

MI-WIC POLICY

5.0 Nutrition Services

5.01E Sample Nutrition Education Plan

Nutrition Services

Effective Date: 02/11/2019

Implementation Date: TBD

Michigan WIC Nutrition Education Plan

Appointment Date: 02/12/2019

Nutrition Goals Discussed:

Infant WIC : My goal is to offer 2 snacks per day.
My goal is to have more than 2 family meals per week.
Infant WIC : My goal is to have more than 2 family meals per week.

Next Planned Nutrition Education Method:

Infant WIC : Counseling
Infant WIC : Internet

Weight, Height/Length and Hemoglobin:

Infant WIC : 21 lbs 1 oz, 2 ft 11 in on 11/20/2018 and Hemoglobin level of 13 on 02/12/2019
Infant WIC : 23 lbs 1 oz, 2 ft 10 in on 07/17/2018 and Hemoglobin level of 12 on 02/12/2019

Remember these important messages for you or your family and friends:

Avoid alcohol and dangerous substances while pregnant or parenting!

Cook together. Eat together. Make mealtime a family time.

Be active together as a family.

They take their lead from you. Limit screen time to less than 2 hours per day.

Breastfeeding is best, for you and your family!

The purpose of the WIC program is to provide nutrition education and tips for a healthy diet, supplemental foods, referrals and breastfeeding support.

Health conditions identified this certification period were:

Infant WIC	: Healthy Growth Pattern; Diet Issue; [REDACTED]	Cert End Date*11/19/2019
Infant WIC	: Could benefit from WIC foods, nutrition education, referrals and/or breastfeeding education and support; Diet Issue	Cert End Date*07/16/2019