

Nutrition/Health Volume
Nutrition Education Section

Exit Counseling (2.06500)

ER# 2.06500

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POLICY: The final nutrition education contact will be offered to all women who are about to be terminated from the program to reinforce the importance of nutrition and health messages received through WIC. The program benefits of nutrition education will empower participants to make healthier food choices beyond their current certification.

PROCEDURES:

- A. Exit counseling must be provided by the CPA or nutritionist and will include, at a minimum, an explanation on all the following:
 - 1. The nutritional risk condition.
 - 2. The importance of folic acid intake for preventing birth defects.
 - 3. The importance of breastfeeding as the preferred method of infant feeding and the continuation of breastfeeding for the infant's health during at least the first year of life.
 - 4. The importance of keeping immunizations current (for themselves and for their children).
 - 5. The health risks of alcohol, tobacco, and other drug use.
 - 6. The importance of a well-balanced diet.
- B. Offer a written brochure to reinforce the WIC message.
- C. Exit counseling shall be offered at a visit other than the day eligibility is determined. This policy does not require a third nutrition education contact. Exit counseling should not replace nutrition education when more risk-specific, appropriate counseling is needed and should be provided in addition to the nutrition risk-specific counseling.
- D. Document the exit counseling contact in MOWINS.