



Michigan WIC

Nutrition Education Module for State Sharing

Personalize Your Plate

Self-Directed Education for WIC Families



This lesson was created by the Michigan WIC Program for State Sharing using 2021 National Nutrition Month® resources. National Nutrition Month® is an annual campaign created by the Academy of Nutrition and Dietetics https://www.eatright.org_nnm

Michigan Department of Health and Human Services, WIC Program, Lansing, Michigan.
www.michigan.gov/wic January 2021

This institution is an equal opportunity provider.

Michigan WIC Nutrition Education Lesson

- I. Title:** *Personalize Your Plate*
- II. Target Group:** Pregnant, postpartum, breastfeeding women, and parents and caregivers of children and older infants.
- III. Suggested MI-WIC NE Topic(s):** Family Meals, Meal Planning, MyPlate: Healthy Food Choices.
- IV. Learning Objectives:** Clients, parents, and/or caregivers will be able to:
- Explain the benefits of filling half your plate with fruits and vegetables.
 - Describe how to personalize their plate at each meal.
 - Explain ways to eat healthy on a budget.

V. Learning Activities/Method: Self-directed education

VI. Materials Needed:

The *Personalize Your Plate* module includes:

- “Michigan WIC Nutrition Education Lesson Plan”
- “Client Feedback Form”
- “Client Feedback Form Key”
- *Personalize Your Plate* lesson contents. Readability: 4th grade.

Reinforcements Materials (optional):

Resources are available for 2021 National Nutrition Month[®]:

- *National Nutrition Month[®] Campaign Toolkit* contains handy tip sheets (English and Spanish), games and activities. 2021. Academy of Nutrition and Dietetics. To download the resources visit [National Nutrition Month Campaign Toolkit](#).

VII. Equipment and Facilities Needed: Smart Phone

VIII. Approximate Time: 15-30 minutes

IX. Outline of Content:

1. Introduction: Introduce yourself to the client or caregiver.
2. Encourage the client or caregiver to consider making healthy eating choices by learning about National Nutrition Month messages.
3. Offer the link to the *Personalize Your Plate* lesson.

Factual Messages

- Eat a variety of nutritious foods every day from each of the Food Groups.
- Fill half your plate with fruits and vegetables as meals and explore different flavors, colors and textures.
- Eating on a budget means cooking more and eating out less, shopping for foods that are in season, and focusing on nutritious low-cost foods.

X. Evaluation Methods and Materials:

1. The parent or caregiver will complete the “Client Feedback Form” and return it to WIC staff. The “Client Feedback Form” encourages parents/caregivers to think about and describe what they learned and what they plan to change or continue to eat a variety of foods every day.
2. Staff can use the “Client Feedback Form Key” to identify the parent/caregiver(s) stage of change intent for follow up.
3. The client will be offered an opportunity to speak to a WIC Nutrition Educator, CPA, or RD.

XI. Staff Trained to Present: RD, CPA, and other trained nutrition education staff.

XII. References:

National Nutrition Month® 2021 Campaign Toolkit. 2021. Academy of Nutrition and Dietetics. Available at <https://www.eatright.org/food/resources/national-nutrition-month/toolkit>. Accessed January 26, 2021.



Personalize Your Plate

Client Feedback Form Key

Name: _____

Family No.: _____

Congratulations on completing this lesson!

Please answer the following: *These responses can be used as client feedback or for counseling.*

Did you enjoy this topic? Yes No

Did you learn something to help you make changes to your eating pattern?
Yes No

Tell us one thing you learned today:

Check ONE statement that best describes you:

- I plan to *continue* eating a variety of nutritious foods and make half my plate fruits and vegetables every day. *Maintenance/Action*
- I plan to *start* eating a variety of nutritious foods and make half my plate fruits and vegetables, *soon*. *Preparation*
- I am *thinking about* eating a variety of nutritious foods and making half my plate fruits and vegetables, *someday*. *Contemplation*
- I *don't plan to change* my eating pattern. *Pre-Contemplation*

If you plan to make changes, please tell us what they are:

Would you like to talk to a WIC nutritionist? Yes No

If yes, please refer to a WIC nutritionist.

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Staff Use Only

MI-WIC NE Topics: Family Meals, Meal Planning, MyPlate: Healthy Food Choices

MI-WIC Recorded by:
Staff Initials: