



New Food Choices Leader Guide

Welcome
Overview &
Introductions

Washington State WIC Nutrition Program
2009



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A session to help you get to know one another and begin thinking about the topics ahead.

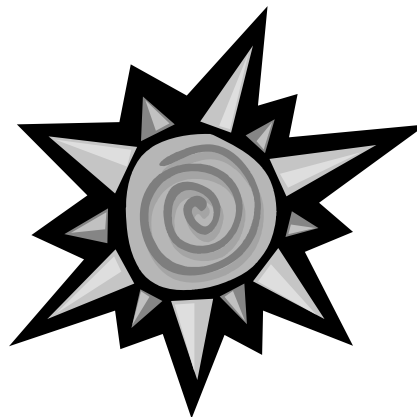
Why: This training will be for you to discover and explore the new WIC foods and Client Services functions so that you can successfully provide the new WIC foods to clients. During this introduction trainees will get to know one another a little better, start thinking about the topics ahead, and hear about the agenda for this training.

What: By the end of this training staff will have:

- Prepared to engage in the training ahead.
- Reviewed the agenda and training design.
- Shared more about yourself in the larger group.

Materials: Leader Guide
PowerPoint presentation

Knowing is not enough; we must apply.
Willing is not enough; we must do.
~Goethe



Welcome, Overview, & Introductions**10 minutes**

Welcome! I am excited to be here today to welcome you to the New Foods Choices Training. We are going to begin the training with brief overview, start your thinking about the topics ahead, and help you all to get to know each other better.

By the end of this session staff will have:

- *Prepared to engage in the training ahead.*
- *Reviewed the agenda and participant materials.*
- *Shared more about yourself in the larger group.*

Slide 3

It is always good when preparing for a new journey ahead to take a moment to think about where you have been. Since this is the start of a new adventure, let's "travel together" for a few moments and think about this big journey we all know as New Food Choices.

Slide 4

When the WIC program began over 30 years ago:

The nutritional needs were different in our country and the WIC foods were chosen to help prevent problems related to specific nutrient deficiencies.

In addition to changes in technology, gas prices, food prices and what we watched at the movies and on TV:

- *We now have more knowledge about nutrition and its application.*
- *We have a larger food supply, and our dietary patterns have changed.*
- *WIC has grown dramatically and it serves a more culturally diverse population.*
- *Obesity has emerged as a major public health problem.*

Slide 5

*In 2009 the focus **now** is to reduce the risk of chronic disease by eating a nutritious diet. The changes to the WIC foods are intended to promote healthy eating practices to help people live longer and healthier lives. These are the changes that have brought us to this moment in time. WIC's new food choices support the healthy lifestyles of WIC families across our state.*

Slide 6

Throughout this training we will be reviewing, exploring, guiding, describing, listing, recalling, and sharing with you the New Food Choices for Washington WIC.

*You will be using a **Participant Copy** of the materials, **engaging** in activities, and **learning** about topics from Foods to Prescriptions.*

I will be leading you in learning activities and providing you with tools to help you successfully navigate New Foods.

What are your questions?

Part 2**5 minutes****Getting to know one another**

I am going to read a few statements that will help us get to know you better.

Please stand if:

- *You have eaten tofu within the last month.*
- *You have a grocery list on your refrigerator at home.*
- *You have part of a grocery list in your purse or wallet.*
- *You were born in another state.*
- *You have a dog; stay standing if you have more than one dog, stay standing if your dog's name is Lucky, Shadow, Midnight, Bo, or Spot.*
- *You have a cat, gerbil, bunny, hamster, lizard, or goldfish.*
- *You bought bulgur for the first time, stay standing if you actually used it in a recipe.*
- *You participate in an activity, like walking, running, softball, dodgeball, yoga, Pilates..*
- *You love to sew, quilt, knit, crochet, and/or just buy fabric and yarn.*
- *Have traveled or plan to travel for a vacation this summer.*
- *You have tried all the new WIC foods, stay standing if you just tried some of them for the first time.*
- *Have a collection of anything.*

Thank you all for sharing a little more about yourselves.

Welcome to New Food Choices Training!

