

WIC – Head Start Collaboration

Working together to better serve our “shared families”.

Tips for Working Together to Provide Nutrition Education

The Oregon WIC Program and Oregon Head Start Programs are committed to promoting optimal nutrition outcomes for children and their families. In an effort to coordinate services provided to “shared families”- families who participate in both programs - we are developing a series of tips for working together. “Tips for working together to provide nutrition education” is second in the series.

Getting started:

Contact your local Head Start Health and Nutrition Specialist/Coordinator or Head Start Director to talk about ways to make it easier for “**shared families**” to receive credit for their second nutrition education contact while attending Head Start parent education.

Ideas for collaboration to help shared families complete the nutrition education requirement:

- ★ Complete a Nutrition Education Agreement with the local Head Start program.
- ★ Agree on the procedure for documenting nutrition education provided to shared families.
- ★ Propose Head Start develop and publish an “annual or quarterly schedule of parent education opportunities.” WIC staff could use the published class schedule to offer shared families the option of attending the Head Start class as their second nutrition education contact.
- ★ Develop a procedure for communicating the shared families’ completion of nutrition education such as sending a list via fax, or give participants a certificate to take to WIC.

- ★ Offer the WIC classroom during non-use times for Head Start classes. Plan to distribute vouchers after the Head Start class.
- ★ Consider offering a WIC class at the Head Start center and distribute preprinted vouchers after the class.
- ★ Offer to have the WIC training supervisor, RD or nutritionist provide guidance and feedback on Head Start class outlines used for second nutrition education contacts to coordinate key nutrition education messages between Head Start and WIC.
- ★ Offer Head Start a list of WIC classes available to parents. Encourage Head Start teachers and family advocates to make referrals to WIC classes when a shared family would benefit.
- ★ Consider opening up specific WIC classes or planning some WIC classes for all Head Start families, not just shared families.
- ★ Offer to train Head Start staff on the changes to the WIC food package and to help the Head Start Nutrition and Health specialist develop training for parents on the new WIC food package.

Resources

Oregon WIC [Policy 830](#): Nutrition Education Documentation

830.4 Appendix A - Sample WIC Nutrition Education Agreement

830.5 Appendix B - Sample WIC Nutrition Education Documentation

830.6 Appendix C - Sample WIC Nutrition Education Documentation

WIC policies are available online at: www.oregon.gov/DHS/ph/wic/wicpolicy.shtml