



Nutrition Education and Outreach Resource List

**Michigan Department of Health and Human Services (MDHHS) WIC Division
July 2018**

The current edition of the Nutrition Education Publications List is posted on www.michigan.gov/wic under WIC Providers, Nutrition Education Resources and Publications, Nutrition Education and Outreach Publications List, and provides active hyperlinks to online and partner resources.

Thanks to the Nutrition Education Advisory Team for their efforts in developing this list.

WELCOME TO THE MICHIGAN WIC NUTRITION EDUCATION AND OUTREACH RESOURCE LIST

Publications in this list are available from Michigan WIC or partner organizations. This list was developed as a tool to help local agency staff identify appropriate nutrition education publications for their clients. This list is not an order form and does not replace WIC E-forms as the source for ordering publications.

Reminders for Michigan WIC E-Forms Orders

- Only authorized local agency staff will have access to WIC E-forms.
- Be sure to print a copy of the current “Forms List” at the MILogin site to determine the status of each publication.

Status terminology to know:

- **Not Active** = The publication cannot be ordered at this time because:
 1. Current supply is 0, and reprint is in process/pending
OR
 2. Publication is currently not in use, pending replacement, revision, or deletion.
Note: Some supply may show but is not available for order.
- **Deleted** = The publication has been removed from use, will not be reprinted, and cannot be ordered.
Note: Local agencies can continue to use their supply of the publication unless direction to cease use has been issued by the State WIC office.
- Contact Lissa Smith at 517-335-8901 for further information regarding publication status.

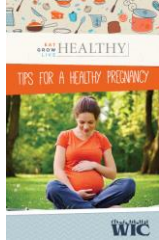



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Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.



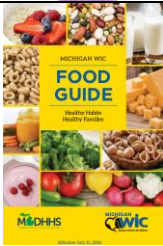

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:


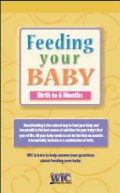



- (1) Mail: U.S. Department of Agriculture at Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410;
- (2) Fax: (202) 690-7442; or
- (3) Email: program.intake@usda.gov.





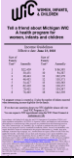

This institution is an equal opportunity provider.

WIC E-forms #	Publication Title	Description	Cover	Suggested Stage of Change	Possible MI-WIC NE Topic(s)
Pregnancy & Breastfeeding					
DCH-1323 DCH-1323s DCH-1323a	<i>Tips for a Healthy Pregnancy</i> English, Spanish, Arabic (50/pkg)	11-pg booklet, 6 x 9". Full color. Food choices during pregnancy; keep baby safe; pregnancy discomforts; breastfeeding introduction. Brush Art. 2013.		Contemplation Preparation Action	Prenatal Nutrition Intro to BF Food Safety
DCH-1110 DCH-1110s DCH-1109 DCH-1109s	<i>We're Prepared</i> <i>Get Ready to Fall in Love</i>	Checklist preparing for baby's birth and beyond. Motivational brochure preparing families to enjoy those first days and months with their new baby. Cofective & MDHHS. 2016.		Contemplation Preparation Action	Breastfeeding Support Intro to BF Feeding the Newborn
DCH-3903 DCH-3904 DCH-3905 DCH-3906 DCH-3907 DCH-3908 DCH-3909 DCH-3910	<i>Breastfeeding Initiative Fact Sheets</i> (50/pkg) Breastfeeding Matters (Cover shown) Making Milk – Yes You Can Getting Milk from Mom to Baby Express Yourself! Milk Expression, Breast Milk Storage, & Bottle Feeding Preventing Problems: Sore Nipples Preventing Problems: Breast Infection & Soreness Making It Work Questions About Medicines, Alcohol, & Smoking While Breastfeeding	Double-sided, 8½ x 11". Full color. Topics vary by fact sheet e.g. breastfeeding promotion, tips, problem prevention and solving, common questions. Michigan State University (MSU) Extension and MDCH. 2012		3903-C 3904-C, P 3905-P, A 3906-P, A, M 3907-P, A, M 3908-P, A, M 3909-P, A, M 3910-C, P C=contemplation P=preparation A=action M=maintenance	Intro to BF Breastfeeding Nutrition Breastfeeding Problem Solving Common Prevention of BF Problems
DCH-0259 DCH-0259s	<i>Breastfeeding – Getting Started in 5 Easy Steps</i> (100/pkg) Note: Will be discontinued when stock is depleted.	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

WIC E-forms #	Publication Title	Description	Cover	Suggested Stage of Change	Possible MI-WIC NE Topic(s)
Pregnancy & Breastfeeding, cont.					
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		Preparation Action	Common Prevention of BF Problems Feeding the Newborn
DCH-1451 DCH-1451s	<i>Human Milk, Formula or Both</i> (100/pkg)	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
MDHHS- Pub-1222 MDHHS- Pub-1222Sp	<i>Increasing Milk Supply</i> (50/pkg)	Tri-fold brochure, 4 x 9" brochure. Tips for moms concerned about or experiencing low milk supply. Noodle Soup. 2017. 6/18		Precontemplation Contemplation Action	Breastfeeding Nutrition Breastfeeding Problem Solving Common Prevention of BF Problems Intro to BF
MDHHS- Pub-1223 E/S	<i>Latch Checklist</i> (50/pkg)	Tri-fold brochure, 4 x 9" brochure. Back-to-Back, English/Spanish. Quick reminder of the basic steps for position and latch. Noodle Soup. 2017. 6/18		Contemplation Preparation	Breastfeeding Nutrition Breastfeeding Problem Solving Common Prevention of BF Problems Intro to BF
MDHHS- Pub-1225 E/S	<i>Dad Can Help in So Many Ways</i> (50/pkg)	Poster, 8 ½ x 11". Highlights the importance of dad's support and presents practical ways dad can help with breastfeeding. Noodle Soup. 2017. 6/18		Preparation Action	Breastfeeding Support
DCH-1203	<i>Colostrum</i> (100/pkg)	Flier, 3 ¾ x 9". Back-to-Back, English/Spanish. Educate moms on the importance of colostrum and encourage breastfeeding immediately. Noodle Soup. 2005. 6/18		Precontemplation Contemplation Preparation Action	Breastfeeding Nutrition Breastfeeding Problem Solving Common Prevention of BF Problems Intro to BF



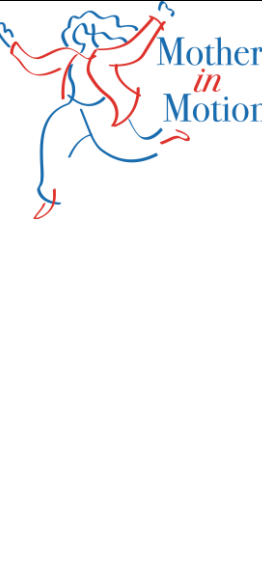
WIC E-forms #	Publication Title	Description	Cover	Suggested Stage of Change	Possible MI-WIC NE Topic(s)
Foods/Nutrients					
DCH-0293 DCH 0293s	<i>Iron for Strong Blood</i> (100/pkg)	Tri-fold brochure, 5½ x 9". Full color. Why iron is needed; iron-rich foods; tips for increasing iron; sample menu. Adapted from CA WIC. 2/2015		Preparation Action	Iron Deficiency Anemia
DCH-1515 DCH-1515sp DCH-1515ar	<i>Well Fed means Less Lead</i>	Tri-fold brochure, 3½ x 8½". Highlights food and lifestyle items that may help combat lead exposure. MDHHS. 3/16.		Preparation Action	Nutrition and Lead
DCH-0237 DCH-0237s DCH-0237a	<i>Michigan WIC Food Guide</i> (50/pkg)	24-page color booklet, 5½ x 8½". Displays authorized food for Michigan WIC. Includes nutrition education 'Health Bite!' messages, breastfeeding promotion, and WIC Shopping Tips. MDCH. 10/2013			
DCH-0229	<i>Michigan WIC Infant Formula Insert</i> (50/pkg)	Double-sided, color, 5½ x 8½". Displays authorized infant formulas. Backside shows differences in breastfeeding packages. MDHHS, rev. 10/16			

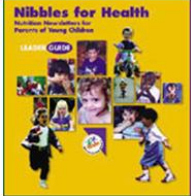



WIC E-forms #	Publication Title	Description	Cover	Suggested Stage of Change	Possible MI-WIC NE Topic(s)
Infants					
DCH-1322 DCH-1322S DCH-1322A	<i>Feeding Your Newborn – Birth to Day 10</i> (100/pkg)	Double-sided card, 8 ½ x 5½”. Full color. Graphic of stomach size Days 1, 3, 10; diapers; breastfeeding importance; feeding tips. MDCH. 9/2012		Preparation Action	Feeding the Newborn
DCH-1480 DCH-1480S DCH-1480A	<i>Feeding Your Baby Birth to 6 Months</i> (100/pkg)	Tri-fold brochure, 5 5/8 x 9”. Full color. Monthly feeding guidelines; breastfeeding importance; hunger/fullness signs; feeding safely; starting infant foods. MDCH. 9/2012		Preparation Action	Infant Feeding: 1-5 months
DCH-1481 DCH-1481s DCH-1481a	<i>Feeding Your Baby 6 to 12 Months</i> (100/pkg)	Tri-fold brochure, 5 5/8 x 9”. Full color. Development and starting solid foods; breastfeeding importance; feeding safely. MDHHS. 6/2015		Preparation Action	Infant Feeding: 6-12 months
DCH-1512 DCH-1512s DCH-1512a	<i>Feeding Your Baby Menu Insert: 8 to 10 Months and 10 to 12 Months</i> (100/pkg)	Double-sided card, 8 ½ x 5½”. Full color. Sample menus for infants 8-12 months. MDCH. 3/2014		Preparation Action	Infant Feeding: 8-12 months
Note: No e-form #; order by title.	<i>Let's Eat!</i> (100/pkg)	8½ x 11”, 12-page color magazine discusses introducing solid foods, developmental stages, breastfeeding, age-appropriate menus, playing with baby. National WIC Association (www.nwica.org)		Preparation Action Maintenance	Infant Feeding: 6-12 months Breastfeeding





WIC E-forms #	Publication Title	Description	Cover	Suggested Stage of Change	Possible MI-WIC NE Topic(s)
Outreach					
DCH-0314 (Spanish and Arabic available on Michigan WIC website)	<i>Facts About WIC</i> (25/pkg)	Double-sided, 8½ x 11". Buff paper. Describes what WIC provides, who may be eligible, effectiveness, for more information. MDHHS. 9/2016. English available on e-forms; other languages available for download at http://www.michigan.gov .			Not applicable for NE Use for Outreach
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, MDCH. 4/2014			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 ". Describes WIC benefits, appointment expectations, Bridge Card instructions. MDHHS, rev 3/17.			Not applicable for NE Use for Outreach Use with clients for substance abuse and WIC program messages
N/A	<i>Five Reasons to Stay on WIC</i>	Mini-poster/. 8½ x 11", color. Promotes WIC for 5 years. MDCH. 2013			Not applicable for NE Use for Outreach
DCH - 0322e/ar DCH-0322e/s	<i>WIC Income Guidelines flyer</i> (50pkg)	Double-sided, 3½ x 8¼". English; Spanish (pink) or English; Arabic (lavender). WIC Income Guidelines. 6/2018.			Not applicable for NE Use for Outreach
DCH-1514 DCH-1514s	<i>Together Growing Stronger Families</i>	Tri-fold brochure, 3½ x 8½". Highlights information and benefits of the WIC program. Coffective & MDHHS. 2016.			

WIC E-forms #	Publication Title	Description	Cover	Suggested Stage of Change	Possible MI-WIC NE Topic(s)
Sample Materials (provided by State in past) *Contact State Consultant about availability of additional limited quantities, or re-order through local agency.					
	<p><i>LearningZoneExpress Tearsheets</i> www.LearningZoneExpress.com <i>MyPlate for Expecting Moms handouts</i> (tablet of 50), English and Spanish</p> <p><i>MyPlate for Breastfeeding Moms handouts</i> (tablet of 50), English and Spanish</p>	<p>Double-sided, 8½ x 11”, full color. Addresses rec food amounts per trimester, healthy weight gain, folic acid/ iron, food safety. 2011. (#470452)</p> <p>Addresses rec food amounts for BE, BP mother, weight loss, hydration, food safety, breastfeeding benefits. 2013. (# 470198)</p>		<p>Preparation Action Maintenance</p>	<p>Prenatal Nutrition Food safety</p> <p>Breastfeeding Postnatal Nutrition Food safety</p>
	<p><i>Kid’s 5-section MyPlate and Kid’s Dairy Cup</i></p>	<p>7” plate provides support in making mealtime healthy and fun. Cup with 4-6 oz fill lines is a great reminder to include dairy with meals. www.freshbaby.com</p>		<p>N/A</p>	
	<p><i>Nutrition Matters Cards</i> (English, Spanish) <i>Many topics available</i></p>	<p>4”x9” cards, 2-sided. Offers nutrition tips on a variety of different topics. www.numatters.com</p>		<p>Preparation Action</p>	<p>Bottle Weaning Toddler/Preschool Nutrition Nutrition/Dental Health Excessive Use of Liquids Healthy Weight</p>

WIC E-forms #	Publication Title	Description	Cover	Suggested Stage of Change	Possible MI-WIC NE Topic(s)
Online & Partner Resources					
	<p>MDHHS Programs Contact program website for ordering information or to download PDF materials.</p> <p><i>Birth Defects Prevention Program</i> <i>Perinatal Oral Health Program</i> <i>Safe Sleep Program</i> <i>Tobacco Control Program</i></p>	<p>www.michigan.gov/birthdefectsinfo Additional folic acid resource links are available on the MDCH-WIC website. http://www.michigan.gov/oralhealth http://www.michigan.gov/safesleep http://www.michigan.gov/tobacco</p>		N/A	N/A
	<p><i>Eat Safe Fish and Buy Safe Fish</i></p> <p>Available in English, Spanish, Arabic, Chinese, Hmong, Vietnamese. Call 1-800-648-6942 to order, or download PDF.</p>	<p>Tri-fold brochures, color, 3½ x 8½". Guidance on choosing low mercury fish. Specific location guides also available. MDCH Public Safety & Environ Health. www.michigan.gov/eatsafefish</p>		Preparation, Action, Maintenance	Food Safety, Fish
	<i>Fishy Business</i>	<p>Poster to promote healthy fish consumption. Highlights key points from <i>Eat Safe Fish</i> and <i>Buy Safe Fish</i> brochures. MDCH Public Safety & Environ Health. www.michigan.gov/eatsafefish</p>		N/A	N/A
	<i>Safe Fish for You and Your Family</i>	<p>Over-sized bookmark focusing on the benefits of fish for women and children, and appropriate amounts of various types of fish to eat. MDCH Public Safety & Environ Health. www.michigan.gov/eatsafefish</p>			
	<i>Feeding Your 2 to 5-Year-Old booklet</i>	<p>16-page brochure, 5½ x 8½". Full color. Includes meal and snack ideas, child feeding tips, serving guideline chart. 2012. United Dairy Industry of Michigan. (www.udim.org)</p>		Preparation Action Maintenance	Toddler/Preschool Nutrition
	<i>Ten Tips Nutrition Education Series</i> (English, Spanish)	<p>Online access to printable nutrition education tips on a variety of topics. USDA. (http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html)</p>		Preparation Action Maintenance	Variety of topics: Toddler/Preschool Nutrition Healthy Weight Physical Activity

WIC E-forms #	Publication Title	Description	Cover	Suggested Stage of Change	Possible MI-WIC NE Topic(s)
Online & Partner Resources, cont.					
	<i>American College of Nurse-Midwives (ACNM)'s 'Our Moment of Truth' website and 'Share with Women' fact sheets</i>	Client resources about risks of alcohol use during pregnancy, birth defects, and tips on how to avoid alcohol use. Website: http://www.midwife.org/Alcohol-and-Pregnancy Fact Sheets: http://onlinelibrary.wiley.com/doi/10.1111/jmwh.12286/pdf (Eng) http://onlinelibrary.wiley.com/doi/10.1111/jmwh.12284/pdf (Sp)			
	<i>Iowa State University Outreach and Extension's Spend Smart. Eat Smart.</i>	Mobile-friendly site offering >150 easy, delicious, and inexpensive recipes, How-to videos of basic food prep techniques, money-saving grocery strategies, and meal planning templates and resources. ISUE. Rev 2016. (spendsmart.extension.iastate.edu)			
	<i>Mothers in Motion: Client Materials Self-Directed Education (SDE):</i> *Better Ways to Handle Every Day Life *Time Saving Tips for Busy Moms *Effective Ways to Handle Negative Feelings *Effective Ways to Help with Parenting *Effective Ways to Reduce Junk Food *Useful Tips to Plan Meals and Help Children Eat Healthier *Useful Tips to Help with Grocery Shopping (Part 1) *Useful Tips to Help with Grocery Shopping (Part 2) *Practical Ways to Cook Healthier *Fun and Realistic Ways to Get More Exercise *Journey to Weight Loss **Now also available on wichealth.org!	3 DVDs used for self-directed, take-home, one-on-one, or group nutrition education. Lessons developed by Michigan State University College of Nursing's Mothers in Motion grant project, feature real WIC moms and their families. The mothers share stories and demonstrate how they made positive changes over time. Key topics in the DVDs include: Stress Management, Healthy Eating, and Physical Activity.		Precontemplation Contemplation Preparation Action Maintenance	Variety of topics: Nutrition Healthy Weight Physical Activity Inter-conception Care Post-partum

WIC E-forms #	Publication Title	Description	Cover	Suggested Stage of Change	Possible MI-WIC NE Topic(s)
Online & Partner Resources, cont.					
	<i>Nibbles for Health: Nutrition Newsletters for Parents of Young Children</i>	Online access to printable nutrition education tips on a variety of topics. USDA FNS. (http://www.fns.usda.gov/tn/nibbles-health-nutrition-newsletters-parents-young-children)		Preparation Action Maintenance	Variety of topics: Toddler/Preschool Nutrition Healthy Weight Physical Activity
	<i>MyPlate, MyWins: Healthy Eating Solutions for Everyday Life</i>	Client resource focused on a healthy eating style that works. Includes videos, Healthy Eating Tools, budget tips, food safety, recipes, and more. USDA. (https://www.choosemyplate.gov/myplate-mywins-families-individuals)			
	<i>Next Steps to Health for You and Your Family</i>	Pamphlet discussing infant feeding, breastfeeding, weight control, activity, oral health, folic acid, healthy eating during pregnancy, and food shopping. USDA FNS. 2014. (http://wicworks.nal.usda.gov/sites/wicworks.nal.usda.gov/files/uploads/NextStepsHealthWeb.pdf#overlay-context=pregnancy)			
	<i>Shared Lesson Modules Self-Directed Education (SDE):</i> <ul style="list-style-type: none"> ● Before and Between Babies! <ul style="list-style-type: none"> ○ Be a Healthy, Active Mom! ○ Stay Strong with Iron ○ Moms Always Need Folic Acid ● Pregnancy Pointers ● No More Battles! Feeding your Picky Eater ● Tips for Healthy Kids (take-home DVD) ● Your Baby and You ● Sesame Street: Eat Well, Anytime, Anywhere Group: <ul style="list-style-type: none"> ● Food Safety during Pregnancy ● Healthy Eating during Pregnancy 	Binder for self-directed, take-home, one-on-one, or group nutrition education. Some lessons include DVD. Found at www.michigan.gov/wic under <i>WIC Providers, Nutrition Education Resources, Modules</i>		Precontemplation Contemplation Preparation Action Maintenance	Variety of topics: Toddler/Preschool Nutrition Healthy Weight Physical Activity Inter-conception Care Pregnancy Post-partum

WIC E-forms #	Publication Title	Description	Cover	Suggested Stage of Change	Possible MI-WIC NE Topic(s)
Staff Resources					
	<p><i>Nutrition Care Manual and Pediatric Nutrition Care Manual</i></p> <p>Note: Call State WIC Office for login info</p>	<p>Online professional nutrition manuals for WIC staff access. Academy of Nutrition and Dietetics.</p> <p>http://nutritioncaremanual.org</p>		N/A	N/A
	<p><i>Wichealthsupport.org</i></p> <p>Client Lessons Clinic Lessons Client Flyers</p>	<p>Online access to wichealth.org statistics, reports, and resources.</p> <p>www.wichealthsupport.org</p>			
	<p><i>Wic Works Online Resource System</i></p>	<p>Online education and training center for WIC staff, providing links to other Internet sites as a service to health and nutrition professionals</p> <p>https://wicworks.fns.usda.gov/</p>			
	<p><i>USDA FNS WIC Publications Order Form</i></p>	<p>Free resources for WIC Clinics from USDA/FNS. Limited quantities available until supply exhausted.</p> <p>https://wicworks.fns.usda.gov/publication-order-form</p>			
	<p><i>STAFF MATERIALS: Client Centered Services training materials</i></p> <p>See michigan.gov/wic, <i>WIC Providers, Client Centered Services (CCS) page</i> for important links</p> <p><i>*Rethinking How We Listen and Respond in WIC</i> <i>*Communicate to Motivate</i> <i>*CCS Webinars</i> <i>*CCS Mentor Resources</i></p>	<p>Trainings highlight tips and strategies to overcome challenges and better apply motivational interviewing in everyday counseling.</p>	