

Participant Nutrition Education**Policy No. NS- 200.03**

Revision date: January 2023

No. of Pages: 2

Policy

Local agencies shall provide breastfeeding women and caregivers of infant and child participants with four (4) nutrition education contacts during each twelve (12) month certification period. The education shall include one (1) primary nutrition education contact and three (3) secondary nutrition education contacts. For prenatal and post-partum women, nutrition education contacts shall be scheduled at a quarterly rate, but not necessarily taking place within each quarter.

Local agencies shall not deny participants supplemental foods for refusal to attend or participate in the provided nutrition education activities.

Purpose

To improve health status and achieve positive change in dietary and physical activity habits that emphasize the relationship between nutrition, physical activity, and health.

Procedures

- I. Schedule all participants secondary nutrition education appointments.
- II. CPA and participant will discuss nutrition education topics which:
 - A. Address the individual's nutrition risks and nutrition interests
 - B. Emphasize the relationship between nutrition, physical activity habits, and health.
 - C. Appropriate to the literacy level of the participant
 - D. Meet the cultural and language needs of the participant
- III. Offer participants the opportunity to ask questions.
- IV. Provide individual or group low risk secondary nutrition education in person or through Georgia WIC approved telehealth systems.
- V. Offer participants the opportunity to complete a self-directed low-risk secondary nutrition education contact online through Georgia WIC Online.
- VI. Reference [GAWICOnline](#), [Group Education](#), and [High Risk Secondary Education Policies](#) for additional information.

Authority

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7 C.F.R. §§ 246.11 (a), (b), (d)(1), and (e)

Action Memo 22-03 District WebEx Usage - Update

WIC Nutrition Services Standards – Standard 7

Value Enhanced Nutrition Assessment (VENA)

Definitions/Supporting Information

Nutrition Education - A dynamic process delivered through individual or group sessions by which participants gain the understanding, skills, and motivation necessary to promote and protect their nutritional well-being through their food intake, physical activity, and behavioral choices. Nutrition education is focused on the participant’s interests and designed based on ethnic, cultural, and geographic differences with consideration for language, education, environmental factors, and nutritional risks. Breastfeeding education is nutrition education. Nutrition education is a no-cost benefit available to all participants.

Primary Nutrition Education – Participant-centered nutrition education that is provided at certification, recertification, or a recertification visit.

Secondary Nutrition Education – Participant-centered nutrition education that is provided at any WIC follow-up visit between certifications including half-certification, mid-certification and mid-Assessment.

Value Enhanced Nutrition Assessment (VENA)/ Participant Centered Education (PCE) - A qualitative dietary assessment that promotes a participant-centered, positive approach to the nutrition assessment. The nutrition assessment is based on desired health outcomes rather than deficiency findings. This method allows for individualized counseling sessions.

Low Risk Nutrition Education – General nutrition education provided to WIC participants not defined as high risk (as defined in the [Risk Criteria Handbook](#)).

| Month & Year | Reasons for Revision | Summary |
|--------------|----------------------|---|
| January 2023 | USDA Requirement | Updated language to reflect the CPAs need to discuss nutrition risks and nutrition interests of the participant |