



Memorandum

#12-093

TO: WIC Regional Directors
WIC Local Agency Directors

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

DATE: September 10, 2012

SUBJECT: Revised *Basic Nutrition Module* and New *Basic Nutrition Workbook*

REVISED! *Basic Nutrition Module* (stock no. 13-33)

The *Basic Nutrition Module* has recently been revised! The new module will provide WIC staff with general guidance on making healthy nutrition choices, including current dietary guidelines, sources of important nutrients, and practical tips for healthy eating and physical activity.

Local agencies (LAs) will receive **one printed module per site** within the next few weeks.

Additional copies of the module are available to download and print from the *WIC Catalog* at <http://www.dshs.state.tx.us/wichd/WICCatalog/contents.shtm>.

Once you have received the revised module, please discontinue using the old *Basic Nutrition Module*. Staff who have previously completed the module do not need to complete the new version. Only new staff will need to complete the new module.

NEW! *Basic Nutrition Workbook* (stock no. 13-33-1)

The new *Basic Nutrition Workbook* contains activities and test questions to accompany the *Basic Nutrition Module*. LAs will not receive printed copies of the workbook, but will be able to download and print the desired number of copies from the *WIC Catalog* at

<http://www.dshs.state.tx.us/wichd/WICCatalog/contents.shtm>.

If you have any questions or require additional information, please contact Kaylene Thompson, Nutrition Education Consultant, Nutrition Education/Clinic Services Unit, at (512) 341-4512 or kaylene.thompson@dshs.state.tx.us.