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#23-082

**TO:** WIC Regional Directors  
WIC Local Agency Directors

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

**DATE:** December 20, 2023

**SUBJECT: Updated Basic Nutrition Module is Now Available**

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An updated version of the Basic Nutrition Module is now available in the Texas WIC Training Catalog. The new version includes updated videos and more interactive learning activities.

[View and register for the Basic Nutrition Module here](#)

The Basic Nutrition Module is designed for WIC staff to complete prior to individual counseling or teaching classes. Approximate run time is 1.5 hours. Staff do not need to retake the module if they have already fulfilled the training requirement.

This 5-part training includes basic information on what's needed to keep a body healthy and functioning such as carbohydrates, fat, proteins, vitamins, minerals, and water. The training provides important nutrition issues, current dietary and physical activity guidelines, plus practical tips on how to apply the knowledge when working with participants.

If you have questions or require additional information about content in the training, please contact Katie Oliver, Nutrition Education Training Coordinator, at [Kathleen.Oliver@hhs.texas.gov](mailto:Kathleen.Oliver@hhs.texas.gov)

If you have questions or technical issues with the training, please contact Kirk Black, WIC LMS Administrator Training Specialist, [admin@adobeconnect.com](mailto:admin@adobeconnect.com)