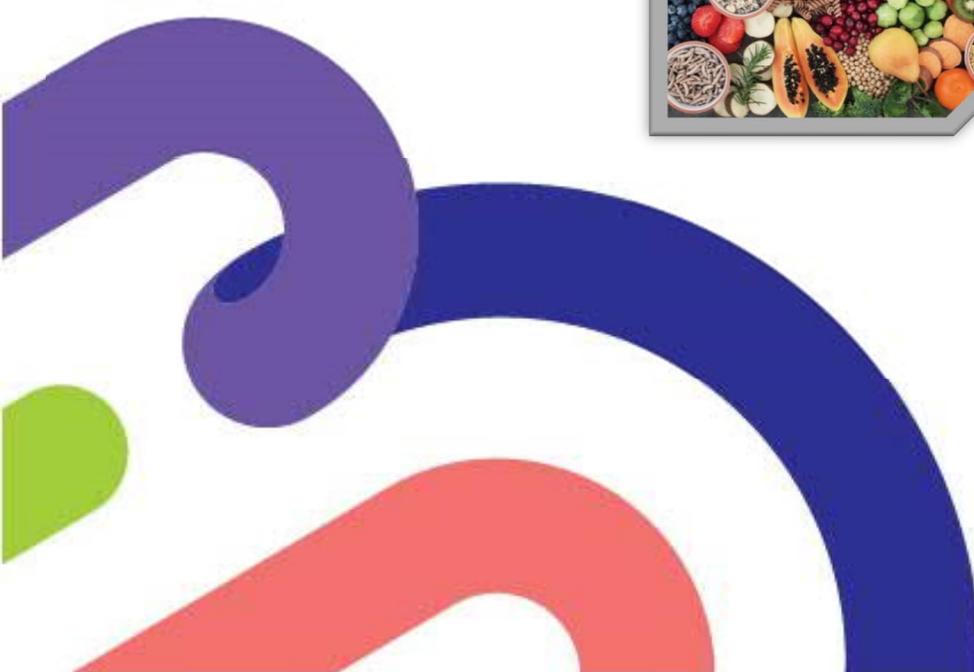




Idaho WIC Training

Prenatal Nutrition



WIC is an equal opportunity provider.

What Will You Learn?

A balanced diet is a basic part of good health at all times in a person's life. During pregnancy, proper nutrition is even more important. Prenatal nutrition promotes the mother's well-being during pregnancy and helps ensure a healthy start for her new baby. You will be able to guide a counseling session with a pregnant WIC participant to help her make choices for achieving her goals.

Instruction Level

Prerequisite for taking the Prenatal Nutrition Course: Basic Nutrition Course

Items Needed for this Course

Access to the online Idaho WIC Policy Manual on the Idaho WIC website. The Idaho WIC website wic.dhw.idaho.gov houses all the online materials for staff under the Staff training page.

1. Access to WIC Works for some reading <https://wicworks.fns.usda.gov>
 - a. Tips for Pregnant Moms
 - b. Giving your baby a Healthy start: Tips for Pregnant Women and New Mothers
 - c. Food Safety and Pregnancy

 2. State of Minnesota WIC Prenatal modules: <https://www.health.state.mn.us/people/wic/index.html>
 - a. Nutrition and weight Gain During Pregnancy- 31 minutes
 - b. Diabetes and Hypertension- 22 minutes
 - c. Iron Deficiency in Women and Children- 20 minutes
- Definitions and acronyms (located under the policy manual area)
 - To save paper, you do not need to make copies of or print the policies or procedures.
 - Hemoglobin chart for cutoff values for hemoglobin levels (Activity 3) this is located in the Nutrition Risk Criteria section- Biochemical 200, nutrition risk 201 Low Hematocrit/Low Hemoglobin
 - There is BMI and weight gain information available at the website: www.ChooseMyPlate.gov

Recommended Time

- Approximate time it takes to read resources and complete Modules: 2-3 hours
- Approximate time it takes to complete the face-to-face activities and discussion: 2-3 hours

Module 1: Introduction to Prenatal Nutrition - WIC Works Resources

Read these documents on WIC Works to get a brief overview.

- a. Tips for Pregnant Moms: <https://wicworks.fns.usda.gov/resources/tips-pregnant-moms>
- b. Giving your baby a Healthy start: Tips for Pregnant Women and New Mothers
<https://wicworks.fns.usda.gov/resources/give-your-baby-healthy-start-tips-pregnant-women-and-new-mothers>
 - i. To learn more about how Idaho assists people with quitting smoking. The Idaho Smoking Helpline is 1-800-QUIT-NOW (784-8669) or <https://idaho.quitlogix.org/en-US/Enroll-Now>.
- c. Food Safety and Pregnancy: <https://wicworks.fns.usda.gov/resources/food-safety-children-and-pregnant-and-breastfeeding-women>



Complete Activity 1 in your Activities Packet

Module 2: Nutrition and Weight Gain During Pregnancy

Go to <https://www.health.state.mn.us/people/wic/index.html>

1. Under Information for click Local Agencies
2. Then click Training Resources for Local Agencies

Women, Infants, and Children (WIC) Program

- [WIC Home](#)
- [WIC Families - Welcome to WIC!](#)
- [WIC Success Stories](#)
- [Am I Eligible?](#)
- [WIC Agency Directory](#)
- [Breastfeeding & You](#)
- [Recipes](#)
- [Shopping for WIC Foods](#)
- [WIC Grocery Store Search](#)
- [Información en Español](#)
- [AF Soomaali](#)
- [Civil Rights](#)
- Information for:**
- Local Agencies**
- [Grocery Stores & Pharmacies](#)
- [Health Care Providers](#)
- Reports & Data**
- Additional Links**
- [WIC Works](#)
- [USDA Food and Nutrition Service](#)
- [More Links...](#)
- [MDH Text4baby](#)

Information for Local Agencies

WIC Program

Coronavirus (COVID-19) - WIC Memos



[Finance & Program Management](#)



[Nutrition Resources](#)



[Food Package](#)



[Breastfeeding](#)



[Communications & Outreach](#)



[WIC Information System](#)



[Reports & Data](#)



[Training Resources for Local Agencies](#)



[Participant Centered Services](#)

3. Then click [Nutrition Training Resources](#)
4. Then click [Nutrition Modules](#)

Nutrition Training Resources

MN W

[Continuing Education Assessment, Planning and Documentation](#)

[Nutrition Continuing Education Resources](#)

[Nutrition Modules](#)

[New Staff Training](#)

[Baby Behavior Training and Tools](#)

[PCS Training and Tools](#)

[PCS Diet Assessment Tools](#)

Training Resources for Local Agencies

MN WIC Program



[Nutrition Training Resources](#)



[Breastfeeding Training Resources](#)



[Program Management Training Resources](#)



[Information System Training](#)

- Click and watch Module: "Nutrition and weight Gain During Pregnancy" which is 31 minutes.

The Activity for this module will be at the end of Module 3.

Module 3: Medical Risks

- Using Minnesota modules, click and watch Module: "Hypertensive Disorders of Pregnancy and Gestational Diabetes" which is 22 minutes.
- Using Minnesota modules, click and watch Module: "Iron Deficiency Anemia in Women and Children" which is 20 minutes.



Complete Activity 2 and 3 in your Activities Packet

- Meet with your trainer to discuss Module 2 and 3 and Activities 2 and 3.

Module 4: Special Circumstances

Meet with your trainer to discuss your agencies role with domestic violence situations. While you are discussing please refer to Activity 4 for questions to ask your trainer and complete this activity together.



Complete Activity 4 in your Activities Packet

Be sure to ask your trainer about what toxoplasmosis is, the dangers of Lead poisoning and where it can be found, what is Pica and the treatment of Pica, and why should women space out pregnancies.