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Nutrition Education Counseling Guide

Participant Categories Section

General Nutrition Education

- Follow standard visit guidelines.
- Refer to RD/RN if high-risk.

Assessment:

- Assess nutrition status, problems & concerns.

Suggested counseling points (*Counsel based on your assessment of her concerns*)

1. Encourage physical activity and active living.
 - Guidelines for adults:
 - ✓ 150 minutes of moderate-intensity aerobic activity (i.e. brisk walking) per week **and** muscle-strengthening activities twice a week.
 - ✓ Activities can be broken down into smaller chunks of at least 10 minutes at a time.
 - Guidelines for children & toddlers:
 - ✓ 60 minutes or more of *structured* physical activity/play per day. (30 minutes for toddlers)
 - ✓ 60 minutes to several hours unstructured physical activity or play per day.
 - ✓ No more than 60 minutes being sedentary at a time except when sleeping
 - ✓ No TV/screen time for children under age two.
 - ✓ No more than 2 hours of TV/screen time for children age two and older.
 - Guidelines for infants:
 - ✓ Infants should interact with caregivers in daily physical activities that are dedicated to exploring movement and the environment.
 - ✓ Infants' physical activity should promote skill development in movement.
 - ✓ Infants should have opportunities for structured and unstructured physical activity.
 - ✓ No TV/screen time for infants.
2. Encourage healthful beverages.
 - Breastmilk or iron-fortified formula for infants.
 - Whole milk for children up to age two.
 - Low fat milk (1% or fat-free) for adults and children two years and older.
 - Limit juice to 2 oz/day for infants and 4 oz/day for children.
 - Limit soda, Kool-Aid, fruit drinks, & punch.
3. Eat breakfast. It's the most important meal of the day.
4. Provide cooking/food demonstrations.
5. Encourage eating together as a family, at least one time per day with the entire family.
6. Discuss food safety.
 - Wash hands with soapy water before handling food.
 - Avoid cross contamination. Keep uncooked meats separate from cooked foods; wash knives, cutting boards with hot soapy water after handling uncooked foods.
 - Keep foods at safe temperatures. Store eggs and perishable raw foods in the refrigerator. Thaw foods in the refrigerator or microwave; don't defrost on the counter at room temperature.
 - Use a thermometer to make sure refrigerator stays at 40°F or below.
 - Cook meats thoroughly. Use a thermometer to ensure meats are cooked to safe temperatures.
 - Use only pasteurized milk.
 - Keep hot foods hot and cold foods cold.
 - Avoid foods that could be contaminated with pathogenic microorganisms.
 - For children, avoid foods that could cause choking (such as suckers, hard candy, nuts, raisins, popcorn, corn chips, raw carrots, grapes, apples, and hot dogs).

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Participant Categories Section

7. Encourage fruits and vegetables – 5 a day.
8. Plan healthy meals. Limit fried and fatty foods, and sugary foods.
9. Discuss healthy options when eating fast food or on the go.
10. Discuss healthy snacks.
11. Include lean meats and other protein foods such as beans, peanut butter, nuts, eggs, and tofu.
12. Make half (or more) of your grains whole.
13. Encourage adequate sleep; short duration of sleep is a risk factor for obesity.

Nutrition Education Counseling Guide

Participant Categories Section

High Risk Counseling Points

Assessment

- Assess nutritional status.
- Assess for medical conditions.
- Check if participant is receiving medical care, and refer if necessary.

Suggested counseling points

1. Refer to Care Plan. RD/RN will customize high risk counseling and documentation in the participant's care plan.

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Participant Categories Section

Orientation

Required counseling points

The following topics are required to be provided to all new WIC participants, and reviewed with endorsers at recertification visits as needed:

1. Purpose of WIC
 - To provide nutritional support during critical times of growth and development to achieve positive health outcomes
 - Benefits of WIC include individualized nutrition education and behavior change counseling, provision of supplemental foods, referrals, and breastfeeding promotion and support
2. WIC foods support individual nutritional needs
 - WIC Foods are prescribed for the individual, to promote and support growth and nutritional well-being by helping to meet the recommended intake of important nutrients
3. WIC foods are supplemental
 - Not intended to provide all of the participant's daily food requirements
4. A thorough nutrition assessment is the basis for individual care
 - WIC staff will perform a thorough nutrition assessment to identify nutritional needs in order to provide personalized nutrition education, foods packages, and referrals
5. How to use WIC checks
 - Instruct participants on how to shop and use WIC checks
6. Length of certification
 - Inform each participant on length of certification and when last checks will be issued
 - Inform participants that they must reapply at the end of the certification period and be reassessed for eligibility if they want to continue participation in the program
7. Local rules and policies
 - Participants must be made aware of rules or policies of the local WIC program, including policies regarding late and missed appointments
8. Transfer policy
 - Instruct participants about the transfer policy and use of the VOC form
9. Right to a fair hearing
 - Participants have a right to a fair hearing if they disagree with any decision made regarding their participation in the WIC Program
10. Importance of health care
 - Ask all participants if they receive regular healthcare and if not, encourage to seek care
 - Specific healthcare services that participants should receive include prenatal care, well child checks, and immunizations
11. WIC and participant partner together to achieve better health
 - When an endorser represents a WIC participant, WIC staff and the endorser(s) agree to partner towards providing optimal WIC benefits to the participant.

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Participant Categories Section

Other

Counseling points

1. Refer to care plan.

This section is provided for WIC staff to document in the participants care plan any additional information not included in the category and topic specific counseling points.