

Nutrition Education Committee Meeting
May 7, 2010 9:00 AM
Conference Call
Minutes

Attending: Shellie Emahizer, Lynn Kasper, Wendy Kreutzer, Mary Waite, Julie Ornelas

<p>Update on Revision of Nutrition Education materials</p>	<p>Members reviewed and gave input regarding the draft of the revised <i>Can WIC Work for You</i> bookmark.</p> <p>Julie reported back on the question that was raised regarding the newly revised Help Me Be Healthy brochures. These brochures do now include advice to wait to introduce solid foods until infants are 6 months old.</p> <p>There was some discussion regarding what clinics use when they run out of the Help Me Healthy brochures. One suggestion was to use the Guide to Feeding Your Baby: Birth to 8 months old handout on the WIC website, but it is now outdated.</p> <p>Julie further reported that as she revised nutrition education materials, she will put an item in the WIC I memo so that local agencies will be aware that the material has been revised.</p>
<p>Computer Assisted Nutrition Education</p>	<p>Julie reported that after talking to the New Jersey state staff, she discovered that New Jersey had decided to adopt the WIC-Ed.com system for their computer assisted nutrition education. So, she will not make a visit to New Jersey.</p> <p>Committee members had reviewed several different states' and company's computer assisted nutrition education, including Texas, Utah, Washington, Mohave County, wichealth.org and WIC-Ed.com. The committee members preferred the one developed and used by Texas. Committee members based their preference on ease of use, appearance, and accuracy and reading</p>

	<p>level of the nutrition information.</p> <p>Committee members asked about the ballpark cost of these systems. Julie reported that the only one she currently had cost information on was WIC-Ed.com and it cost from \$13,000 - \$30,000 per year, depending on how many local agencies decided to use the system. And this cost did not include any kiosks, it was simply for clients to access the modules and tracking their module completion and the availability of various reports.</p> <p>Several committee members shared that the nutrition education modules they would most use would be something for caregivers of children 3 and over, because if the family has been in WIC since mom's pregnancy they had seen all of the nutrition education materials that the local agency had. The other most needed was a module for breastfeeding, because it would be wonderful reinforcement after a woman had already had some information from the local agency.</p>
Other topics/discussion	<p>Committee members discussed the pressing need for materials including bean recipes for clients. As clients continue on WIC, they are sharing that they have an increasing supply of beans on hand that they need more meal and recipe ideas in order to use them more quickly.</p>
Next Meeting—July 23 Adjourn	<p>Members agreed that they would be available for a meeting on July 23. The meeting was adjourned.</p>