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DATE: January 2, 2019
TO: WIC Coordinators
FROM: Nutrition and Clinic Services Unit
SUBJECT: How to use Nutrition Education cards

New Nutrition Education Cards were released last year. We have received some questions on how to use the Infant and Child Cards.

Concepts from recent research outlined in [Feeding Guidelines for Infants and Young Toddlers: A Responsive Parenting Approach](#) were used in developing the infant and child cards. The revised infant cards are based on developmental feeding stages. The child cards are based on feeding behaviors rather than age. Consider reviewing and discussing this document at a staff meeting.

Here are suggestions when determining to use a card:

1. Use the nutrition assessment and discussion with the participant to determine any nutrition needs and interests.
2. Tailor the educational contact to those identified needs and interests, using [Participant Centered Services](#) skills.
3. Written materials can be an aid to reinforce the valuable education you provide to your participants. As you interact with the participant, consider whether any of the cards might be a helpful supplement to your discussion.
4. Always ask the participant if they would like additional information before giving a card. Offer the option of receiving printed or electronic resources. If electronic resources are preferred, refer them to the nutrition resources linked in the My MN WIC App or on the MN WIC website. Brush Art is making the Nutrition Education Cards accessible and the cards will be posted to our website early this year.

Remember, your discussion and interaction with the participant is the most impactful method of providing education. In general, limit the number of cards you give a family to just one or two.

See the enclosed document **Guidance for Using the Nutrition Education Cards** for the Pregnancy, General, Infant and Child cards. The guidance provides suggestions of when it may be appropriate to use each card.