

5.0 Nutrition Services

Effective Date: 06/10/2020

5.04 Nutrition Education at Infant/Child Evaluation Appointments

PURPOSE: This policy provides requirements for client-centered nutrition education at Infant or Child Evaluation appointments (IEVAL/CEVAL), and for development of the Nutrition Education Plan for the remainder of the certification period.

A. POLICY

1. Complete an assessment at IEVAL/CEVAL that includes review and update of changes in nutrition/health status and client's current concerns and questions.
2. Follow-up of previous nutrition education received by the client must occur (See Policy 5.05, Nutrition Education Documentation). 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 nutrition education provided to clients at IEVAL/CEVALs must be based on the updated nutrition/health assessment and reflect the client's concerns, needs, and nutrition risks.
4. Nutrition Education Plan for the remainder of the Certification Period:
 - a. The client/caregiver and CPA mutually update the Nutrition Education Plan developed at certification/recertification based on the client's concerns and needs.
 - 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 provided nutrition services according to 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 the IEVAL/CEVAL (See Policy 5.01E, Sample Nutrition Education Plan).

References:

Federal Regulations 246.11
WIC Nutrition Services Standards, USDA, FNS, August, 2013

Cross-references:

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