



## Memorandum

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**#13-024**

**TO:** WIC Local Agency Directors

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

**DATE:** March 11, 2013

**SUBJECT:** New Nutrition Education Materials Available in the WIC Catalog

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NEW! USDA's *MyPlate Mini Poster* (Stock #13-06-14039, Spanish #13-06-14039A)

USDA's *MyPlate Mini Poster* illustrates the five food groups using a familiar mealtime visual, a place setting. This poster includes practical strategies for making healthy mealtime choices. The English and Spanish versions are available now from the WIC catalog.

REVISED! *To the Pregnant Woman Who Is Gaining Too Much Weight* (Stock # 13-77) and *To the Pregnant Woman Who Is Not Gaining Enough Weight* (Stock # 13-78)

The bilingual pregnancy weight gain handouts have been revised recently! The updated handouts have new titles: *Pregnancy: What Should I Do If I'm Gaining Too Much Weight?* and *Pregnancy: What Should I Do If I'm Not Gaining Enough Weight?* The new handouts are available from the WIC catalog. Please deplete your current stock before using the new pregnancy publications.

To view these new materials, visit 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, RD, LD, Nutrition Education Consultant, at (512) 341-4512 or at [kaylene.thompson@dshs.state.tx.us](mailto:kaylene.thompson@dshs.state.tx.us) or Debbie Lehman, PhD, RD, LD, Nutrition Education Consultant, at (512) 341-4517 or at [debbie.lehman@dshs.state.tx.us](mailto:debbie.lehman@dshs.state.tx.us).