



Memorandum

#12-022

TO: WIC Regional Directors
WIC Local Agency Directors

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

DATE: March 9, 2012

SUBJECT: NEW! Bulletin Board Lesson, Updated Handouts, Lesson Evaluation Reports

The following new bulletin board lesson and its associated components will be mailed in March to local agencies. Local Agencies should receive enough displays for each of their clinic sites to display at their discretion.

PB-000-07 | Help Your Child Have a Healthy Weight

- This lesson, in the format of an interactive bulletin board, emphasizes the importance of a healthy childhood weight and provides tips to help families prevent and treat overweight/obesity. Upon completion, qualified WIC staff should review the lesson evaluation with the participant and address the participant's concerns.
- All components of this bulletin board lesson can also be downloaded and printed as low-resolution, 8.5" x 11" modular components at <http://www.dshs.state.tx.us/wichd/nut/splessons-nut.shtm>.

If you would like to add new lessons to your current *Nutrition Education Class Schedule*, please make the change(s) to your online *Nutrition Education Plan* or contact your State Nutrition Education Liaison for additional information.

The following popular client handouts have been updated and redesigned with a fresh new look. They will both become available to order from the WIC catalog in April.

- *Help Your Child Have a Healthy Weight* pamphlet, Stock no.13-75 (Spanish #13-75A)
- *Help! My Child is a Picky Eater* pamphlet, Stock no. 13-18 (Spanish #13-18A)

Check out what WIC clients and staff are saying about CCNE lessons recently developed by the State Agency. New lesson evaluation reports are available under the link to the lesson plan for the following lessons. More new lesson evaluation reports to come. Please continue to complete client and staff lesson evaluations for newly released lessons.

IF-000-22, Baby's First Bites
BF-000-23, A Mother's Guide to Breastfeeding
CF-000-26, Great Tips for Feeding Kids
CH-000-23, Zobey's Barn Dance Party
FE-000-08, Shop Smart and Save
GN-000-24, Cooking with WIC Approved Foods
GN-000-26, Texas Chili Cook-Off
NR-000-18, Building Strong Blood

If you have any questions or require additional information, please contact Debbie Lehman, PhD, RD, LD, Nutrition Education Consultant, at (512) 341-4517 or Debbie.Lehman@dshs.state.tx.us.