**EVALUATION of 2022 Nutrition Services Plan (NSP)**

DUE on or before **Tuesday, January 31, 2023**

**WIC Agency: Date:**

**Person Completing Form: Phone:**   **Email:**

**Instructions:**

1. Locate your agency’s **2022** Breastfeeding Assessment. If you can’t find this document, or if it is incomplete, email your Nutrition Consultant and ask that a copy be emailed to you. Open the Breastfeeding Assessment. Copy and paste your agency’s Breastfeeding Goal 2 Activity from the box on the last page of the Assessment into the box under Breastfeeding Goal, Activity 2 below.
2. IF your agency selected an optional goal to complete in 2022, find and open the **2022** Nutrition Services Plan. Contact your Nutrition Consultant if you are unable to locate this document and ask that a copy be emailed to you. Copy and paste the optional goal, objective, and activity into the appropriate section in the chart below.
3. For **each** Activity, mark whether it was accomplished by putting an “X” in the appropriate column – **Yes** or **No** or **Partially**
4. In the “Explain” column, enter a description of how each Activity was met. If an Activity was not completed, please note why.
5. When completed, **SAVE** **a copy** for your files.

1. Email the completed Word document (as an attachment) to your Nutrition Consultant on or before **Tuesday, January 31, 2023**. Your Nutrition Consultant will contact you if there are any questions or concerns about your submission.

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| **2022 Nutrition Services Plan**  |
| **Breastfeeding Goal: Participants will be prepared and supported during the early weeks of breastfeeding.****Objective:** During the third trimester of pregnancy, local agency staff will offer participants who areplanning to breastfeed, targeted breastfeeding education about the early weeks of breastfeeding to ensure parents are prepared for this challenging period. The contact will be documented in the participants record. |
|  | **Accomplished?** **Yes No Partially** | **Explain** |
| **Activities for Year 1:**1. Local agencies will assess what breastfeeding education is currently provided during late pregnancy by completing a Breastfeeding Assessment Tool provided by the state agency.
2. Using assessment results, local agency staff will implement one strategy to improve or expand the breastfeeding education offered by their agency. Document the strategy on the Breastfeeding Assessment Tool provided by the state.

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| **Counseling Goal: Local agency staff will develop self-care practices to decrease stress in the work environment.****Objectives:** Local agency staff will be able to1. Recognize signs of vicarious trauma or compassion fatigue in in healthcare workers/WIC staff /themselves.
2. Develop personal resiliency and empathy skills, including methods of self-care.
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|  | **Accomplished?** **Yes No Partially** | **Explain** |
| **Activities:**1. The Training Supervisor will facilitate a discussion on the concepts of compassion fatigue, vicarious trauma, resiliency, empathy, and self-care techniques pertinent to their agency using information in the Facilitator’s Guide.

 1. Optional: Staff members will select one article to read from a list in the Facilitator’s Guide provided by the state.

 1. Optional: Staff may complete a questionnaire to assess their own level of stress. This will be included in the Facilitator’s Guide.
2. Optional: As a group, local agency staff will determine at least one stress-reduction strategy to implement at their agency. Re-visit this strategy at future staff meetings to assess progress.
3. Other related activities completed by your agency. Describe below.

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| **Nutrition Education Goal: Local agency staff will increase their knowledge of the 2020-2025 Dietary Guidelines for Americans.****Objectives:** Local agency staff will be able to1. Describe and summarize the Dietary Guidelines for Americans.
2. Summarize the new recommendations for pregnant and lactating women and for children under 2 years of age.
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|  | **Accomplished?** **Yes No Partially** | **Explain** |
| **Activities:**1. Local agency staff will visit the Dietary Guidelines website listed above, and explore the numerous resources listed there.
2. Local agency staff will view either the state-provided webinar on Dietary Guidelines or one of the other webinars listed in the NSP Guidance. Staff will view individually or together at a staff meeting.
3. At a staff meeting, the local agency RDN will facilitate a discussion on the Dietary Guidelines, focusing on the key recommendations for pregnant and breastfeeding individuals, and children under age 2 (the WIC population). Staff will discuss ways to share this information with participants during nutrition-focused counseling.
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|  **Check here if you did NOT complete an optional goal.**  |

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| **Optional Goal:****Objectives:** 1.

 1.

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|  | **Accomplished?** **Yes No Partially** | **Explain** |
| **Activities to accomplish this objective:**1.

 1.

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