

## Section 6.1: Introduction

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**Nutrition education is one of the three key elements of the WIC Program. The requirements for nutrition education are specified in federal regulation. This chapter describes:**

- Required nutrition education contacts
- Required content of nutrition education contacts
- Documentation requirements for nutrition education

### Additional Information about Nutrition Education

#### Nutrition Education as defined in the Child Nutrition Act of 1966:

NUTRITION EDUCATION —The term “nutrition education” means individual and group sessions and the provision of material that are designed to improve health status and achieve positive change in dietary and physical activity habits, and that emphasize the relationship between nutrition, physical activity, and health, all in keeping with the personal and cultural preferences of the individual.

#### Nutrition education in the WIC Program is designed to meet two broad goals as stated in the federal regulations:

1. Stress the relationship between proper nutrition and good health with special emphasis on the nutritional needs of pregnant, postpartum, and breastfeeding women, infants, and children under five years of age, and raise awareness about the dangers of using drugs and other harmful substances during pregnancy and while breastfeeding.
2. Assist the individual who is at nutritional risk in achieving a positive change in food habits, resulting in improved nutritional status and in the prevention of nutrition-related problems through optimal use of the supplemental foods and other nutritious foods. This is to be taught in the context of the ethnic, cultural, and geographic preferences of the participants and with consideration for educational and environmental limitations experienced by the participants.

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