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### 6. NUTRITION SERVICES

#### 6.02 Participant Benefits and Content of Nutrition Education

**FINAL**

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#### Exhibit 6.02B Developing a Nutrition Education Plan for WIC Participants

The local agency shall assure that the nutrition education needs of individuals are determined and this information is used to plan and provide nutrition education to the individual [Policy 6.02 (2)].

#### GUIDANCE:

The nutrition education needs of the participant may be determined by the CPA at certification, recertification and Infant Health/Nutrition appointments. The CPA may use the identified nutrition education needs to develop a nutrition education plan for the participant. This plan could then be used by WIC staff throughout the certification period to schedule and provide nutrition education to the authorized person.

The CPA may use the following steps when developing the nutrition education plan for the participant (flow chart on last page of this Exhibit summarizes these steps):

1. From the certification assessment and discussion with the authorized person, identify the participant's health and nutrition needs.
2. If the participant is at nutritional high risk: (Policy 6.03)
  - a. Provide and document Nutrition Risk Education. (Local agency may want to develop standardized Nutrition Risk Education for nutritional high risk conditions agreed upon between the R.D. and CPA.)
  - b. Have the participant scheduled to see a registered dietitian (R.D.) for the development of a nutrition care plan/counseling session. Explain why the appointment is being made and the importance of seeing an R.D..
  - c. Convey to WIC staff the need to schedule an appointment to see the R.D. Convey to the R.D. the nutritional high risk problem(s) i.e. problem list, and the education provided to the authorized person.
3. If the person is not at nutritional high risk:
  - a. Provide and document Nutrition Risk Education. (Local agency may want to develop standardized Nutrition Risk Education for various commonly used risk codes.)

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- b. With input of the authorized person, prioritize the identified nutrition education needs with the participant and the appropriate topics to address those needs.
- c. Determine the means to appropriately address the identified nutrition education topics in accordance with the cultural and language needs of the authorized person, e.g.
  - . individual nutrition education session (including with whom and points to be covered)
  - . group nutrition education class
  - . nutrition counseling/care plan with R.D.
- d. Document the Nutrition Education Plan which conveys:
  - 1) To WIC nutrition education staff the identified nutrition education topics and how these topics will be addressed, i.e. individual, group or counseling sessions.
  - 2) To scheduling staff the type of nutrition education appointments a participant needs during the certification period.

Does the nutrition education include: a) at least the minimum number of nutrition education contacts required for the length of the certification period, and b) Nutrition Risk Education as one of the contacts?

If yes, the plan is complete.

If no, modify the plan to include the required components.

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#### CPA GUIDELINES FOR THE DEVELOPMENT OF A NUTRITION EDUCATION (NE) PLAN

NE = Nutrition Education

