

Michigan WIC: Guidance for Use

Nutrition Care Manual (NCM) and Pediatric Nutrition Care Manual (PNCM)

Academy of Nutrition and Dietetics

Goals

- Provide WIC Staff with current, evidence-based nutrition information and references
- Supplement WIC staff nutrition education knowledge and awareness
- Support consistent WIC client health information
- Enhance WIC high risk counseling
- Enhance coordination of care with other health care providers

The Academy Nutrition Care Manuals (NCM and PNCM) provide information for normal nutrition and over 100 adult and 40 pediatric diseases and conditions. Several thousand links to referenced abstracts and research articles are also included. The information is continuously reviewed and the manuals are updated annually. These manuals should supplement and support Michigan WIC and Michigan Department of Health and Human Services information, materials, policy, and procedures. Access to these manuals does not change any current protocol. Any questions about consistency of manual information with WIC directives and information should be directed to the WIC State office.

Online Access

Up to 10 users can concurrently use each manual. Please limit login time and LOG OFF when finished. If you are unable to login, please try again later as all subscriptions may be in use. If you continue to experience login problems, please notify the WIC State office via the WIC helpline (1-800-942-1636).

Login site: www.nutritioncaremanual.org **Username:** WIC@michigan.gov
Password: contact WIC Helpline or your local agency consultant for the current password

Log-in username and password will be distributed annually by e-notice. Please DO NOT USE "LOST PASSWORD" function on NCM Login Page. Contact the State WIC office helpline if current log-in information is needed.

Additional Information for Manual Use

Client Education Handouts are written at a 7th and 8th grade reading level and each is available in Spanish (some are also available in Chinese). **Sample 1- or 5-day Meal Plans** are not WIC-specific. Pediatric menus are generally for a 7-8 yr. old unless otherwise specified. Both the handouts and meal plans may list information about foods unfamiliar or unsuitable for WIC clients. **Before using, please review carefully.** If a material is deemed appropriate for your WIC client, adapt for client needs and literacy levels, and provide individual client education before giving.

Client education materials can be printed on-demand. Local agencies may add their agency and clinic contact information and logo; if adding these items, the current non-discrimination statement must also be added prior to client distribution. Access to the current non-discrimination statement is at the Michigan WIC website in the WIC Providers section: <http://www.michigan.gov/mdch/0,4612,7-132-2947-275742--,00.html> .

Resources: This section has useful information related to cultural diversity and food patterns, nutrient lists, MyPlate and other dietary guideline resources.

Questions? Additional information on the nutrition care manuals can be accessed at www.eatright.org . An **archived training webcast** is available on MPH's website entitled "[2012 Nutrition Care Manual Overview Webinar for Michigan WIC](#)".