



Memorandum

#12-052

TO: WIC Regional Directors
WIC Local Agency Directors

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

DATE: June 1, 2012

SUBJECT: New Child Feeding CCNE Lesson Available – *CF-000-30, Family Meals*

The following new Client-Centered Nutrition Education (CCNE) lesson is now available in the *Child Feeding* category on the WIC Lesson Plans website.

CF-000-30 | CCNE: Family Meals – More Than Just Eating Together

- This CCNE lesson is now available for download from the WIC website at <http://www.dshs.state.tx.us/wichd/nut/cflessons-nut.shtm>.
- This CCNE lesson uses group discussion and a handout to teach participants about the benefits of family meals and structured snacks. The lesson also provides tips on how “forbidden” foods can be included in family meals or snacks.

Once you have comfortably taught this new lesson a few times, please complete the *Staff New Lesson Evaluation Survey* online at <http://www.surveymonkey.com/s/CSBZ28K>. Please also have 30 clients per local agency complete the *Client New Lesson Evaluation Survey* (Scantron form) during the evaluation period dated on the lesson plan (if you teach this class during this timeframe). Once the evaluation period for a new class has ended, or your agency has collected 30 surveys, there is no need to send back any more surveys. Your evaluations are very important for the State Agency to continuously improve our lessons.

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

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