

Memorandum

#13-069

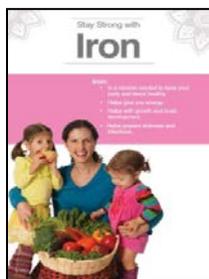
TO: WIC Local Agency Directors

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

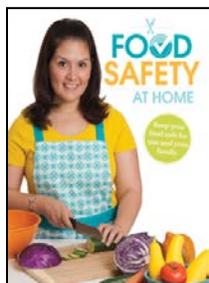
DATE: June 20, 2013

SUBJECT: Revised Nutrition Education Materials Coming Soon to the WIC Catalog

Two Nutrition Education publications were revised recently and will be available in the WIC Catalog by the end of July.



REVISED! *Prevent Anemia with Iron-Rich Foods* (Stock #13-67, Spanish #13-67a)
The title of this publication has changed to *Stay Strong with Iron*. The handout discusses the importance of iron and tips for getting enough iron. Also includes a list of foods with iron and Vitamin C, as well as a sample menu high in iron. Both English and Spanish versions will be available in the near future in the WIC catalog.



REVISED! *Food Safety At Home* (Stock # 13-20, Spanish #13-20A)
This brochure provides information on how to properly handle, store, and cook foods. The brochure also includes helpful charts with proper cooking temperatures and storage times to ensure that foods are consumed safely. Both English and Spanish versions will be available in the near future in the WIC catalog.

To order these publications, visit the WIC catalog at:

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

Please deplete your current stock before using the new materials. The materials should be available by the end of July.

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 or Kelley Reed, RD, Nutrition Education Consultant, at (512) 341-4580 or at Kelley.Reed@dshs.state.tx.us