



Nutrition Education Publications Annotated List

Nutrition Education Advisory Team
Michigan Department of Community Health—WIC Division
March 2011

Publications in this list are currently available from Michigan WIC or partner organizations. The list was developed by the Michigan WIC Nutrition Education Advisory Team (NEAT) as a tool to help local agency staff more easily identify appropriate nutrition education publications for clients. This list is NOT an order form. It does not replace WIC E-forms as the method for knowing what publications are current or for ordering publications. The latest version of the Nutrition Education Publications list will be posted on www.michigan.gov/wic -select Information for WIC Providers and scroll in non-password list to "Nutrition Education Publications". Thanks to NEAT members for their efforts in developing the list: Diana Buist (Calhoun County), Pat Hammerschmidt (contractor MDCH-WIC Division), Libby Hrabonz (Oakland County), Susan Rhein (Macomb County), Meryl Smith (DHD #10), Diane Traver (MDCH-WIC Division).

TIPS & REMINDERS FOR ORDERING FROM WIC E-FORMS


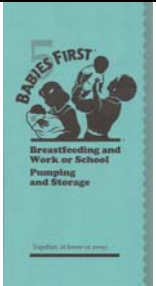
Before ordering publications from WIC E-forms, Local Agency authorized staff are advised to print a current “Forms List” at the State of Michigan Single Sign-on Site and check the Active Status of each desired publication.

Note the following definitions for terms on the Forms List:




- “Not Active” means the publication can not be ordered at this time because either
 1. Current supply is depleted (0 available) and repletion by reprinting is pending OR
 2. Publication is currently not in use, pending decision on replacement or deletion.Note: Some supply may show but is unattainable. Contact Cheryl Bernard at 517-335-9561 for further information.
- “Deleted” means the publication can not be ordered and will not be reprinted. Local Agencies can continue to use local supplies of the publication if desired, unless direction to cease use has been issued by the State WIC office.

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, SW., Washington, D.C. 20250-9410, or call (866) 632-9992 (voice) or (202) 260-1026 (local). USDA is an equal opportunity provider and employer.




Michigan WIC Nutrition Education Publications. Annotated List.

WIC E-forms #	Publication Title	Description	Cover	Suggested Stage(s) of Change	Possible MI-WIC Nutrition Ed Topic(s)
Breastfeeding & Pregnancy					
DCH-1205 DCH-1205s	<i>Babies First-Answers for breastfeeding problems</i> (100/pkg) (Babies First 4)	6-fold brochure, 4½ x 8½". 2-color. Preventing and solving problems; using a nursing diary. Noodle Soup. 8/2004		Preparation Action Maintenance	Breastfeeding Problem Solving Common Prevention of BF Problems Intro to BF
DCH-1201 DCH-1201s	<i>Babies First Breastfeeding & Work or School. Pumping & Storage</i> (100/pkg) (Babies First 5)	4-fold brochure. 4½ x 8½". 2-color. Decisions about and directions for pumping and storing breast milk. Noodle Soup. 8/2004		Preparation	Breast pumps Working and breastfeeding




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DCH-0259 DCH-0259s	<i>Breastfeeding – Getting Started in 5 Easy Steps</i> (100/pkg)	4-fold brochure. 4 x 8½". 2-color. Step-by-step graphics on how to breastfeed, end a feeding, burp a baby. Childbirth Graphics. 2007		Preparation	Intro to BF
DCH-1203 (English on one side; Spanish on the other)	<i>Colostrum</i> (100/pkg) Reorder pending	Double-sided, 3 ¾ x 9". 2-color. English on one side and Spanish on the other. Describes benefits of colostrum – “liquid gold.” Noodle Soup. 2003		Contemplation	Intro to BF Breastfeeding Nutrition
DCH-1210 DCH-1210s	<i>Diapers of the Breastfed Baby</i> (50/pad)	Double-sided, 8½ x 11". Full color. Photos show appearance of baby's poop and pee for first 5 days after birth; first week diaper diary. K. Hoover/B. Wilson-Clay. 2002		Action	Common Prevention of BF Problems Feeding the Newborn


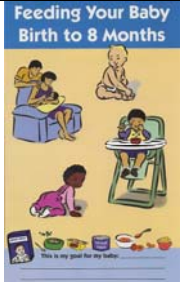
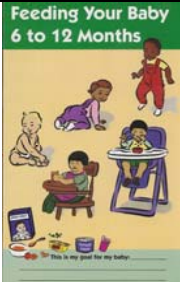
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DCH-1451 DCH-1451s	<i>Human Milk, Formula or Both</i> (100/pkg) Reorder pending	Tri-fold brochure, 3½ x 8½". Full color. Common questions and answers with graphic that compares the nutrition of formula to breast milk. Denver Health WIC		Precontemplation Contemplation	Breastfeeding Nutrition Intro to BF
DCH-1204 DCH-1204s	<i>Is Breast Feeding Right for Me?</i> (100/pkg)	Tri-fold brochure, 4 x 9". 2-color. Answers to 10 common concerns and 10 reasons to breastfeed. Noodle Soup. 1999		Precontemplation Contemplation	Breastfeeding Nutrition Breastfeeding Problem Solving Common Prevention of BF Problems Intro to BF
DCH-1451B	<i>Make Breast Milk? Yes You Can!</i> Poster (not a client handout)	Poster, 24 x 18". Full color. Photos of size of infant's stomach; tips for breastfeeding including latching. Franklin Co. WIC & MI Dept. Community Health.		Contemplation Preparation	Breastfeeding Problem Solving Common Prevention of BF Problems Intro to BF


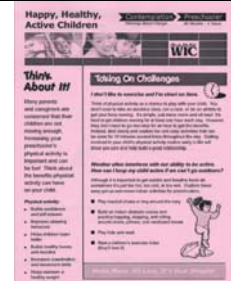

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DCH-1208	<i>Support a Sister</i> (1)	Double-sided, 8½ x 11". Full color. Designed for African American women. Tips on how family/friends can support breastfeeding moms; breastfeeding advantages. Texas Dept. of State Health Services		Precontemplation Contemplation Preparation	Breastfeeding Support
DCH-1207	<i>Support Your Partner</i> (1)	Tri-fold brochure, 4 x 9". Full color. Designed for African American men. Tips on how partners can support breastfeeding moms; breastfeeding advantages. Texas Dept. of State Health Services		Contemplation Preparation	Breastfeeding Support
DCH-1202 DCH-1202s	<i>Ten Tips on How Dad Can Help with the Baby</i> (100/pkg)	Tri-fold brochure, 4 x 9". 2-color. Ten ways Dads can help with a new baby. Noodle Soup. 1999		Contemplation Preparation Action	Breastfeeding Support



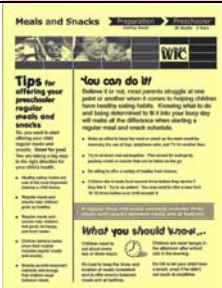
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DCH-1209	<i>Your Baby, Your Gift</i> (1)	4-page handout, 8½ x 11". Full color. Designed for African American women. Breastfeeding advantages. Texas Dept. of State Health Services		Contemplation Preparation	Breastfeeding Nutrition Intro to BF
Infants					
DCH-0276 DCH-0276s	<i>Feeding Your Baby Birth to 8 Months</i> (100/pkg) (Note: listed in WIC E-forms as Guide to Feeding Baby birth to 8 months)	Tri-fold brochure, 5½ x 9". Full color. Chart for introducing foods through 8 months; feeding tips. Adapted by MI Dept. Community Health from CA WIC.		Preparation Action	Infant Feeding: 1-5 months Infant Feeding: 6-11 months
DCH-0277 DCH-0277s	<i>Feeding Your Baby 6 to 12 Months</i> (100/pkg) (Note: listed in WIC E-forms as Guide to Feeding Baby 6-12 months)	Tri-fold brochure, 5½ x 9". Full color. Chart for introducing foods 6-12 months; feeding tips. Adapted by MI Dept. Community Health from CA WIC.		Preparation Action	Infant Feeding: 6-11 months


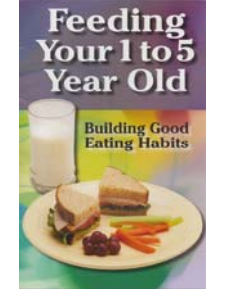
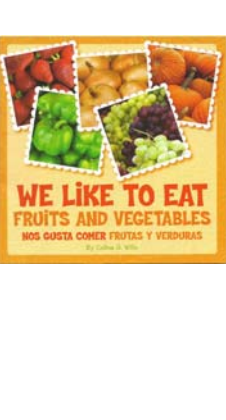
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	Children				
DCH-0275 DCH-0275s	<i>Eating for Health and Fun</i> (100/pkg)	4-fold brochure. 4 x 9". Full color. Chart of servings for 1-5 year olds; choking dangers; mealtime and activity tips. MI Dept. Community Health		Preparation Action Maintenance	Toddler/Preschool Nutrition Parenting at Mealtime
DCH-1303T DCH-1303P	<i>Happy, Healthy, Active Children (Contemplation, Toddler)</i> (100/pkg) <i>Happy, Healthy, Active Children (Contemplation, Preschooler)</i> (100/pkg) Cover shown	Double-sided, 8½ x 11". Pink paper. Tips for encouraging children to be physically active when parents are thinking about changing this behavior. MI Dept. Community Health. 2/2007		Contemplation	Exercise and Nutrition Toddler/Preschool
DCH-1304T DCH-1304P	<i>Happy, Healthy, Active Children (Preparation, Toddler)</i> (100/pkg) <i>Happy, Healthy, Active Children (Preparation, Preschooler)</i> (100/pkg) Cover shown	Double-sided, 8½ x 11". Yellow paper. Tips for encouraging children to be physically active when parents are getting ready to change this behavior. MI Dept. Community Health. 2/2007		Preparation	Exercise and Nutrition Toddler/Preschool




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DCH-1305T DCH-1305P	<i>Happy, Healthy, Active Children (Action, Toddler)</i> (100/pkg) <i>Happy, Healthy, Active Children (Action, Preschooler)</i> (100/pkg) Cover shown	Double-sided, 8½ x 11". Green paper. Tips for encouraging children to be physically active when parents are already changing this behavior. MI Dept. Community Health. 2/2007		Action	Exercise and Nutrition Toddler/Preschool
DCH-1300T DCH-1300P	<i>Meals and Snacks-Toddler 12 to 35 months (Contemplation, Toddler)</i> (100/pkg) <i>Meals and Snacks-Preschooler (Contemplation, Preschooler)</i> (100/pkg) Reorder pending. Cover shown.	Double-sided, 8½ x 11". Pink paper. Tips and overcoming concerns about healthy meals and snacks when parents are thinking about changing this behavior. MI Dept. Community Health. 6/2006		Contemplation	Toddler/Preschool Nutrition Snacks
DCH-1301T DCH-1301P	<i>Meals and Snacks (Preparation, Toddler)</i> (100/pkg) <i>Meals and Snacks (Preparation, Preschooler)</i> (100/pkg) Cover shown	Double-sided, 8½ x 11". Yellow paper. Tips for healthy meals and snacks when parents are getting ready to change this behavior. MI Dept. Community Health. 6/2006		Preparation	Toddler/Preschool Nutrition Snacks

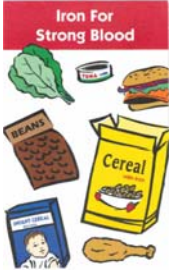


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DCH-1302T DCH-1302P	<i>Meals and Snacks</i> (Action, Toddler) (100/pkg) <i>Meals and Snacks</i> (Action, Preschooler) (100/pkg) Cover shown	Double-sided, 8½ x 11". Green paper. Tips for healthy meals and snacks when parents are already changing this behavior. MI Dept. Community Health. 6/2006		Action	Toddler/Preschool Nutrition Snacks
	<i>Feeding Your 1 to 5 Year Old- Building Good Eating Habits</i> , Not available for reorder through WIC E-forms. Can be ordered through United Dairy Industry of Michigan. Call 1-800-241-6455 for cost and availability.	18-pg booklet, 5½ x 8½". Full color. Eating division of responsibility; ideas and serving guidelines for 1-5 yr olds. United Dairy Industry of MI. 2008		Preparation Action Maintenance	Toddler/Preschool Nutrition
	<i>We Like to Eat Fruits and Vegetables</i> Not available for reorder through WIC E-forms. Can be ordered through www.minutritionnetwork.org . See "Order Forms" under "Resources" for cost and availability.	24-pg booklet, 8 x 8". Full color. Includes both English & Spanish within book. Children's nutrition education about fruits & veggies. MI Nutrition Network, MSUE, MI Fitness Foundation.		Preparation	Toddler/Preschool Nutrition Vegetables/Fruit Project Fresh




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Foods/Nutrients					
DCH-1452 DCH-1452s DCH-1452a	<p><i>Grow a Healthy Family! Eat Whole Grains</i> (formerly titled <i>Make Half Your Grains Whole Grains</i>).</p> <p>3/2011 Revision and translations pending</p>	<p>Single-sided, 8½ x 11". Black/white. Examples of whole grains and ways to include them with meals and snacks. MI Dept. Community Health. Major revision 3/2011.</p>		<p>Contemplation Preparation Action</p>	<p>Fiber</p>
DCH-1460	<p><i>A Guide for Buying Fresh Fruits and Vegetables</i> (adapted from IL and MN WIC) (100/pkg)</p>	<p>Double-sided, 8½ x 11". Black/white. Chart and example to estimate cost of fresh fruits, vegetables sold by the pound. Illinois and Minnesota WIC. 8/2009</p>		<p>Preparation Action</p>	<p>Vegetables/Fruit Project Fresh</p>
DCH-1211C	<p><i>A Guide for Buying Fresh Fruits and Vegetables When Sold by the Pound</i> (50/pkg)</p>	<p>4-page brochure, 5½ x 8½". Full color. Chart and example to estimate cost of fresh fruits, vegetables sold by the pound. MSU Extension and MI Dept. Community Health. 9/2009</p>		<p>Preparation Action</p>	<p>Vegetables/Fruit Project Fresh</p>



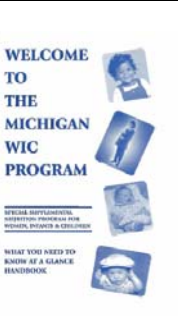
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DCH-0293 DCH 0293s	<i>Iron for Strong Blood</i> Reprint pending	Tri-fold brochure, 5½ x 9". Full color. Why iron is needed; iron-rich foods; tips for increasing iron; sample menu. Adapted by MI Dept. Community Health from CA WIC.		Preparation Action	Iron Deficiency Anemia
DCH-1458 DCH-1458s	<i>Low fat milk is a healthy choice for you and your family.</i> (100/pkg)	Single-sided, 8½ x 11". Nutrients in milk; tips for moving to lower fat milk. MI Dept. Community Health 8/2009		Contemplation Preparation	Dairy
DCH-1250	<i>Mercury in Fish</i> (25/pkg)	Double-sided, 5½ x 8½". Orange paper. Guidelines for women and children for safe fish choices. MI Dept. Community Health. Revised 12/2004		Precontemplation Contemplation Preparation Action	Fish Advisory Food Safety


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DCH-1459 DCH-1459s DCH-1459a	<i>WIC Shopping List Tips</i> (100/pkg) 3/2011 Revision and translations pending	Double-sided, 5½ x 8½". Black/white (color version on Michigan WIC web site), How to interpret WIC Shopping List for Beans, Lentils, Peas & Peanut Butter & Whole Grains. MI Dept. Community Health. Revised 3/2011		Precontemplation Contemplation Preparation Action Maintenance	Shop smart/meal planning
Outreach					
DCH-0314 DCH-0314a DCH-0314s	<i>Facts About WIC</i> (100/pkg)	Double-sided, 8½ x 11". Buff paper. Describes what WIC provides, who may be eligible, effectiveness, for more information. MI Dept. Community Health. Revised 2/2010			Not applicable for NE Use for Outreach with other programs
DCH-0116	<i>Good Food for Women, Infants and Children</i> (English/Spanish check stuffer) (100/pkg)	Double-sided, 8 x 3½ ". Three color, English on one side; Spanish on the other. Lists who may be eligible and 1-800# for information. MI DCH. 11/98			Not applicable for NE Use for Outreach

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DCH-0110 DCH-0110a DCH-0110s	<i>Good for you. Good for your children</i> (100/pkg)	Tri-fold brochure, 3½ x 8½". 2-color. WIC promotional brochure. Includes WIC foods, how to sign up, promotes WIC nutrition education, MI Dept. Community Health. 6/09			Not applicable for NE Use for Outreach
DCH-0113 DCH-0114 DCH-0115	<i>Recipe for Good Health</i> poster (Black baby graphic) (1) <i>Recipe for Good Health</i> poster (White baby graphic) (1) <i>Recipe for Good Health</i> poster (Black baby graphic) (1)	Mini-poster/poster. 8½ x 11" (DCH-0113). 22x17" (DCH-0114, 0115). Promotes WIC. Includes eligibility and 800 # to call. MI Dept. Community Health. 12/97			Not applicable for NE Use for Outreach
DCH1200 DCH-1200a DCH-1200s	<i>Welcome to the Michigan WIC Program</i> (100/pkg for English and Arabic; 50/pkg for Spanish)	12-pg booklet. 5½ x 8 ½ ". 2-color. Describes benefits from WIC, what to expect at appointment, how to use Bridge Card. MI Dept. Community Health. Revised 3/09			Not applicable for NE Use for Outreach Use with clients for substance abuse and WIC program messages

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DCH -0322e/ar DCH-0322e/s	WIC Income Guidelines flyer (Tell a friend about...) (100/pkg)	Double-sided, 3½ x8¼". English on one side; Spanish on the other (green paper) or English on one side; Arabic on the other (buff paper). WIC Income Guidelines. Revised 6/09			Not applicable for NE Use for Outreach