

### 5.0 Nutrition Services

*Effective Date: 06/10/2020*

#### 5.03 Nutrition Education at Certification/Recertification Appointments

**PURPOSE:** This policy provides requirements for client-centered nutrition education at certification and recertification appointments (CERT/RECERT), and for development of the Nutrition Education Plan.

#### A. POLICY

1. The nutrition education provided to clients at CERT/RECERT must be based on the nutrition/health assessment and reflect the client's concerns, needs, and nutrition risks (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, including local counseling/treatment resources, 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 CERT/RECERT (See Policy 5.05, Nutrition Education Documentation). 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. Development of a Nutrition Education Plan for the Certification Period:
  - a. The client/caregiver and WIC CPA mutually develop a Nutrition Education Plan at each CERT/RECERT based on the client's concerns and needs. The Nutrition Education Plan must be reviewed/revise at infant/child evaluation appointments (IEVAL/CEVAL) to support the client's changing needs, concerns, or behaviors (See Policy 5.04, Nutrition Education at Infant/Child Evaluation Appointments).

- b. The Nutrition Education Plan identifies methods for interim nutrition education to address the client's concerns, needs, and/or goals. (See Policies 5.01, Nutrition Services Overview, 5.02, Nutrition Education Contacts)
- c. High risk clients must be offered individual nutrition counseling with a WIC RD. Acceptance or refusal of this offer must be documented in MI-WIC. (See Policy 5.06, Nutrition Services for High Risk Clients.)
- d. The local agency must document each nutrition education offered and received in the client record. (See Policy 5.05, Nutrition Education Documentation .)
- e. The Nutrition Education Plan must be provided to the client at each CERT/RECERT and IEVAL/CEVAL (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  
4.01 Breastfeeding Promotion, Protection and Support  
5.01 Nutrition Services Overview  
5.02 Nutrition Education Contacts  
5.04 Nutrition Education at Infant/Child 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