

Nutrition/Health Volume
Nutrition Education Section

Initial Nutrition Education Contact (2.06000)

ER# 2.06000

Authority 2004 7 CFR 246.11(e)(1)
Issued 1/81
Revised 07/09

POLICY: All participants will be provided the "initial nutrition education contact" at each certification or recertification visit to assure that appropriate nutrition education is provided to all WIC participants.

PROCEDURES:

- A. The 'initial nutrition education contact' must be provided by the CPA/Nutritionist or WIC certifier and shall include, at a minimum, explanations of the following:
1. WIC as a supplemental food and nutrition education program
 2. The importance of early prenatal health care and/or the continuity of health care for infants and children; this is to include appropriate referrals to other DHSS programs and/or community resources.
 3. Provide substance abuse information and referral. An up-to-date list of local resources for drug and other harmful substance abuse counseling and treatment will be provided to all eligible persons applying for and participating in the Missouri WIC Program.
 4. The reason for the participant's eligibility with reference to his/her specific risk factor(s) for the current certification period.
 5. The nutritive value of the WIC food package.
 6. The WIC food package as a prescription to meet the participant's individual nutritional needs as a supplement to a complete, balanced diet.
 7. The advantages of breastfeeding for all prenatal participants unless contraindicated for health reasons.
 8. Document the 'initial nutrition education contact' into MOWINS.