

Memorandum

#14-131

TO: WIC Regional Directors
WIC Local Agency Directors

FROM: Amanda Hovis, Director
Nutrition Education/Clinic Services Unit
Nutrition Services Section

DATE: November 14, 2014

SUBJECT: New Child Nutrition Education Material – *Your Guide to Raising a Healthy Eater*



NEW! *Your Guide to Raising a Healthy Eater – Tips for Feeding Toddlers and Preschoolers* will be available December 1, 2014 in English (Stock # 13-06-14437), Spanish (Stock # 13-06-14437A), and Vietnamese (only available electronically by Stock #13-06-14437V). This guide includes tips on how to help toddlers and preschoolers become healthy eaters; what and how much to feed; suggestions for healthy meals, snacks, and beverages; MyPlate for preschoolers; fitness and fun; and sleep and other healthy lifestyle behaviors for the family. A list of helpful resources is also included.

Invitations to pre-order printed copies of this publication in English and Spanish were emailed to Local Agency directors July 2014. If your agency submitted a pre-order, these orders will be shipped to Local Agencies in the next few weeks.

Printed copies of *Your Guide to Raising a Healthy Eater* will be available to order from the WIC catalog at <http://www.dshs.state.tx.us/wichd/WICCatalog/contents.shtm>. In addition, English, Spanish, and Vietnamese versions are available to download electronically.

Your Guide to Raising a Healthy Eater is a consolidation of information contained in older WIC brochures and will replace the following brochures, which will be deleted from the WIC catalog once inventory is depleted:

Tips for Feeding 1- to 2-Year-Olds (stock # 13-196, 13-196A)

Tips for Feeding 2- to 5-Year-Olds (Stock # 13-198, 13-198A)

Watch Me Grow Years 1 Through 4 (Stock #13-203, 13-203A)

Did You Know Children Need (Stock #13-06-11550)

Moove to Low-Fat or Fat Free Milk (Stock #13-19, 13-19A)

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