

WIC Talk Template (Lesson Plan for Group and Virtual Education and Self-Study Modules)

WIC Talks utilizes two different educational methods – group sessions and self-study modules (which include a bulletin board or resource packet) to educate WIC families on a variety of category-specific nutrition education topics. These templates can be used by local agencies and external groups to assist in the development of WIC Talks that align with IL WIC PM NE. All non-Department materials must be evaluated initially to check for accuracy and consistency with Department policy and recommendations.

Developed by: Click or tap here to enter text.

Date

Developed/Updated: Click or tap here to enter text.

Local Agency Name

Month/Year

Group Education - Planning and Preparation			
Title	Type text here.		
Description Provide a brief description that can be used for promoting it to participants.	Type text here.		
Objectives List what participants should expect to gain from this session.	During the session, participants will: <ul style="list-style-type: none"> Type text here. Type text here. Type text here. 		
Target Audience(s) Who is this session designed for?	<input type="checkbox"/> PG <input type="checkbox"/> BE <input type="checkbox"/> BP <input type="checkbox"/> NP <input type="checkbox"/> IBE <input type="checkbox"/> IBP <input type="checkbox"/> IFF <input type="checkbox"/> C1 <input type="checkbox"/> C2 <input type="checkbox"/> C3 <input type="checkbox"/> C4 Targeted risk factors: Type text here.		
IWIC Nutrition Education Category Which category specific nutrition education topic(s) would this session fall under?	Topic		
	<input type="checkbox"/> Infant Feeding Skills	<input type="checkbox"/> Feeding Relationship	<input type="checkbox"/> Healthy Eating During Pregnancy
	<input type="checkbox"/> Infant Nutrition Needs	<input type="checkbox"/> Healthy Eating Behaviors	<input type="checkbox"/> Weight Gain During Pregnancy
	<input type="checkbox"/> Positioning of Infant	<input type="checkbox"/> Beverage and Cup Choices	<input type="checkbox"/> Prenatal Supplement Needs
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	<input type="checkbox"/> Transitioning to Complementary foods	<input type="checkbox"/> Food Allergies	<input type="checkbox"/> Breastfeeding Promotion and Support
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	<input type="checkbox"/> Oral Health	<input type="checkbox"/> Dietary Supplement Needs	<input type="checkbox"/> Pregnancy Spacing
<input type="checkbox"/> Other Topic(s):	<input type="checkbox"/> Healthy Weight		

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<p>Staff</p> <p>Who can present the session?</p>	<p><input type="checkbox"/> CPA/CPAA</p> <p><input type="checkbox"/> Breastfeeding Peer Counselor</p> <p><input type="checkbox"/> Outside Agency/non-WIC staff (<i>must meet requirements per IL WIC NE 5.5</i>)</p> <p>Type text here.</p>
<p>Duration</p> <p>How long will the session be?</p>	<p>Type text here.</p>
<p>Format</p> <p>Indicate how this session will be delivered.</p>	<p><input type="checkbox"/> In person</p> <p><input type="checkbox"/> Virtual</p> <p><input type="checkbox"/> Both (Session can be delivered in person or virtually)</p>
<p>Location and Set Up</p> <p>Describe the location of your session. What kind of set up is needed?</p>	<p>Type text here.</p>
<p>Materials and Handouts</p> <p>List what you will need for your session (i.e., laptops, projector, flip chart, props, food, audiovisuals, handouts, etc.)</p>	<p>Type text here.</p>
<p>Group Education - Notes/Script</p>	
<p>Opening and Introduction</p> <p>Introduce facilitators or guests and the topic.</p> <p>Encourage participants to introduce themselves and their families to the group.</p>	<p>Type text here.</p>
<p>Icebreaker</p>	<p>Type text here.</p>

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<p>Anchor the session topic to the participants' lives. Use a visual, do an activity, or ask a question to engage with participants.</p> <p>The icebreaker should go beyond where participants are from (location) and their basic demographics.</p>	
<p>Activities and Discussion</p> <p>Use the following strategies to engage participants in the discussion and facilitate connection amongst the group.</p> <ul style="list-style-type: none">-open-ended questions-real-life scenarios that reflect common challenges-participant experiences-hands on activities-reflections	<p>Type text here.</p>
<p>Closing and Evaluation</p> <p>Review key points and tie in the icebreaker activity.</p> <p>How will participants share what they learn?</p> <p>How will goal-setting be encouraged?</p> <p>Cover any additional resources or reminders before ending the session.</p>	<p>Type text here.</p>

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<p>References/Resources*</p> <p>*All resources utilized for WIC Nutrition Education must align with current USDA guidance</p>	<p>Type text here.</p>

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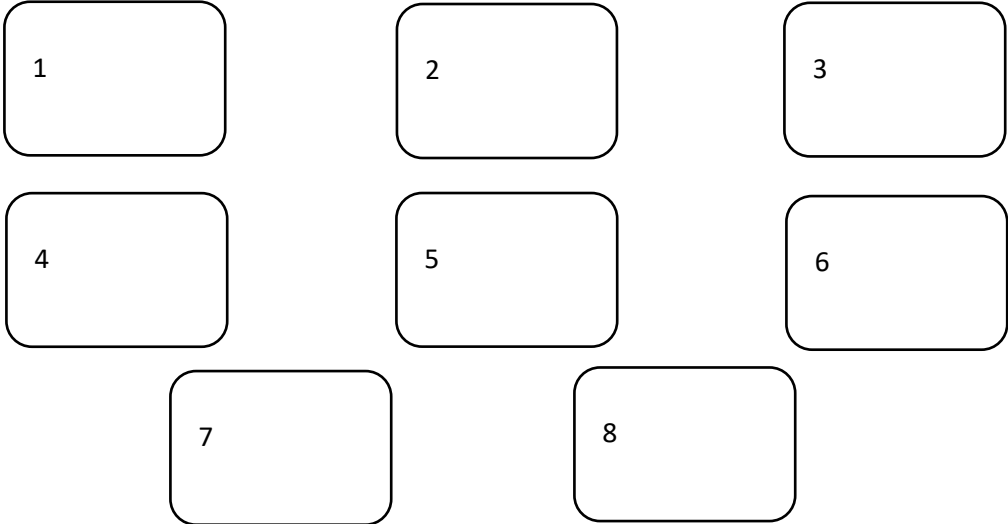
Virtual Education	
Dress Code	Dress as you would for an in-person session.
Participant Centered Like in-person education, it must be appealing, creative, relevant, and interactive to engage the participant as well as create opportunities for feedback. Follow the Addendum <i>NPS Nutrition Education</i> .	Note some tips when completing virtual education: <ul style="list-style-type: none"> • ANCHOR the topic. Encourage participants to share thoughts in a breakout room, via the chat box, using audio, or by typing on the whiteboard if using Zoom. • ADD information to the topic using visuals or handouts to reinforce the information and keep participants engaged. • APPLY the topic using activities outlined in template. These activities and discussion may need to be adapted to be used effectively. Again, use the breakout rooms, chat box, annotation feature, etc. Learners need a way to use the information they just learned and apply to their daily life. You may have to create the “apply” for the virtual setting. • AWAY needs to be emphasized as a participant’s goal. After providing the topic information, activities, discuss “how to” action steps to reach desired health outcomes. Include follow up to assess behavior change, determine intervention effectiveness, and allow for continued interaction.
Video / Audio Have the environment and items ready before starting the virtual session.	<input type="checkbox"/> Stable laptop or tablet with audio. <input type="checkbox"/> Noise-canceling headset is preferred for audio. <input type="checkbox"/> Audio tested before starting (confirm with participants). <input type="checkbox"/> Limit distractions and clutter, leaving only nutrition or breastfeeding messages in view. <input type="checkbox"/> Use Bright, indirect light. <input type="checkbox"/> Reduce background noise.
Visuals Use a PowerPoint (or similar) to convey key points and visuals to engage participants. The aim of your virtual education is to interact with your audience.	Best Practice Guidelines are as follows: <ul style="list-style-type: none"> • Using color appropriately for accessibility and for ease of reading slides. • Avoid using color to explain or show information. For example, using ‘red’ and ‘green’ to show differences. For someone with color deficient vision, those colors are hard to tell apart. • Make sure there is adequate contrast between background color and text. • Color combinations to avoid as background color and text: red and green; orange and blue; red and blue. • Use 2 or less visual varieties (such as book, power point, handout) per session.
Engaging the Audience	<ul style="list-style-type: none"> • Most of the education should be focused on the presenter being on the video screen speaking and interacting with participant(s). Slides, handouts, etc., should not be shown for the entire session. • Educate as you would if you were in-person (individually or with a group). • Set ground rules for communication and talking at the start of the session. • Ask questions and seek input from the participant(s) frequently. • Incorporate movement (e.g., stretch breaks).

For more details on virtual education review the Addendum *NPS Nutrition Education (IL WIC PM NE 1.1)*.

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Format Include information about how the SSM will be delivered. For agencies that do not have a bulletin board space available, the bulletin board pages	How will participants complete the SSM? <input type="checkbox"/> Bulletin Board <input type="checkbox"/> Printed handouts (resource packet) <input type="checkbox"/> Both Type text here.																														

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<p>can be printed and compiled together into a resource packet for participants to review while completing the SSM.</p>	
<p>Implementation</p> <p>If using a bulletin board, indicate how the board should be set-up.</p> <p>The graphic to the right serves as an example layout. Bulletin board pages can be arranged on the board according to their page number (i.e. page 1 is placed at the top left, page 2 is in the middle, etc.)</p>	<p style="text-align: center;">Title</p> 
<p>Evaluation</p> <p>Per Nutrition Education Policy Section 5.4, SSMs must include an evaluation component that assesses both participant knowledge and behavior change.</p> <p>What questions will be used to evaluate participant's understanding of the lesson topic?</p>	<p>Type text here.</p> <p>Example:</p> <div data-bbox="561 1381 1274 1717" style="border: 1px solid black; padding: 10px;"><p style="text-align: center;">WIC Talks – Picky Eating</p><ul style="list-style-type: none">• What is one new thing you learned about picky eating behaviors in children?• What is one picky eating strategy you want to try with your children this week?</div>

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Handouts	Type text here.
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