

5.0 Nutrition Services

Effective Date: 9/9/2024

5.03 Nutrition Education at Certification/Recertification Appointments

Implementation Date: 10/21/2024

PURPOSE: Provides requirements for client-centered nutrition education at certification and recertification appointments.

A. POLICY

1. The nutrition education provided to clients at certification and recertification appointments must be based on the nutrition/health assessment and reflect the client's concerns and questions. (See Policy 5.01 Nutrition Services Overview.)
2. The WIC Program Explanation must be verbally provided to clients as part of a client centered assessment process. (See Policy 2.01, Eligibility/ Certification of Clients)
 - a. The WIC Program Explanation is summarized on the Nutrition Education Plan.
3. Local agencies must provide drug and other harmful substance abuse information to new clients at their first certification appointment, and thereafter as needed (See Federal Regulations 246.11 (a)(3) and Policy 6.02, Referrals.)
 - a. A newly certified infant is considered a new client (even if the mother was previously/currently enrolled as a pregnant woman) and this requirement applies.
 - b. Providing the client with the Nutrition Education Plan is considered reinforcement of this message.
4. All pregnant clients must be encouraged to breastfeed unless contraindicated for health reasons. All breastfeeding women must be encouraged to continue breastfeeding. (See Policy 4.01, Breastfeeding Promotion, Protection and Support.)
5. Follow-up of previous nutrition education received by the client must occur at recertification appointments. Follow-up is done on any of the past nutrition education provided within the last year. Follow-up provides an opportunity for the client to:
 - a. Ask questions;
 - b. Demonstrate knowledge gained;
 - c. Discuss progress or barriers to behavior change; and/or,
 - d. Obtain support from staff trained to address the client's goals and concerns.
6. The client/caregiver and CPA mutually develop a Nutrition Education Plan at each certification and recertification appointment based on the client's concerns and needs (See Policy 5.01E, Sample Nutrition Education Plan).
 - a. The local agency must document each nutrition education offered/provided in the client record. (See Policy 5.05, Nutrition Education Documentation.)

- b. Client behavior change/goals and next planned method related to nutrition education offered/provided must be documented in the client record. (See Policy 5.05, Nutrition Education Documentation.)
 - c. High risk clients must be offered individual nutrition counseling with a WIC RD. Acceptance or refusal of this offer must be documented in the client record. (See Policy 5.06, Nutrition Services for High Risk Clients.)
- 7. The Nutrition Education Plan must be provided to the client at each certification/recertification appointments (See Policy 5.01E, Sample Nutrition Education Plan).

References:

Federal Regulations 246.11 (a)(3)
USDA, WIC Program Nutrition Education Guidance, January 2006
WIC Policy Memorandum 2008-01: WIC Program Explanation for Participants
WIC Nutrition Services Standards, USDA, FNS, August, 2013

Cross-references:

- 2.01 Eligibility/Certification of Clients
- 2.24 Mid-Certification Health Evaluation
- 4.01 Breastfeeding Promotion, Protection and Support
- 5.01 Nutrition Services Overview
- 5.04 Nutrition Education at Mid-Certification Health Evaluation Appointments
- 5.05 Nutrition Education Documentation
- 5.06 Nutrition Services for High Risk Clients
- 6.02 Referrals

Exhibits:

- 5.01E Sample Nutrition Education Plan