

**Indiana WIC Program**  
**Indiana State Department of Health**  
**Nutrition Education Contacts**

**Policy**

All WIC clients will be offered appropriate nutrition education at certification. Clients in a six month certification will be offered a *second* nutrition education contact. Clients in an extended certification will be offered one nutrition education contact per quarter, but not necessarily taking place within each quarter.

**Authority**

7 CFR Part 246.2

7 CFR Part 246.11 (e)(1)(2)(3)(6)

Nutrition Services Standards, Standard 7 Nutrition Education and Counseling, August 2013.

U.S.D.A, FNS. WIC Nutrition Education Guidance 2006.

**Procedures**

- I. Nutrition Education will be relevant to the client's category, age, interest, risk condition, language and culture.
- II. Nutrition Education at second contact must be completed by the client, Authorized Representative, or proxy of infant and/or child clients. To avoid repetition, Nutrition Education within a household or a foster home should include instruction on different topics using a variety of nutrition education material.
- III. Nutrition Education offered at certification will be individual counseling provided by a CPA.
- IV. Nutrition Education offered at second contact to High Risk clients must include individual counseling provided by a qualified nutritionist. High risk clients who refuse individual counseling may be offered other forms of nutrition education available to low-risk clients.
- V. Nutrition Education offered at second contact to low-risk clients must provide a choice of learning activities. The choices include but are not limited to:
  - A. Individual counseling or individual Breastfeeding counseling provided by a CPA.
  - B. Group classes performed by a CPA, Breastfeeding Peer Counselor (as part of breastfeeding support), qualified staff person or

community educator appropriate to the topic being taught. Materials presented by qualified staff and community educators must be approved by a CPA.

C. Internet Learning Modules on WICHealth.org; or Individual Learning Activity (ILA)

1. The client must present a completed internet learning module certificate or ILA questionnaire.
2. An interactive discussion regarding the activity will be completed by the CPA with the client.
3. The certificate or questionnaire should be returned to the client or shredded.

VI. If the Second Nutrition Education contact is missed another contact must be offered. Nutrition Education may be refused without affecting benefits.