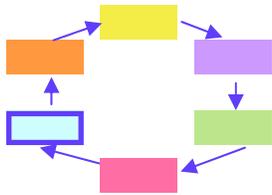


Process of Delivering



Nutrition Education in WIC

Reinforcing Messages

Using Bulletin Boards to Reinforce Selected Nutrition Messages



Deliver WIC materials, publications and information to clients



Remind people about upcoming events



Allow staff to exercise creativity



Encourage staff and clients to make healthy behavior changes

The purpose of a bulletin board is to:

AROUSE interest...**STIMULATE** thought...encourage **ACTION**

I think I'll put together a bulletin board, I better remember to:

- ⇒ Put up information that my clients want and need
- ⇒ Brainstorm with my co-workers for ideas
- ⇒ Keep my title short and simple, and the text concise
- ⇒ Stay with a central theme
- ⇒ Limit the design to no more than four main points of interest
- ⇒ Use cool colors (green, blue, gray) for backgrounds and warm colors (red, yellow, orange) to emphasize my message
- ⇒ Make the letters easy to read and use a variety of sizes and types to highlight my points
- ⇒ Add graphics that match the theme

