

5.0 Nutrition Services*Effective Date: 9/9/2024***5.04 Nutrition Education at Mid-Certification Health Evaluation Appointments***Implementation Date: 10/21/2024*

PURPOSE: Provides requirements for client-centered nutrition education at Mid-Certification Health Evaluation appointments.

A. POLICY

1. The nutrition education provided to clients at the mid-certification health evaluation appointment must be based on the nutrition/health assessment and reflect the client's concerns and questions. (See Policies 5.01 Nutrition Services Overview, and 2.24, Mid-Certification Health Evaluation.)
2. Follow-up of previous nutrition education received by the client must occur. Follow-up is done on any of the past nutrition education provided during the current certification period. Follow-up provides the client the opportunity 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.
3. The client/caregiver and CPA review/revise the Nutrition Education Plan developed at certification/recertification based on the client's concerns and needs.
 - 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.)
4. The Nutrition Education Plan must be provided to the client at the mid-certification health evaluation appointment (See Policy 5.01E, Sample Nutrition Education Plan).

References:

Federal Regulations 246.11

WIC Nutrition Services Standards, USDA, FNS, August, 2013

Cross-references:

- 2.24 Mid-Certification Health Evaluation
- 5.01 Nutrition Services Overview
- 5.02 Nutrition Education Contacts
- 5.05 Nutrition Education Documentation
- 5.06 Nutrition Services for High Risk Clients

Exhibits:

- 5.01E Sample Nutrition Education Plan