

# MI-WIC POLICY

## Nutrition Services

### 5.0 Nutrition Services

Effective Date: 02/11/2019

#### 5.01E Sample Nutrition Education Plan

Implementation Date: 10/14/2019

### 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