
6. NUTRITION SERVICES

6.07 Nutrition and Breastfeeding Staffing

FINAL

NUTRITION EDUCATION ASSISTANT

General Description

This individual provides maternal and child nutrition information and education to the WIC program population using an approved lesson plan. This activity can be performed following training from the Nutrition Educator or the Nutrition Counselor.

This person may receive technical direction from the WIC Nutrition Educator or Counselor.

Examples of Work in Nutrition Services

- Ë Conducts individual and group education sessions according to an approved lesson plan.
- Ë Records work performed and documents encounters in participant charts.
- Ë May carry out portion of nutrition care plan.
- Ë Assists the Nutrition Educator in selecting, preparing and evaluating teaching aids and materials used in the Program.

Recommended Knowledge, Skills and Abilities

The following standards for knowledge, skills and abilities are recommended for persons functioning in the role of WIC Nutrition Education Assistant. Staff meeting the qualifications of WIC Nutrition Education Assistant, but are not performing at one or more of these standards, should attain the knowledge, skills and abilities through continuing education and training.

- Ë Knowledge of WIC approved foods and their nutrient contributions.
- Ë Knowledge of ways to use the WIC foods that reflect racial, cultural and economic influences.
- Ë Knowledge of food preparation techniques and meal planning.
- Ë Basic knowledge of food composition.
- Ë Basic knowledge of normal maternal and child nutrition.

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- Ë Basic knowledge of the relationship of food to health.
- Ë Ability to relate to and communicate with the population on the WIC Program.
- Ë Ability to identify and refer to a Nutrition Educator or Counselor: at-risk participants and participants who have nutrition questions other than those related to basic factual nutrition information regarding the WIC food package.

Qualifications

A high school graduate with work experience that has placed the individual in direct contact with the public in a service providing setting. It is essential that the individual has some training or experience in health, nutrition, education or other related areas.

The nutrition education work of this paraprofessional must be closely monitored by the Nutrition Counselor or Nutrition Educator.

Examples of paraprofessionals local WIC agencies are using who meet the position qualifications are: Dietetic Technician Registered (DTR), Licenced Practical Nurse, Community Nutrition Worker (CNW) and Nutrition Aide. (NOTE: For MSU Nutrition Instructor, see Exhibit 6.07H.)