

Bulletin Board Ideas for 2013 NWA Calendars

The NWA calendars provide a unique opportunity to provide ongoing nutrition education information to WIC families throughout the year. An ideal situation in which to use a bulletin board for this purpose is in conjunction with the 2013 NWA calendars. With an overall theme of “A World of Tastes on MyPlate,” each month of the calendar highlights a particular cultural group or region and offers insight into how their eating patterns can fit the MyPlate pattern. Sharing information with WIC families on how foods that may be important to their cultural heritage can fit into a healthy diet can empower them to make needed changes in their family’s meals.

While bulletin boards cannot be “counted” as nutrition education by themselves, they can reinforce other types of nutrition education you provide in your clinic. It is not necessary to develop 12 individual bulletin boards to support the information in the calendar. Rather, you can simply change a few basic components each month so that the bulletin board supports the calendar messages for that month. Attached is a suggested layout and components for the bulletin board. Feel free to use your imagination to enhance or adjust the information on the board to fit your WIC population. If your clinic wishes to use the bulletin board as part of an interactive nutrition education center, a lesson plan would need to be developed which includes an interactive component. The lesson plan should follow the template provided by the State WIC Office on the WIC website and comply with Policy NED 03.03.01.

Resources for MyPlate are available from a variety of companies. Below are listed three companies which carry posters and other items which you may choose to use in developing your bulletin board.

Nasco Nutrition: www.eNasco.com/nutrition Phone at 1-800-558-9595

NCES: www.ncescatalog.com Phone 1-800-445-5653

Learning ZoneXpress: www.learningzonexpress.com Phone: 1-888-455-7003

January—A Taste of Africa

1. Possible Bullet Points for Board:

Native foods include okra, black-eyed peas and melons.

The main meal is often a hearty, low-fat stew or sauce, served with a cooked grain.

Grains might be sorghum or corn; both are good sources of B vitamins and fiber.

Stews often use pumpkin or squash, with spices and a little oil for flavor.

2. Add pictures to the board which show some of the native foods or prepared dishes.
3. Provide copies of additional recipes for clients to try at home.

February—A Taste of Eastern Europe

1. Possible Bullet Points for Board:

Nutrient-rich whole grains including barley, wheat, rye and millet are basic to the diet.

Hearty soups that contain vegetables and meat are eaten often.

Common fruits and vegetables include beets, turnips, radishes, blackberries, pears and cherries.

Pickling is a popular way to preserve vegetables and fruits and are often served at meals.

2. Add pictures to the board which show some of the native foods or prepared dishes.
3. Provide copies of additional recipes for clients to try at home.

March—A Taste of Southeast Asia

1. Possible Bullet Points for Board:

Traditional foods are rice, noodles, soybeans, spinach, bok choy, Chinese turnips, mushrooms, apples, kiwifruit, peaches and limes.

Fish and chicken are common protein sources eaten in small amounts.

A variety of vegetables are used to make colorful and tasty stir-fries and soups.

Tofu, made from soybeans, is a low-cost, healthy meat substitute.

2. Add pictures to the board which show some of the native foods or prepared dishes.
3. Provide copies of additional recipes for clients to try at home.

April—A Taste of the Middle East

1. Possible Bullet Points for Board:

Garbanzo beans and lentils, high in protein and fiber, are common foods.

Fresh fruits like grapes and figs are eaten as dessert.

Olive oil, nuts, and seeds are used in cooking as healthy fat choices.

Vegetables are popular and often eaten in salads.

2. Add pictures to the board which show some of the native foods or prepared dishes.
3. Provide copies of additional recipes for clients to try at home.

May—A Taste of the Pacific Islands

1. Possible Bullet Points for Board:

Foods commonly eaten include fish and seafood, bananas, coconut and pineapple.

Fresh fruits and vegetables are the center of all meals.

Fish and other seafood are usually baked and served with a starchy food such as yams or taro root.

Taro leaves, which taste like spinach, are high in vitamins A and C, and often eaten in stews.

2. Add pictures to the board which show some of the native foods or prepared dishes.
3. Provide copies of additional recipes for clients to try at home.

June—A Taste of the Caribbean

1. Possible Bullet Points for Board:

The heart of the diet is a variety of fruits, vegetables and unique spices.

Lima beans, kidney beans and lentils are the main sources of protein.

Yuca, high in fiber, potassium and calcium is used instead of potato.

Plantain, a banana-like fruit is used in cooking.

2. Add pictures to the board which show some of the native foods or prepared dishes.
3. Provide copies of additional recipes for clients to try at home.

July—A Taste of India

1. Possible Bullet Points for Board:

Rice comes in many varieties and is served with all meals.

Some Indians are strict vegetarians. Others eat chicken, duck, fish and eggs.

Apricots, cantaloupe, bananas, oranges and mangoes are used as fruits.

Curries are a mixture of spices used to season vegetable or meat dishes. Yogurt is served on the side.

2. Add pictures to the board which show some of the native foods or prepared dishes.
3. Provide copies of additional recipes for clients to try at home.

August—Facts about Breastfeeding

1. Possible Bullet Points for Board:

World Breastfeeding Week is celebrated every year in more than 170 countries.

Breastfeeding is the best way to provide babies with the nutrients they need.

The World Health Organization recommends breastfeeding exclusively until a baby is at least 6 months old.

Breastfeeding can continue through the first year and beyond.

2. Add pictures to the board which show breastfeeding women and babies.
3. Provide copies of additional information on breastfeeding for clients to take home.

September—A Taste of South America

1. Possible Bullet Points for Board:

Common vegetables and fruits are jicama, sweet potato, yucca, guava, papaya and mango.

Corn is one of the main foods in the diet, used in tortillas and tamales.

Red peppers are an important seasoning. They are high in vitamins A and C.

An empanada is commonly eaten for lunch and is filled with meat, vegetables and eggs.

2. Add pictures to the board which show some of the native foods or prepared dishes.
3. Provide copies of additional recipes for clients to try at home.

October—A Taste of the Arctic Region

1. Possible Bullet Points for Board:

The Inuit, Yup'ik and Aleuts are people who live in the Arctic.

Some foods eaten are seal, polar bear, cod, haddock, duck, eggs, caribou and rabbit.

Plant foods eaten include Eskimo carrots, blueberries, soapberries, wintergreen and kelp.

The diet tends to be high in calories and fat for the body to survive the extremely cold weather.

2. Add pictures to the board which show some of the native foods or prepared dishes.
3. Provide copies of additional recipes for clients to try at home.

November—A Taste of Native America

1. Possible Bullet Points for Board:

Squash, pumpkin, corn, beans, and berries are traditional foods for most Native Americans.

Acorn squash is an excellent source of fiber, and vitamins A, C and folate.

Beans are high in protein, B vitamins, minerals, and fiber and low in fat and sodium.

Blueberries and other berries are high in antioxidants, which help the body fight disease.

2. Add pictures to the board which show some of the native foods or prepared dishes.
3. Provide copies of additional recipes for clients to try at home.

December—A Taste of Mexico

1. Possible Bullet Points for Board:

The diet is rich in complex carbohydrates, mostly from corn and corn products like tortillas.

Popular vegetables and fruits include squash, sweet potato, avocado, tomato, mango and pineapple.

Meals typically include beans, a low-cost meat substitute.

Common herbs, spices and other seasonings are oregano, cilantro, cinnamon, chilies and cocoa.

2. Add pictures to the board which show some of the native foods or prepared dishes.
3. Provide copies of additional recipes for clients to try at home.