fall. WIC staff interested in enhancing their nutrition knowledge and job skills should consider the online nutrition courses available through Santa Fe Community College.

Reimbursement from the state agency is contingent upon successful completion of all courses by the WIC staff member with a letter grade of a 'C' or better. The local agency may bill under either Administration or Nutrition Education for payment of the courses. If the student does not successfully pass the course with a letter grade of a 'C' or better, it is the local agency's decision to determine if the staff member is responsible for reimbursement. Time off requests for the purpose of continuing education is subject to approval, for more information staff should refer to their local agency policy. The WIC staff member is responsible for purchasing textbooks. It is important to note that WIC does not endorse Santa Fe Community College or those employed with the facility.

The following nutrition courses are being offered this summer and fall:

### **Summer 2016 Course Offerings:**

8 week nutrition courses begin on June 6, 2016 and end on July 30, 2016.

- **NUTR 200 Nutrition** (2 sections-register for one only) **CRN 10038 or 10154**  
Basic principles of nutrition, including functions, interactions and human requirements of nutrients in maintaining optimum health. Required Text: *Nutrition & You, 4<sup>th</sup> ed.* ISBN 978-0-13-432484-5 (note: new edition)

## **Fall 2016 Course Offerings:**

14 week nutrition courses begin on September 6, 2016 and end on December 10, 2016.

- **NUTR 121 Dietary Guidelines CRN 21119**  
Presents and explains in detail “The Dietary Guidelines for Americans” developed by the U.S. Department of Agriculture and the U.S. Department of Health and Human Services. *No text required for this course*
- **NUTR 200 Nutrition** (4 sections-register for one only) **CRN 20335, 20336, 20594 or 20858**  
(Note: CRN 20858 is an 8 week course Oct 17-Dec 10, 2016)  
Basic principles of nutrition, including functions, interactions and human requirements of nutrients in maintaining optimum health. Required Text: *Nutrition & You, 4th ed.* ISBN 978-0-13-432484-5 (Note: new edition)
- **NUTR 205 Nutrition in the Life Cycle CRN 20337**  
Nutritional needs and recommendations for pregnancy, infancy, childhood, adolescence, adulthood and the elderly. Required Text: *Life Cycle Nutrition* ISBN 9781284005349 –  
**Note: this is a new custom text being used and can ONLY be purchased through the SFCC bookstore.**
- **NUTR 206 Community Nutrition CRN 20536**  
Food and nutrition issues and public health programs related to individuals, families and groups living in a defined area. *No text required for this course*
- **NUTR 209 Nutrition in Chronic Disease CRN 20338**  
Review of the relationship between nutrition and obesity, diabetes, hypertension, heart disease and cancer. *No text required for this course*
- **NUTR 215 Culinary Nutrition CRN 20339** This course combines the science of nutrition and current dietary recommendations with the culinary arts. Strategies and techniques used to prepare healthful and appetizing food are explored and demonstrated. Required Text: *Techniques of Healthy Cooking, 4<sup>th</sup> ed.* ISBN 9780470635438
- **NUTR 221 Diabetes Management CRN 20340**  
Prevention and management of diabetes including blood glucose control, insulin and medication, nutrition and exercise recommendations, and the prevention of complications. Required Text: *Complete Guide to Diabetes 5<sup>th</sup> ed,* ISBN 978158040330
- **NUTR 230 Nutrition for Fitness and Sport CRN 20341**  
Principles of nutrition in maintaining optimum health in the exercising adult. Effects of exercise on nutritional requirements and guidelines for their use are emphasized. Required Text: *Practical Applications in Sports Nutrition, 4th ed,* ISBN 978-1284036695

The required textbooks may be ordered and shipped through the SFCC bookstore (505-428-1218) using a credit card OR through most major online booksellers (*with the exception of the Life Cycle Nutrition text which is available only through the SFCC bookstore*). **Important:** Students should have their text available the first day of class.

## Instructions for Registration:

1. All *new* SFCC students must first complete [online application](#) before registering for any courses.
2. To register for nutrition courses email Gretchen Scott at [gretchen.scott@sfcc.edu](mailto:gretchen.scott@sfcc.edu) with the following information:
  - Name and A # (SFCC student ID # which is obtained immediately after completing online application)
  - CRN # of nutrition course(s) you would like to register for from the course list above
3. Students enrolling and paying their own tuition may call the Cashier's Office at 505-428-1211 to make a payment over the phone with a Visa, Master Card or Discover credit card. Students can also set up a payment plan or pay online through their JACK account: under the [Registration](#) tab click on [Cashier](#) and follow the prompts; contact the Cashier's Office 505-428-1211 for assistance.

Third party payers must email the following information to [thirdparty@sfcc.edu](mailto:thirdparty@sfcc.edu)

- Purchase order # or letter of intent to pay
- Student name
- Student ID (A#)
- Student phone number
- Course(s) student is enrolling in

Payment, intent to pay and/or payment arrangements must be made immediately to avoid being dropped from classes due to non-payment.

Students can access their courses the first day of class by following the [CANVAS link](#) on the [SFCC homepage/public website](#).

Please go to the public site for Santa Fe Community College [www.sfcc.edu](http://www.sfcc.edu) for more detailed information about the college (enrollment of new students, college catalog, student handbook, phone numbers, online course access, etc.)

If you have any questions or require additional information, please contact Kelley Reed, Nutrition Education Consultant, at [kelley.reed@dshs.state.tx.us](mailto:kelley.reed@dshs.state.tx.us) or 512-341-4580.