
6. NUTRITION SERVICES

6.07 Nutrition and Breastfeeding Staffing

FINAL

MSU EXTENSION HOME ECONOMIST AND NUTRITION INSTRUCTOR

General Description

These individuals provide nutrition and education to WIC participants using an approved WIC lesson plan. These persons may receive technical direction from the local agency WIC Program's WIC Nutrition Counselor or Educator.

Examples of Work in Nutrition Services

- Conduct general nutrition education sessions to WIC participants following local WIC agency lesson plans, Project Fresh lesson plans, and "Eating Right is Basic" (ERIB).
- Document nutrition education provided to WIC participants using local agency procedures.

Recommended Knowledge, Skills and Abilities

The following standards for knowledge, skills and abilities are recommended for persons functioning in the role of Michigan State University (MSU) Extension Home Economist or Nutrition Instructor and providing nutrition education to WIC participants.

- Knowledge of basic nutrition facts as they relate to the general population as well as pregnancy, lactation, infancy and childhood.
- Knowledge of food safety and safe food handling practices.
- Knowledge of ways to shop for food, including cost differences of various foods.
- Knowledge of food preparation techniques and meal planning.
- Knowledge of community resources for low-income families.
- Skill in preparation of low-cost foods.
- Ability to prepare food budgets and teach ways to efficiently use money and other available resources.
- Ability to relate to and communicate with the WIC Program population.



**WIC POLICY
AND PROCEDURE
MANUAL**

Michigan Department of Community Health

Chapter/Section: Exhibit 6.07H

Effective Date: 7/26/99

Issue Date: 7/26/99

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Qualifications

MSU Cooperative Extension Home Economist with Expanded Food and Nutrition Education Program (EFNEP) responsibilities and at a minimum possess a B.S. or M.S. degree in a field applicable to Family Living Education and with a major in Foods and Nutrition.

MSU Nutrition Instructor receives on-the-job training sessions conducted by MSU, Cooperative Extension Service, Expanded Food and Nutrition Education Program (EFNEP). Individual is supervised by the Extension Home Economist or the County Extension Director.