
Subject: Nutrition Education – Group

Effective Date: October 1, 2013

Revised from: October 1, 2011

Policy: Group nutrition education is an approved educational method for second low-risk nutrition education contacts. Group nutrition education activities may include, but are not limited to, group classes, facilitated discussion, demonstrations, food shopping tours, family literacy activities, and physical activity programs. Group nutrition education should use two or more of the senses – tasting, seeing, feeling, smelling and hearing. Group education shall follow the basic principles in [NED: 01.00.00–Nutrition Education Overview](#) and be based on the clients' nutritional needs and interests, cultural and language preferences and literacy level. Group education should be appealing, creative, and engage clients and other family members in an interactive manner. Group education should incorporate community and national nutrition messages (e.g., folic acid, Fruit and Veggies, More Matters etc.) whenever possible. Group education should be responsive to clients' needs, be family centered, and facilitate behavior change. The relationship between the group leader and the client is a partnership with open dialogue and two-way communication working to achieve positive health outcomes.

Reference: § 246.11, WIC Nutrition Services Standards, Standard 8 & 10, WIC Education Guidance (WC-06-17-P), WIC Program Explanation for Participants (WC-08-05-P)

Procedure:

Follow the steps below to provide group education:

1. Develop or use an existing activity.

- Activities may include, but are not limited to planting a garden, conducting a food demonstration, cooking class, physical activity class, group discussion, craft activity using a nutrition theme (participants can create a puppet, mobile or display), grocery store tour, taste test, storytelling time, nutrition skit or “talk show,” science experiment, game or special theme day.
- Develop or obtain a lesson plan for each scheduled group education that includes the title, objectives, target audience, a brief outline of the lesson, an interactive component, the evaluation method to be used, procedure for clients to ask questions and a description of how goals will be set by client. The lesson plans must be developed or approved by the WIC dietitian prior to their use. The lesson plan provides a guide for leading the discussion based upon client input at the time of the group activity. For more detail about lesson plans, see **Policy NED 03.03.01-Nutrition Education Lesson Plans**.
- If non-WIC staff facilitate the group education session, the lesson plans must be reviewed by the WIC dietitian prior to their use with WIC clients.
- All lesson plans, including those developed by non-WIC staff, must be kept on file at the clinic for review at State Agency management evaluations.

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- Add the class name, date, instructor, and target audience to KWIC using the Class Management screens. Schedule clients into the class as appropriate.
 - Gather materials/props to be used during the activity. For example, videos, craft and/or food supplies, games, posters, books, educational pamphlets, etc.
2. Educate clients using interactive techniques to engage them in the activity. For example:
- Guide clients in planting vegetable seeds in small take-home containers. Tie activity to nutrition, fruit and vegetable consumption or activities for children. Encourage clients to discuss concerns about using more vegetables in their meals.
 - Make a mystery box. Children can reach in and try to identify different fruits and vegetables. Facilitate a discussion among children about the foods they find—how they taste, smell, feel, etc.
 - Assist clients in the preparation of a simple snack using WIC foods. Discuss how these foods fit into a healthy diet and what barriers there might be to fixing and eating healthier snacks, and ways to overcome the barriers.
3. Encourage clients to set goals related to the group activity. For example:
- “How can you add more fruits and vegetables to your daily diets?”
 - "What daily activity can you do with your child?"
 - “What are some ways you could encourage a friend to consider breastfeeding?”
4. Document attendance at group nutrition education in KWIC using Class Management, Class Attendance to mark “attended” or “not attended” for each client scheduled for the class.
5. Document any refusal to receive second nutrition education using Class management, Class Attendance, to mark “not attended” after checks are printed for the client.
6. Checks may not be withheld from clients who refuse nutrition education.