



Memorandum

#11-134

TO: WIC Regional Directors
WIC Local Agency Directors

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

DATE: October 13, 2011

SUBJECT: Four New Web Lessons Available for Participants

The purpose of this memo is to introduce four new web lessons that are available for WIC participants on the www.texaswic.org website. The lessons below are available now in English and will be available in Spanish in the next few weeks.

- 1) ***Tips for Feeding 1-2 Year Olds (WL-000-18)*** –
This lesson focuses on eating skills and habits of toddlers. It provides examples of healthy foods and drinks for toddlers and how much to offer.
- 2) ***Tips for Feeding 2-5 Year Olds (WL-000-21)*** –
This lesson discusses and defines the feeding roles and responsibilities of parents/caregivers and children. It also provides tips for raising a healthy eater and how to plan healthy meals.
- 3) ***Help Your Child Have a Healthy Weight (WL-000-19)*** –
This lesson discusses the importance of a healthy childhood weight and provides ways to help families prevent and manage overweight/obesity. It also teaches parents how to model healthy eating and activity habits and how to help their children make good food choices.
- 4) ***Preventing Anemia with Iron Rich Foods (WL-000-20)*** –
This lesson discusses symptoms of iron deficiency anemia, as well as tips and foods for preventing or improving iron deficiency anemia during pregnancy, in infants and in children.

Additionally, the Spanish versions of *Whole Grains for Good Health (WL-000-13)* and *Baby's First Foods (WL-000-17)* became available this past summer. An enhancement has also been made to the web lesson, *Cooking with Fruits and Vegetables (WL-000-14)*, whereby a short video clip has been added which shows a cooking demonstration of a summer squash medley recipe.

The www.texaswic.org website now contains a total of 18 web lessons including general/child classes, classes for pregnant and breastfeeding women, and classes for parents of infants. An instructional handout titled *Complete Your WIC Class Online* (stock #13-06-12216) is available electronically for printing via the WIC catalog. This handout guides participants through the steps of completing a web lesson on www.texaswic.org.

If you have questions or need additional information please contact Erica Harris, Nutrition Education Consultant, Nutrition Education/Clinic Services Unit, at erica.harris@dshs.state.tx.us or 512-341-4588 or Erin Thornberry, Nutrition Education Consultant, Nutrition Education/Clinic Services Unit, at erin.thornberry@dshs.state.tx.us or 512-341-4580.