

New Hampshire WIC Policy & Procedure Manual

Chapter Number 2 NUTRITION & BREASTFEEDING SERVICES

A. Nutrition Education

Exit Counseling

Purpose To reinforce the important nutrition and health messages received through WIC.

Policy A final nutrition education counseling session (Exit Counseling) and written exit brochure will be offered to all postpartum women, breastfeeding women and children who are terminating from the program due to end of categorical eligibility.

This contact should be done at the final nutrition contact (FUN appointment) before the end of the certification period.

Authority **USDA WIC Policy Memorandum: #94-9**

Procedure Exit counseling shall include, at a minimum, a brief explanation of all the following:

- The importance of a well-balanced diet.
- The importance of keeping immunizations current.
- Other programs or nutrition resources that may assist with food, i.e. School Lunch, School Breakfast, & SNAP.
- The health risks of alcohol, tobacco, and other drug use.

In addition, the following shall be included in all exit counseling for postpartum and breastfeeding women.

- The importance of folic acid intake for preventing birth defects.
- The importance of breastfeeding as the preferred method of infant feeding and the continuation of breastfeeding for the infant's health during at least the first year of life.
- This education shall be accompanied by the following brochures: "Be a Healthy Mom" and/or "Give Your Baby a Healthy Start".

Documentation of the contact and handout provided shall be noted in the Nutrition Education section of StarLINC.

Best Practice A nutritionist shall provide the exit counseling for women and children.