**2024 WIC Nutrition Services Plan (NSP) Form**

**County/Agency:**

**Date:**

**Person Completing Form:**

**Phone Number:**

**Email Address:**

See guidance for instructions on how to complete this form. Once completed, save it as a Word document and send the completed NSP form by email to Lauren Simmons [lauren.simmons2@oha.oregon.gov](mailto:lauren.simmons2@oha.oregon.gov)  **on or before Friday, 12/15/2023.** Contact Lauren Simmons or your Nutrition Consultant with any questions.

**Goal 1 – Breastfeeding: Local agencies will support WIC participants in the fourth trimester.**

**Objective:** During the fourth trimester, birth to 42 days postpartum, local agency staff will check-in with participants who are breastfeeding to ensure participants have the information and support needed for this challenging period. The contact will be documented in the participant’s record.

**Activities:**

1. Local agency breastfeeding coordinator will complete the new 2024 Breastfeeding Assessment (attached to email) with input from certifying staff.
2. Using assessment results, local agency will implement at least one strategy to strengthen or expand the breastfeeding education, services or support provided to participants during the fourth trimester. This can be an extension of last year’s NSP or can be something new.

**Record the planned Activity in the box below. Include *what* action will be completed, *which* staff will be involved, *when* the activity will occur or the expected timeline, and *how* you will evaluate whether the activity was completed or not.**

**Goal 2 – Local agency staff will strengthen their exit counseling skills.**

**Objective:** Exit counseling is a required component of the WIC program and typically happens at a postpartum participants last appointment when they no longer qualify for WIC services (6 months/1 year postpartum). The objective of this goal is to strengthen staff members exit counseling skills and provide ideas and resources for these appointments.

**Activities:**

1. Complete the exit counseling in-service as a staff and discuss how you might incorporate some of the ideas shared into counseling sessions.
2. Check out the newly developed Healthy You! exit counseling brochure on Shopify. Discuss as a staff how you might use this brochure during a counseling session. Think about some local resources or referrals you could share with your participants.

**Goal 3 – Local Agency staff will improve their skills for providing hybrid WIC services.**

**Objective:** 2024 is bringing lots of changes and modernization to the WIC program! While appointments may look different at times, the quality of WIC services and nutrition education remains the same. The objective of this goal is to strengthen staffs’ skills and confidence while providing remote and in person services.

**Activities:**

1. As a staff, review the in-service on providing hybrid WIC services.
2. Discuss how you might implement some of these strategies in your clinic.
3. Identify any training and resources that will assist staff in providing hybrid services.