

MI-WIC POLICY

Nutrition Services

5.0 Nutrition Services

Effective Date: 06/10/2020

5.02 Nutrition Education Contacts

PURPOSE: The purpose of this policy is to define the minimal number of nutrition education contacts that WIC staff must offer to clients during their certification periods.

A. POLICY

1. A nutrition education (NE) 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:
 - Certification/recertification appointments (CERT/RECERT)
 - Infant/child evaluation appointments (IEVAL/CEVAL)
 - Nutrition counseling with the RD (NCRD)
 - Breastfeeding support interactions
 - Interim nutrition education (EDU-type appointments)
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. Clients with a current Nutrition Education Plan for self-directed education (SDE) (e.g., wichealth.org, education mall, or take-home lesson), and not scheduled for a specific appointment, are considered as having been offered one nutrition education contact.
6. Documentation of refusals and no-shows for individual or group nutrition education sessions demonstrates that nutrition education was offered.
7. Collaborative programs providing group nutrition education must use lesson plans that meet WIC policy requirements in order to count as a WIC nutrition education contact (See Exhibit 5.01D, Nutrition Education Lesson Plans).

8. 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.
9. Nutrition materials, reinforcements and support groups are not counted as nutrition education contacts. (See Exhibit 5.01A, Nutrition Education Definitions.)
10. All nutrition education provided on the same day counts as one of the required contacts, regardless of the number of topics received.
11. Nutrition education that is scheduled or planned, yet not attended or completed by the client, is counted as one nutrition education contact.
12. Nutrition and breastfeeding education must be provided by qualified staff. (See Policy 1.07, Local Agency Staffing and Training.)

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