



Memorandum

#23-072

TO: WIC Regional Directors
WIC Local Agency Directors

FROM: Amanda Hovis, Director
Nutrition Education/Clinic Services Unit
Nutrition Services Section

DATE: November 9, 2023

SUBJECT: New Nutrition Education Lessons

This memo announces several new nutrition education lessons that are now available for local agency staff to use with WIC clients. Additionally, there are some lessons that have been removed or deactivated.

New Lessons

The following new lesson plans have been recently added to the [HHS WIC website](#).

SP- Smart Shopping – This new self-paced lesson provides tips on saving money at the grocery store by using unit prices. The lesson replaces the old self-paced lesson titled "SP- Smart Shopping Saves Money Using Unit Price Labels". The old lesson has been removed from the HHS website and TXIN.

NUTRITION

On Your Own
Self-Paced Lesson

SP – Smart Shopping

Smart Shopping

Grocery shopping is hard work! There are many things to consider when you shop for your family. How much can I spend? What foods do we need? How much should I buy?

Save money and find the best value by:

1. Checking advertised sales at the store or online.
2. Using coupons or store shopping apps.
3. Shopping for seasonal fruits and vegetables.
4. Looking at the unit price.

What is a unit price? It is the cost of an item per unit of measure, such as pounds or ounces.

Unit prices are all around us – gas prices are listed as the cost per gallon, while bananas are listed as the price per pound. However, not all products at the store are sold in the same product size. The unit price label helps you compare prices of different sizes by using the same unit of measure, such as ounces.

Look for the unit price of an item on the shelf label at the store (circled below). If you shop online, many stores will also include the unit price.

6 OZ LOW FAT YOGURT

UNIT PRICE \$0.12 <small>per oz.</small>	RETAIL PRICE \$0.72
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0 1 2 3 4 5 6 7 8 9 0 1 9

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CH- Cool Drinks for Kids – This new CCNE group lesson plan provides information and tips on how families can incorporate more healthy drink options in their daily lives. It discusses the amount of sugar in some common drinks marketed for children and provides ideas on how to make healthy drinks at home. This lesson plan is a *hybrid* plan that allows staff to teach this class either with clients in-person or as a live online class using a parent agency-will-approved platform. There is an optional activity to demonstrate fruit-infused water. This lesson plan replaces the old CCNE lesson titled "GN- How Sweet Is Your Drink?" The old lesson has been removed from the HHS website and TXIN.

TXIN Class Topic – CH - Cool Drinks for Kids

Client-centered nutrition education (CCNE) uses methods like group discussions and activities to engage clients and facilitate learning. Use this template when planning your CCNE to be either in person or virtual.

Developed by: State Agency Staff Date Developed: July 2023
Local Agency Name and Number Month/Year

Written and Approved by: State Agency Staff
Author's Name, including the Registered Dietitian who approved it.

Planning and Preparation	
CCNE Title	CH- Cool Drinks for Kids
Description Provide a brief description that can be used for promoting it to clients.	Are you looking for ways to keep your children hydrated without giving them sugary drinks? Join us as we explore simple ways to make water more appealing to your family. We'll explore the truth behind many common drinks and demonstrate recipe ideas that are not only cool for kids but fun for the whole family!
Objectives List what clients should expect to gain from this class.	During the class, clients will: <ul style="list-style-type: none"> • Identify recommended drink choices for children • Discuss simple ways to drink more water and less sugar-sweetened beverages • Describe how to make kid-friendly infused water and ice cubes
Target Audience(s) Who is this class designed for?	Caregivers of children 1 and older
Format Indicate how you plan to deliver this class.	<input type="checkbox"/> In person <input type="checkbox"/> Virtual - Live <input type="checkbox"/> Virtual - Pre-recorded <input checked="" type="checkbox"/> Both (Class can be delivered in person or virtually)
Promotion and Registration Indicate how clients will learn about and join the class.	This class will be promoted in the following ways: <ul style="list-style-type: none"> <input type="checkbox"/> Verbally, such as during counseling <input type="checkbox"/> Promotional push cards, flyers, etc. <input type="checkbox"/> Text <input type="checkbox"/> Email <input type="checkbox"/> Social Media (give examples in the spaces below)

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This institution is an equal opportunity provider.

CH- Fruit and Veggies: Yes, No, Maybe So? – This new CCNE group lesson plan provides tips to parents and guardians on how to encourage healthy habits in children starting at an early age. This lesson plan is a *hybrid* plan that allows staff to teach this class either with clients in-person or as a live online class using a parent agency-approved platform. It is a brand new lesson and thus, it does not replace another lesson.

Planning and Preparation	
CCNE Title	CH- Fruits and Veggies: Yes, No, Maybe So?
Description	This lesson includes a discussion about different ways parents and caregivers can encourage their children to eat more fruits and vegetables. Facilitators encourage participation with a game in which clients indicate "Yes, No, Maybe So" to show their levels of interest in trying each strategy. This lesson may be 30-60 minutes in length.
Objectives	During the class, clients will: <ul style="list-style-type: none"> • Name one way families can prepare or present fruits and vegetables that will increase the likelihood of their children eating them. • Describe one way families can role model healthy eating habits. • Identify one way families can talk about food in a positive way.
Target Audience(s)	Parents and caregivers of toddlers and children up to age five.
Format	<input type="checkbox"/> In person <input type="checkbox"/> Virtual - Live <input type="checkbox"/> Virtual - Pre-recorded <input checked="" type="checkbox"/> Both (Class can be delivered in person or virtually)
Promotion and Registration	This class will be promoted in the following ways: <ul style="list-style-type: none"> <input type="checkbox"/> Verbally, such as during counseling <input type="checkbox"/> Promotional push cards, flyers, etc. <input type="checkbox"/> Text <input type="checkbox"/> Email <input type="checkbox"/> Social Media (give examples in the spaces below) Website: _____ Other: _____ Select one: _____

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CH- Picky Eating Beyond the Plate – This new CCNE group lesson plan discusses tips and techniques to encourage a child to try new foods. This lesson helps parents and guardians understand why some children may be selective eaters and why that is a normal part of child development. This lesson plan is a *hybrid* plan that allows staff to teach this class either with clients in-person or as a live online class using a parent agency-approved platform. It includes 2 child-focused activities to help encourage fun exploration of new foods. This class replaces the old CCNE lesson "*CH- Picky Eater: Making Peace With Food.*" The old lesson has been removed from the HHS website and TXIN.

TXIN Class Topic: CH - Picky Eating Beyond the Plate

Client-centered nutrition education (CCNE) uses methods like group discussions and activities to engage clients and facilitate learning. Use this template when planning your CCNE to be either in person or virtual.

Developed by: State Agency Staff Date Developed: May 2023
Local Agency Name and Number Month/Year

Written and Approved by: State Agency Staff
Author's Name, including the Registered Dietitian who approved it.

Planning and Preparation	
CCNE Title	CH - Picky Eating Beyond the Plate
Description <small>Provide a brief description that can be used for promoting it to clients.</small>	Picky eating is a common concern for many families with young children. Join us to understand the basics of picky eating behavior and learn fun, low pressure activities to do with your child that encourage food exploration! We'll share ideas for creative hands-on activities that spark your child's curiosity about food.
Objectives <small>List what clients should expect to gain from this class.</small>	During the class, clients will: <ul style="list-style-type: none"> Identify common picky eating behaviors and ways for caregivers to respond Practice ways to talk to children about new foods Discuss activities to encourage new food exploration
Target Audience(s) <small>Who is this class designed for?</small>	Caregivers of children 18 months and over.
Format <small>Indicate how you plan to deliver this class.</small>	<input type="checkbox"/> In person <input type="checkbox"/> Virtual - Live <input type="checkbox"/> Virtual - Pre-recorded <small>(If both (1) and (2) can be delivered in person or virtually)</small>
Promotion and Registration <small>Indicate how clients will learn about and join this class.</small>	This class will be promoted in the following ways: <input type="checkbox"/> Verbally, such as during counseling <input type="checkbox"/> Promotional push cards, flyers, etc. <input type="checkbox"/> Text <input type="checkbox"/> Email <input type="checkbox"/> Social Media (give examples in the spaces below) _____ _____ <input type="checkbox"/> Website _____ <input type="checkbox"/> Other _____ <small>Local agencies may promote the class however it is appropriate for their clients.</small>

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Deleted Lessons

With the release of new Mom Fitness videos, older “Get Your Groove On Mama” DVDs and lesson plans are outdated. The following lessons have been removed from the HHS website and TXIN:

PP- Get Your Groove On Mama!

SP- Get Your Groove On Mama!

Clients can access the Mom Fitness videos in the Click and Learn web lesson titled “[Mom Fitness: A Workout Series for New Moms](#)”. Additionally, the state agency is working to create more lessons featuring the Mom Fitness videos.

As the state nutrition team continues to review old lessons for updating, we have removed the following web lesson from TexasWIC.org and plan to update the content in the future:

WL- Thinking of You and a Healthy Pregnancy Too

If your local agency would like to offer one of the new classes to your clients or remove a discontinued lesson, please update your FY24 class schedule and email it to your state agency partner for review.

If you have any questions or concerns, you may contact Akata Sanghani, nutrition education coordinator, at Akata.Sanghani@hhs.texas.gov