



Memorandum

14-021

TO: WIC Regional Directors
WIC Local Agency Directors

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

DATE: February 28, 2014

SUBJECT: March 2014 National Health Observances

Please find health observances for March 2014 listed below with relevant trainings and materials WIC has to offer your staff and participants.

National Nutrition Month

Classes/lessons to offer participants:

- CCNE: Introducing Vegetables CF-000-25
- CCNE: Great Tips for Feeding Kids CF-000-26
- CCNE: Give Your Child 10 Tasteful Gifts That Will Last a Lifetime CF-000-29
- CCNE: Child Nutrition Top Ten Discussions CF-000-30
- CCNE: Breakfast Builds Better Bodies CF-000-32
- CCNE: A Mother's Guide to Breastfeeding BF-000-23
- CCNE: Breastmilk – Every Ounce Counts! Benefits of Breastfeeding for Baby and Mom BF-000-39
- Breastfeeding Top Ten Discussions BF-000-50
- Whole Grains, Whole Nutrition GN-000-27
- CCNE: Infant Top 10 Discussion IF-000-23
- CCNE: Fun and Feeding for a Healthy Weight IF-000-24
- CCNE: Pregnancy Top Ten Discussion MN-000-53
- CCNE: Pregnancy – Giving Your Baby the Best Start MN-000-54

Web lessons for participants:

- Cooking with Fruits and Vegetables
- Follow the Rainbow to Better Health with Fruits and Vegetables
- Smart Snacks
- Whole Grains for Good Health
- Healthy Eating, Healthy Pregnancy

Materials for participants:

- Top 10 Ways to Grow Happy Kids 13-06-13782
- Family Mealtimes – You Eat, You Talk, You Listen 13-06-13801
- Putting the Fast in Breakfast – Quick& Easy Solutions 13-06-13957
- Wake Up to the Benefits of Breakfast 13-06-13958
- MyPlate Mini Poster 13-06-14039
- Your Guide to Pregnancy 13-06-14098
- Stay Strong with Iron 13-67
- Help Your Child Have a Healthy Weight 13-75
- To the Pregnant Woman ...Gaining Too Much Weight 13-77
- To the Pregnant Woman...Not Gaining Enough Weight 13-78
- Why Every Woman Needs Folic Acid 13-205

Training for staff – Century Link:

- Identifying Participants at Risk for Iron-Deficiency Anemia
- How children Develop Food Preferences
- Help Your Child Have a Healthy Weight
- Vegetarian Diets

National Developmental Disabilities Awareness Month

Classes/lessons to offer participants:

- CCNE: Pregnancy Top Ten Discussions MN-000-53

Web lessons for participants:

- Healthy Eating, Healthy Pregnancy

Materials for participants:

- Drinking and Your Pregnancy 13-06-13276
- Your Guide to Pregnancy 13-06-14098
- Lead Poisoning 13-06-14017

Training for staff – Century Link:

- Fetal Alcohol Spectrum Disorder

If you have any questions or need additional information, please contact Mandy Seay, RD, LD, CDE, Nutrition Education Consultant, at (512) 341-4516 or mandy.seay@dshs.state.tx.us.