

MI-WIC POLICY

Nutrition Services

5.0 Nutrition Services

Effective Date: 9/9/2024

5.02 Nutrition Education Contacts

Implementation Date: 10/21/2024

PURPOSE: Defines the minimum number of nutrition education contacts that staff must offer to clients during their certification periods.

A. POLICY

1. A nutrition education contact may occur through individual, group, or self-directed interaction. (See Exhibit 5.01A, Nutrition Education Definitions.)

2. Number of Contacts:

During each certification period, local agencies must offer the required nutrition education contacts on separate days to clients and parents or caretakers of infant and child clients, and whenever possible, the child clients themselves at the following rate.

# of Months of Certification	Number of Required Contacts
10-12 months	4
7-9 months	3
4-6 months	2
Up to 3 months	1

3. Nutrition education is offered during the following appointments:
 - Certification/recertification
 - Mid-Certification Health Evaluation
 - Nutrition Counseling with Registered Dietitian
 - Breastfeeding Counseling and Support
 - Interim nutrition education
4. To be counted as a nutrition education contact for the client, the nutrition education offered or provided must be documented in the client's record. (See Policy 5.05, Nutrition Education Documentation)
5. Scheduling a future appointment or documenting the next planned nutrition education method are considered an offer and count as a nutrition education contact.
6. Documentation of refusals and missed appointments demonstrate nutrition education was offered and count as a nutrition education contact.
7. Nutrition and breastfeeding education must be provided by qualified staff. (See Policy 1.07, Local Agency Staffing and Training.)

8. Collaborative programs providing group nutrition education must use lesson plans that meet WIC policy requirements to count as a WIC nutrition education contact (See Exhibit 5.01D, Nutrition Education Lesson Plans).
9. Nutrition education provided by non-WIC health care professionals may be counted toward the WIC nutrition education requirement with documentation. (See Policy 5.05, Nutrition Education Documentation.)
 - a. Non-WIC health care professionals providing nutrition education must meet the same staffing qualifications as stated in Policy 1.07, Local Agency Staffing and Training.
10. Nutrition materials, reinforcements and support groups are not counted as nutrition education contacts. (See Exhibit 5.01A, Nutrition Education Definitions.)
11. All nutrition education provided on the same day counts as one of the required contacts, regardless of the number of topics received.

Reference:

Federal Regulations 246.11 (e)
WIC Nutrition Services Standards, USDA, FNS, August, 2013

Cross References:

1.07 Local Agency Staffing and Training
5.05 Nutrition Education Documentation

Exhibits:

5.01A Nutrition Education Definitions
5.01D Nutrition Education Lesson Plans