

5.0 Nutrition Services

Effective Date: 11/06/14

5.04 Nutrition Education at Infant/Child Evaluation Appointments

PURPOSE: This policy provides requirements for client-centered nutrition education provided at the Infant or Child Evaluation appointment (IEVAL/CEVAL) and for update of the Nutrition Education Plan for the remainder of the certification period.

A. POLICY

1. An IEVAL/CEVAL must include review and update of changes in eating habits, health status, and client's current concerns and questions.
2. Review of previous nutrition education received by the client must occur (See Policy 5.07, Documentation of Nutrition Education). Follow-up provides the client the opportunity to:
 - a. Ask questions
 - b. Demonstrate knowledge gained
 - c. Discuss progress or barriers to behavior change
 - d. Obtain support from staff trained to address the client's goals and concerns.
3. The nutrition education provided to clients at IEVAL/CEVAL appointments must be based on the updated health/nutrition assessment and reflect the client's needs, concerns, and nutrition risks.
4. Development of a Nutrition Education Plan for the Remainder of the Certification Period:
 - a. The client/caregiver and WIC CPA mutually update the Nutrition Education Plan developed at certification/recertification based on the client's concerns and needs.
 - b. The Nutrition Education Plan identifies topics and methods, including breastfeeding services, for interim nutrition education to address the client's needs, concerns, behavioral goals, education needs, and/or personal barriers. (See Policies 5.01, Nutrition Education Overview and Elements of Client-Centered Nutrition Education, 5.01B, Elements of Effective Nutrition Education, and 5.05 Interim Nutrition Education, Client Feedback and Support.)
 - c. High risk clients must be provided nutrition services according to Policy 5.06, Required Services for High Risk.
 - d. The local agency must document each nutrition education offered and received in the client record. (See Policy 5.07, Documentation of Nutrition Education.)
 - e. The Nutrition Education Plan Report must be printed and given to the client at the the IEVAL/CEVAL (See Policy 5.01D, Sample Nutrition Education Plan Report).

References:

Federal Regulations 246.11
WIC Nutrition Services Standards, USDA, FNS, August, 2013

Cross-references:

5.01 Nutrition Education Overview and Elements of Client-Centered Nutrition Education
5.05 Interim Nutrition Education, Client Feedback and Support
5.06 Required Services for High Risk Clients
5.07 Documentation of Nutrition Education

Exhibits:

5.01B Elements of Effective Client-Centered Nutrition Education
5.01D Sample Nutrition Education Plan Report