

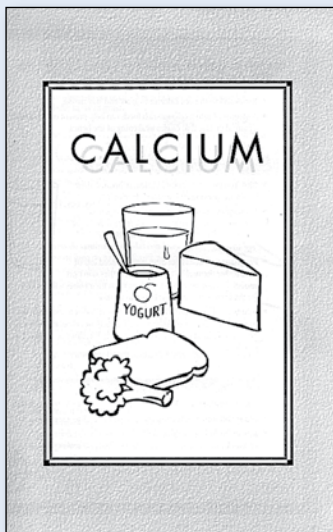
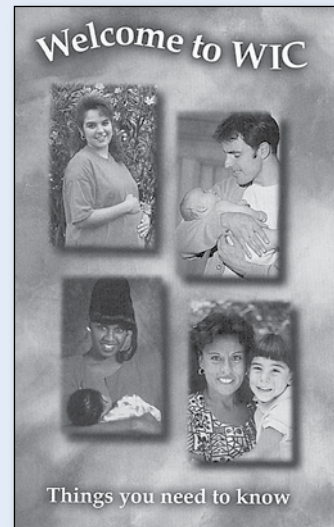
Welcome to WIC: Things You Need to Know

Stock no. 13-3	English	1/05
Stock no. 13-3a	Spanish	3/05
Stock no. 13-3v	Vietnamese	9/03

5½" by 8½" Designed for new WIC participants, brochure describes the WIC program by answering simple questions. The center pages show a WIC voucher and explain its parts.

Order from DSHS Warehouse. Use AG-30 form.

Order Vietnamese from WIC Warehouse. Use Texas WIC Materials Order Form.



Calcium

Stock no. 13-8	English	8/05
Stock no. 13-8a	Spanish	8/05

Brochure discusses what calcium is, and what foods are good sources of calcium.

Order from DSHS Warehouse. Use AG-30 form.

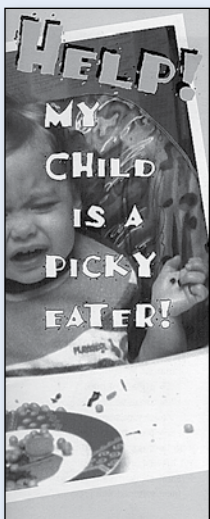
Shop and Save

Stock no. 13-13	English	11/01
Stock no. 13-13a	Spanish	8/05

Brochure discusses planning before you shop, shopping smart, preparing foods after shopping, and using the unit price to get the best buy.

Order from DSHS Warehouse. Use AG-30 form.





Help! My Child is a Picky Eater!

Stock no. 13-18	English	12/04
Stock no. 13-18a	Spanish	3/05

Brochure gives tips to help your picky eater.

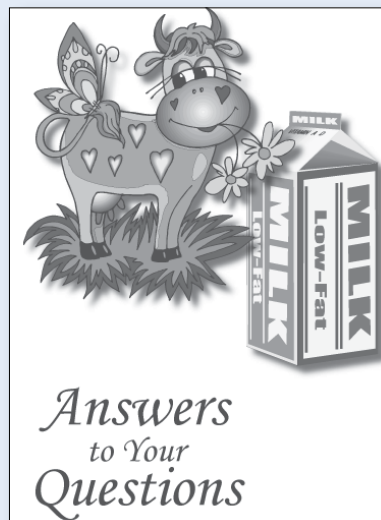
Order from DSHS Warehouse. Use AG-30 form.

Low-Fat Milk: Answers to Your Questions

Stock no. 13-19	English	7/05
Stock no. 13-19a	Spanish	7/05

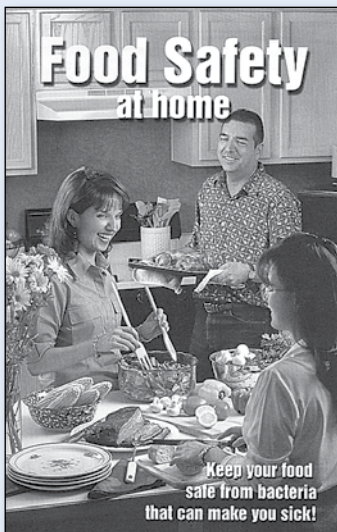
Brochure answers the most commonly asked questions about low-fat milk.

Order from DSHS Warehouse. Use AG-30 form.



Look for a revision coming Fall 2007.

Food Safety at Home



Stock no. 13-20	English	1/05
Stock no. 13-20a	Spanish	12/06

Brochure tells how to keep your food safe from bacteria that can make you sick.

Order from DSHS Warehouse. Use AG-30 form.

Get the Lead Out with Good Nutrition!

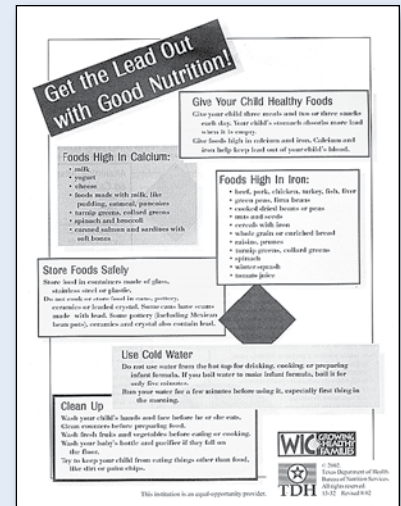
Stock no. 13-32

English/Spanish

8/02

One-page flier discusses healthy eating and food-preparation practices to reduce lead poisoning in children.

Order from DSHS Warehouse. Use AG-30 form.



FOOD



for your baby's
FIRST YEAR

Food for Your Baby's First Year

Stock no. 13-61

English

5/05

Stock no. 13-61a

Spanish

2/02

Stock no. 13-61v

Vietnamese

9/01

Brochure is a pictorial infant feeding guide showing the progression of foods for infants from birth to 12 months. Lists specific feeding tips at different stages and has room for the reader or nutritionist to make notes for a particular infant.

Order from DSHS Warehouse. Use AG-30 form.

Order Vietnamese from WIC Warehouse. Use Texas WIC Materials Order Form.

Healthy Moms for Healthy Babies

Stock no. 13-66

English

11/05

Stock no. 13-66a

Spanish

11/05

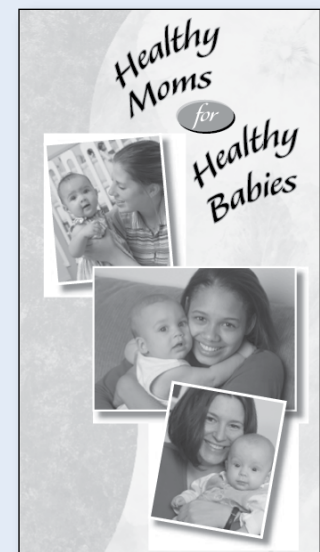
Stock no. 13-66v

Vietnamese

11/05

Brochure opens to the Food Guide Pyramid and lists serving sizes for the various food groups. Also gives tips for healthy eating that are geared specifically to the new mom.

Order from DSHS Warehouse. Use AG-30 form.





Prevent Anemia with Iron-Rich Foods

Stock no. 13-67	English	12/04
Stock no. 13-67a	Spanish	5/05
Stock no. 13-67v	Vietnamese	9/01

Brochure explains what anemia is and lists steps to help prevent anemia, including encouraging clients to eat iron-rich foods.

Order from DSHS Warehouse. Use AG-30 form.

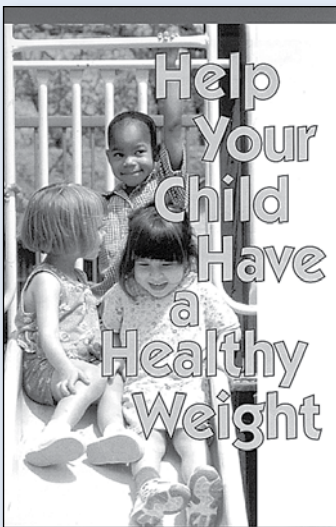
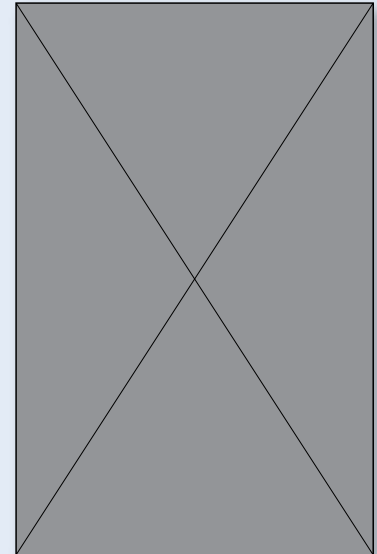
Order Vietnamese from WIC Warehouse. Use Texas WIC Materials Order Form.

10 Ways to Get Your Kids to Eat More Fruits and Vegetables

Stock no. 13-68	English	8/05
Stock no. 13-68a	Spanish	8/05

Flier offers tips for parents on increasing a child's fruit and vegetable consumption.

Order from DSHS Warehouse. Use AG-30 form.



Help Your Child Have a Healthy Weight

Stock no. 13-75	English	12/04
Stock no. 13-75a	Spanish	6/06
Stock no. 13-75v	Vietnamese	9/03

Brochure explains that an overweight child may have special health concerns. Lists ways to help an overweight child by teaching healthy eating habits and encouraging better food choices.

Order from DSHS Warehouse. Use AG-30 form.

Cereal

Stock no. 13-76

English/Spanish

5/05

Flier includes suggestions for feeding cereal to the 4 to 6-month-old baby.

Order from DSHS Warehouse. Use AG-30 form.

Cereal

Your baby is ready for infant cereal when he:

- sits with help
- turns his head away when full
- can swallow cereal and use his chin
- doesn't push food out of his mouth with his tongue
- is between 4 and 6 months of age

Tips for feeding cereal:

- Start your baby on plain rice cereal.
- Feed cereal from a bowl with a small spoon.
- Don't put cereal in a bottle, unless told to do so by your doctor.
- Never add honey to cereal. It can make your baby very sick.

How to make infant cereal:

1. Measure 1 tablespoon of cereal into a bowl.
2. Add about 4 tablespoons of breastmilk or formula.
3. Stir. Too thin? Add more cereal.

Too thick? Add more breastmilk or formula.

Your baby will eat the amount of cereal he needs. Don't force him to eat more than he wants.

- At first, offer your baby 1 tablespoon of cereal once or twice a day.
- At 6-8 months, offer your baby 2-3 tablespoons of cereal about two times a day.

Protectflex® This institution is an equal-opportunity provider. © 2005 WIC Institute of Texas. WIC Growing Healthy Families

To the Pregnant Woman Who Is Gaining Too Much Weight

Stock no. 13-77

English/Spanish

8/06

Flier gives special instructions for the pregnant woman who is gaining too much weight.

Order from DSHS Warehouse. Use AG-30 form.

To the *Pregnant Woman*
Who is Gaining Too Much Weight

Because you are pregnant, you should be gaining weight. You just need to gain a little slower. Now is not the time to diet!

Remember to keep eating a variety of foods. Check the boxes next to those tips you will try:

- Eat cereals at meals or between meals.
- Cut down on snacks like cookies, nuts, and candy.
- Cut down on grams from the chips, french fries, and doughnuts.
- Choose skim or low fat milk and yogurt.
- Use fat-free and cream-free dressings and gravies.
- Eat more fruits, berries, or steamed beans instead of fried foods.
- Snack on fresh fruits and vegetables.

Other healthy ways to slow your weight gain are:

1. _____
2. _____

Choose high-calorie foods. Check the boxes:

<input type="checkbox"/> Lean meats, chicken, fish	<input type="checkbox"/> Orange juice
<input type="checkbox"/> Low-fat, plain, whole milk	<input type="checkbox"/> Beans, peas, lentils, chickpeas
<input type="checkbox"/> Fruit, granola clusters	<input type="checkbox"/> Nuts, hot drinks, sweet tea
<input type="checkbox"/> Flats, club soda	<input type="checkbox"/> Chips, bottled popovers

Avoid high-calorie foods. Check the boxes:

<input type="checkbox"/> Sausage, bacon, lunch meat
<input type="checkbox"/> Creamy gravy, cream sauce
<input type="checkbox"/> Candy, cookies, pastries
<input type="checkbox"/> Fried, breaded, sautéed food
<input type="checkbox"/> Chips, bottled popovers

Physical activities such as walking are good for you. Talk to your doctor or clinic about the right exercise for you while you are pregnant.

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To the Pregnant Woman Who Is Not Gaining Enough Weight

Stock no. 13-78

English/Spanish

1/06

Flier gives special instructions for the pregnant woman who is not gaining enough weight.

Order from DSHS Warehouse. Use AG-30 form.

To the *Pregnant Woman*
Who is Not Gaining Enough Weight

Eating more foods that are higher in calories will help you gain enough weight to have a healthy baby. Try to eat three or more meals each day with snacks in between.

Here are some nutritious snacks. Check the boxes you like:

<input type="checkbox"/> Cheese and crackers	<input type="checkbox"/> Fruit salad
<input type="checkbox"/> Milk and cookies	<input type="checkbox"/> Milk and nuts (peanuts)
<input type="checkbox"/> Nuts with bread	<input type="checkbox"/> Peanut butter sandwiches
<input type="checkbox"/> Hummus	<input type="checkbox"/> Instant noodle soup
<input type="checkbox"/> Yogurt	<input type="checkbox"/> Hard-boiled eggs
<input type="checkbox"/> Fruit cups	<input type="checkbox"/> Chicken orzo

Here are some other tips for gaining weight. Check the boxes:

- Eat a variety of foods — fruits, vegetables, nuts and seeds, meat, fish, and cereals.
- Add dressings to salads, dips, vegetables, scrambled eggs, and other foods.
- Make hot cereals, oatmeal, porridge, and cream soups with milk instead of water.
- Sprinkle cooked eggs and poultry dishes on salads, soups, and stews.
- Spread peanut butter on paninis, hot bread, and crackers.
- Dress a lot of vegetables in low-calorie dressings and dips.

Other healthy ways to add calories are:

1. _____
2. _____

Pregnants to eat a little to diet. If you are not at the top of the scale, you are not at all. Take time out each day to get some rest. Try to get enough sleep. Be your best self, try to gain _____ pounds.

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Healthy Teeth for a Healthy Smile

Stock no. 13-89
Stock no. 13-89a

English
Spanish

8/05
8/05

Brochure gives tips on how to help your child have healthy teeth and a healthy smile.

Order from DSHS Warehouse. Use AG-30 form.

Common Childhood Problems (1–9 years): What About Constipation?

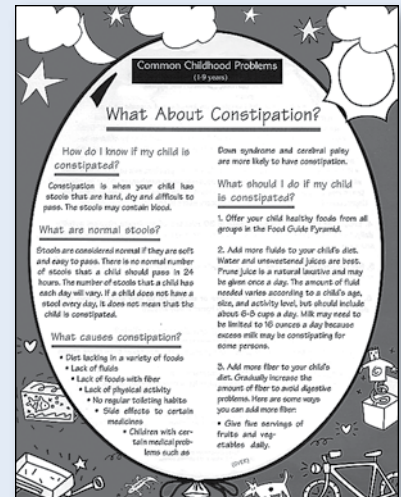
Stock no. 13-100
Stock no. 13-100a

English
Spanish

10/05
4/06

Flier answers the most common questions that parents have about constipation and offers problem-solving suggestions.

Order from DSHS Warehouse. Use AG-30 form.



Common Infant Problems (Birth Through 1 Year): What About Colic?

Stock no. 13-120
Stock no. 13-120a

English
Spanish

5/05
12/05

Flier answers the most common questions that parents have about infant colic, and offers problem-solving suggestions.

Order from DSHS Warehouse. Use AG-30 form.



Common Infant Problems (Birth Through 1 Year): What About Constipation?

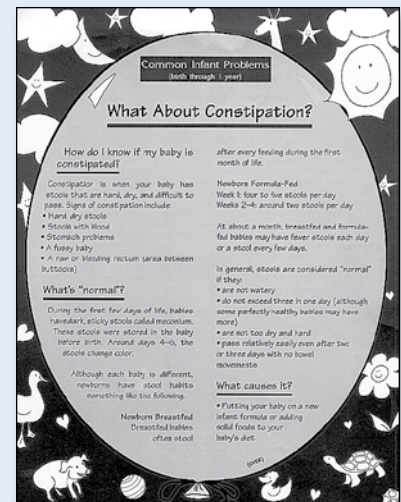
Stock no. 13-121
Stock no. 13-121a

English
Spanish

10/05
5/05

Flier answers the most common questions that parents have about infant constipation, and offers problem-solving suggestions.

Order from DSHS Warehouse. Use AG-30 form.



Common Infant Problems (Birth Through 1 Year): What About Crying?

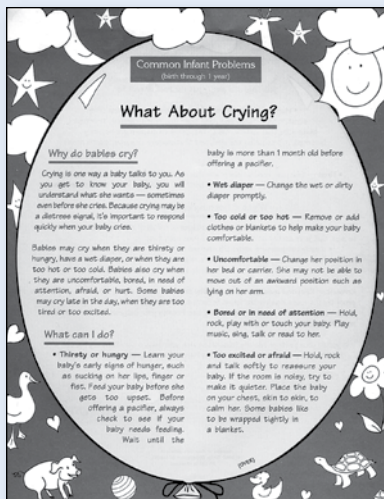
Stock no. 13-122
Stock no. 13-122a

English
Spanish

10/05
10/05

Flier answers the most common questions that parents have about infant crying, and offers problem-solving suggestions.

Order from DSHS Warehouse. Use AG-30 form.



Common Infant Problems (Birth Through 1 Year): What About Diarrhea?

Stock no. 13-123
Stock no. 13-123a

English
Spanish

5/05
10/05

Flier answers the most common questions that parents have about infant diarrhea, and offers problem-solving suggestions.

Order from DSHS Warehouse. Use AG-30 form.



Common Childhood Problems (1–9 Years): What About Diarrhea?



Stock no. 13-125
Stock no. 13-125a

English
Spanish

10/06
8/05

Flier answers common questions that parents have about childhood diarrhea, and offers problem-solving suggestions.

Order from DSHS Warehouse. Use AG-30 form.

Eat 5-9 Fruits and Vegetables Every Day

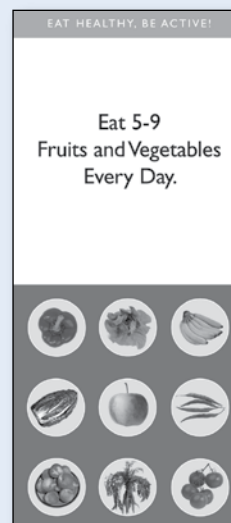
Stock no. 13-130
Stock no. 13-130a

English
Spanish

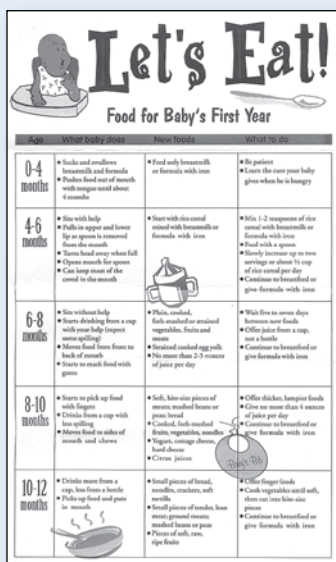
7/05
7/05

This brochure encourages Americans to eat five or more servings of fruits and vegetables each day for better health.

Order from DSHS Warehouse. Use AG-30 form.



Let's Eat! Food for Baby's First Year



Stock no. 13-168
Stock no. 13-168a
Stock no. 13-168v

English
Spanish
Vietnamese

5/05
4/05
9/03

Brochure discusses feeding tips for your baby, and what to expect during the different stages of the baby's first year.

Order from DSHS Warehouse. Use AG 30 form.

Order Vietnamese from WIC Warehouse. Use Texas WIC Materials Order Form.

Eat Well, Be Well

Stock no. 13-169
Stock no. 13-169v

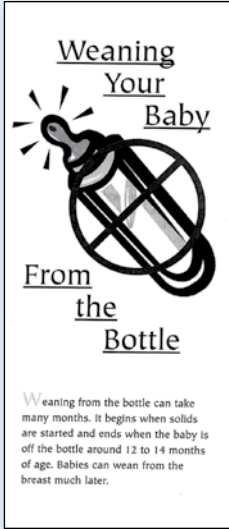
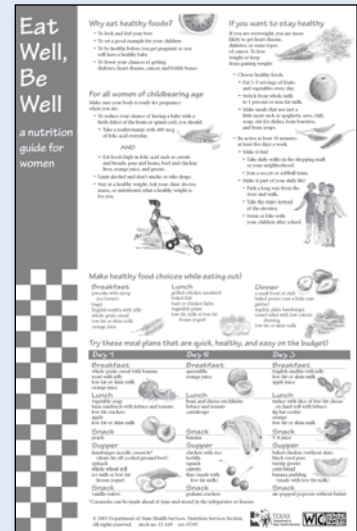
English/Spanish
Vietnamese

7/05
7/05

Healthy nutrition guide for all women under 40 gives examples of healthy, low-fat choices for fast foods. Also provides sample meal plans, good sources of vitamins C and A, iron-rich foods, calcium-rich foods, tips on healthy eating for pre-pregnancy, and weight control.

Order from DSHS Warehouse. Use AG-30 form.

Order Vietnamese from WIC Warehouse. Use Texas WIC Materials Order Form.



Weaning Your Baby from the Bottle

Stock no. 13-170
Stock no. 13-170a
Stock no. 13-170v

English
Spanish
Vietnamese

5/03
5/03
12/01

Brochure answers common questions about weaning the baby from the bottle, and gives extra tips for babies older than 6 months.

Order from DSHS Warehouse. Use AG-30 form.

Order Vietnamese from WIC Warehouse. Use Texas WIC Materials Order Form.

A More Comfortable Pregnancy

Stock no. 13-172
Stock no. 13-172a
Stock no. 13-172v

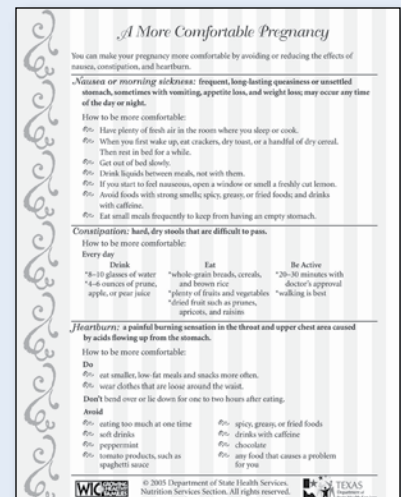
English/Spanish
Spanish
English/Vietnamese

4/05
1/05
1/05

Flier suggests solutions for heartburn, nausea, and constipation during pregnancy.

Order from DSHS Warehouse. Use AG-30 form.

Order Vietnamese from WIC Warehouse. Use Texas WIC Materials Order Form.





New MyPyramid.gov—Steps to a Healthier You

Stock no. 13-182	English	2/06
Stock no. 13-182a	Spanish	2/06
Stock no. 13-182v	Vietnamese	2/06

This handout explains the USDA's new MyPyramid. It includes information on each food group and tips for making healthy food choices.

Order from DSHS Warehouse. Use AG-30 form.

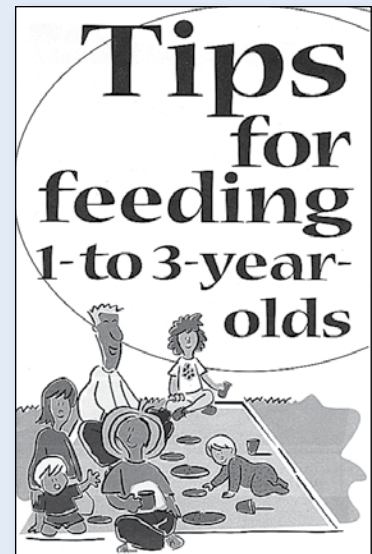
Tips for Feeding 1-3-Year-Olds

Stock no. 13-196	English	1/05
Stock no. 13-196a	Spanish	3/05
Stock no. 13-196v	Vietnamese	2/05

Brochure features the Food Guide Pyramid for young children, gives information about feeding young children, and has a goal-setting guide.

Order from DSHS Warehouse. Use AG-30 form.

Order Vietnamese from WIC Warehouse. Use Texas WIC Materials Order Form.



NOTE

Look for a revision that includes the new MyPyramid for kids coming Summer 2007.

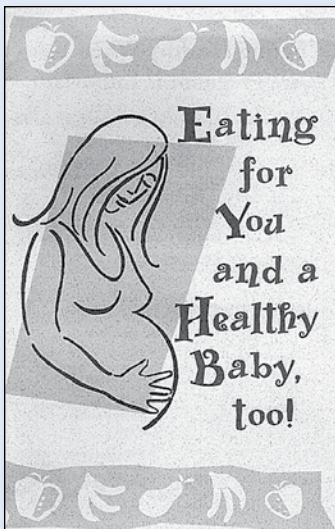
Eating for You and a Healthy Baby, Too!

Stock no. 13-197	English	1/07
Stock no. 13-197a	Spanish	1/07
Stock no. 13-197v	Vietnamese	5/04

Brochure talks about gaining weight, feeding your baby, getting regular physical activity, eating nutritious foods, and getting folic acid and iron in the diet. Message: healthy babies need healthy moms!

Order from DSHS Warehouse. Use AG-30 form.

Order Vietnamese from WIC Warehouse. Use Texas WIC Materials Order Form.



REVISED

Now includes the new MyPyramid.

Tips for Feeding 4-6-Year-Olds

Stock no. 13-198	English	8/01
Stock no. 13-198a	Spanish	8/01
Stock no. 13-198v	Vietnamese	9/03

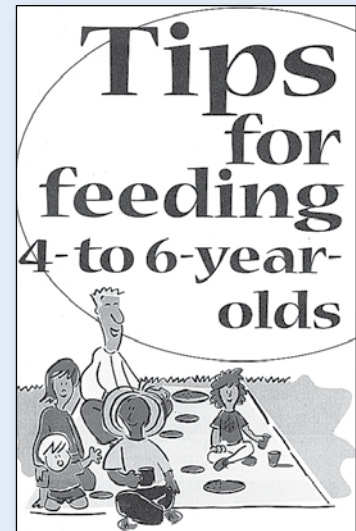
Brochure features the Food Guide Pyramid for young children, and gives information about feeding 4- to 6-year-olds. Answers questions parents have about feeding their children.

Order from DSHS Warehouse. Use AG-30 form.

Order Vietnamese from WIC Warehouse. Use Texas WIC Materials Order Form.



Look for a revision that includes the new MyPyramid for kids coming Summer 2007.



Watch Me Grow in My First Year

Stock no. 13-202	English	5/06
Stock no. 13-202a	Spanish	10/04

Brochure discusses developmental milestones for infants during the first year.

Order from DSHS Warehouse. Use AG-30 form.



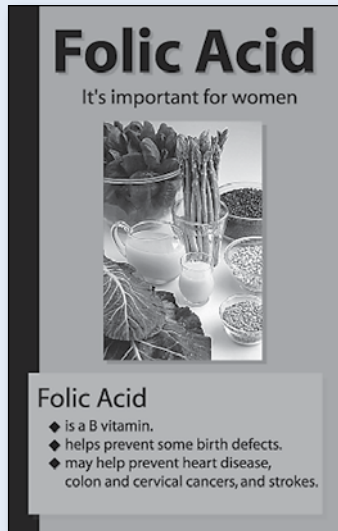
Watch Me Grow: Years 1 Through 4

Stock no. 13-203	English	10/04
Stock no. 13-203a	Spanish	10/05

Brochure discusses developmental milestones for children 1 through 4.

Order from DSHS Warehouse. Use AG-30 form.





Folic Acid: It's Important for Women

Stock no. 13-205	English	10/06
Stock no. 13-205a	Spanish	9/05

New brochure contains information on folic acid for all women of childbearing age, including information about birth defects associated with insufficient intake, its health benefits, tips on how to get enough folic acid every day, a list of foods high in folic acid and menu plans for two days that incorporate such foods.

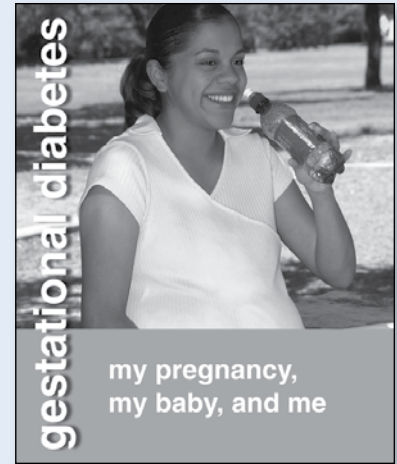
Order from DSHS Warehouse. Use AG-30 form.

Gestational Diabetes My Pregnancy, My Baby & Me

Stock no. 13-209	English	5/05
Stock no. 13-209a	Spanish	5/05

This brochure is designed for WIC staff to discuss with clients who have gestational diabetes when their appointment is made to see the registered dietitian. The brochure tells what diabetes is, what gestational diabetes means for postpartum women, and provides information on eating which can will help mothers manage blood sugar in the days or weeks before their RD appointment. In field testing, WIC clients said that the information in the brochure motivated them to keep their RD appointment.

Order from DSHS Warehouse. Use AG-30 form.



Feeding Your Newborn



Stock no. 13-06-11216	English	8/05
Stock no. 13-06-11216a	Spanish	2001

Brochure topics include: the actual size of a newborn's stomach, how much to breastfeed or bottle-feed a newborn, and using boiled water to make formula during the newborn's first three months.

Order from WIC Warehouse. Use Texas WIC Materials Order Form.

Feeding Your Premature Baby Step by Step

Stock no. 13-06-11234

English

6/06

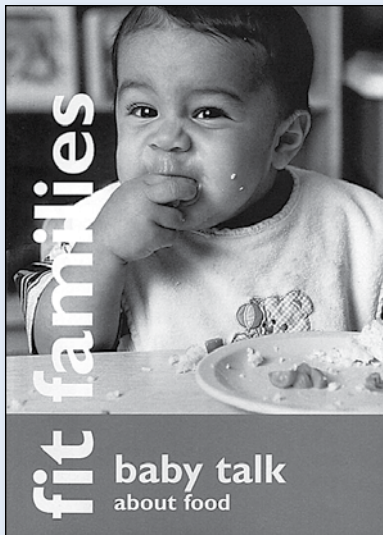
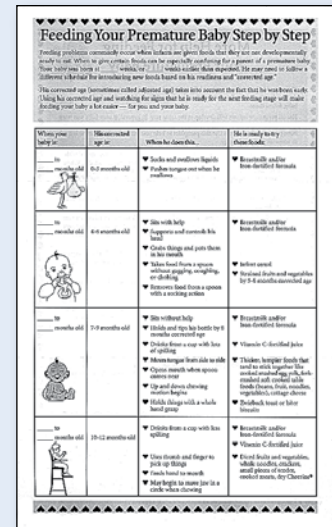
Stock no. 13-06-11234a

Spanish

6/06

Feeding problems commonly occur when infants are given foods that they are not developmentally ready to eat. Brochure gives step-by-step instructions for feeding the premature baby.

Order from WIC Warehouse. Use Texas WIC Materials Order Form.



Fit Families — Baby Talk About Food

Stock no. 13-06-11619

English

8/03

Stock no. 13-06-11619a

Spanish

8/03

6" by 4" Brochure targets parents of infants and children 4 months to 24 months of age. Provides parents with a wealth of information about developmental milestones related to eating. Provides a list of hunger and satiety cues common in infants and young children and encourages parents to respect their child's natural ability to regulate food intake. The goal of this brochure is to help parents establish healthy feeding relationships with their children.

Order from WIC Warehouse. Use Texas WIC Materials Order Form.

Fit Families — Bounce Back

Stock no. 13-06-11621

English

8/03

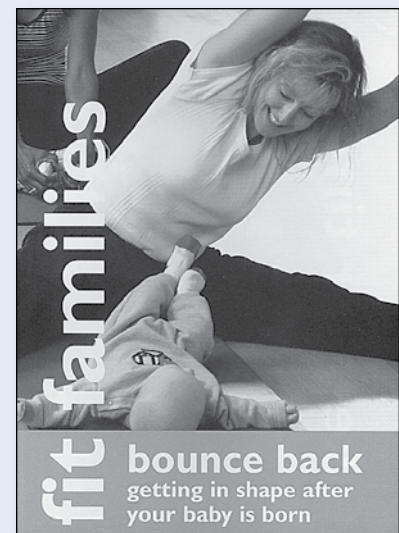
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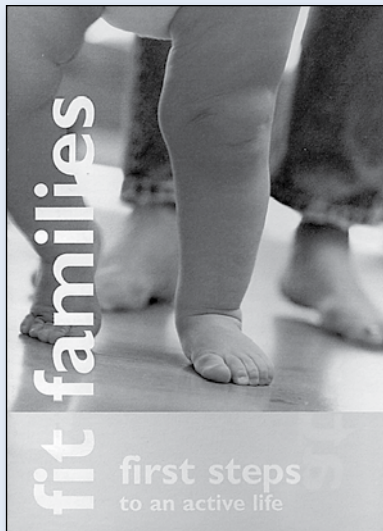
Spanish

8/03

6" by 4" Brochure provides postpartum women with practical nutrition and activity advice. The goal is to give postpartum women information that will help them achieve and maintain a healthy weight.

Order from WIC Warehouse. Use Texas WIC Materials Order Form.





Fit Families — First Steps to an Active Life

Stock no. 13-06-11623
Stock no. 13-06-11623a

English
Spanish

8/03
8/03

6" by 4" Brochure encourages parents of infants and young children up to 5 years of age to actively play with their children. The brochure gives parents a list of age-appropriate activities they can do with their children and stresses the idea that active children are healthy children.

Order from WIC Warehouse. Use Texas WIC Materials Order Form.

Food Safety Guidelines for Women

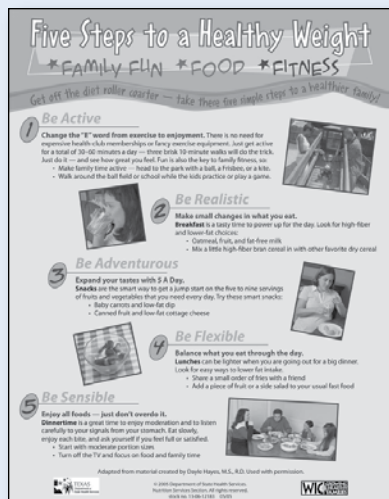
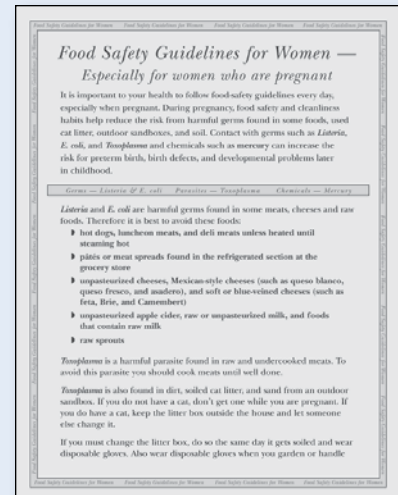
Stock no. 13-06-12145
Stock no. 13-06-12145a
Stock no. 13-06-12145v

English
Spanish
Vietnamese

1/05
1/05
1/05

Especially for women who are pregnant, this handout addresses how to avoid health risks to mother and fetus from *Listeria monocytogenes*, *Escherichia coli*, *Toxoplasma gondii*, and mercury.

Order from WIC Warehouse. Use Texas WIC Materials Order Form.



Five Steps to a Healthy Weight

Stock no. 13-06-12183

English/Spanish

8/06

This full-color brochure provides participants with specific, practical advice for achieving and maintaining a healthy weight. It is recommended for use with the Fad Diet lesson or can be used in individual counseling.

Order from WIC Warehouse. Use Texas WIC Materials Order Form.



Now a 2-sided bilingual handout.



Smoking, Your Baby and You

Stock no. 13-06-12263

English

10/05

Stock no. 13-06-12263a

Spanish

10/05

Upbeat, colorful brochure that promotes tobacco cessation for the pregnant woman.

Order from WIC Warehouse. Use Texas WIC Materials Order Form.

How Can I Help My Family to Be Physically Active & Eat Healthy Foods?

Stock no. 13-189

English

7/05

Stock no. 13-189a

Spanish

7/05

Colorful poster gives tips on how to be physically active and eat healthy foods.

Order from WIC Warehouse. Use Texas WIC Materials Order Form.

How Can I Help My Family To Be Physically Active and Eat Healthy Foods?

1. Set a good example. Children watch and do what their parents do.
2. Make the activity fun. You and your family are more likely to continue to do an activity you enjoy.
3. Get the whole family involved. When you do things together, it makes it more fun and it makes them feel special and loved.
4. Limit the amount of time your family watches television and plays video games. The more time a child spends watching TV the more likely he is to be overweight.
5. Let your children help you prepare healthy snacks and meals. Children are more likely to eat foods that they helped prepare.



What Benefits Will My Family Get From Physical Activity?

Physical activity makes your muscles and bones stronger, but it is also good for your feelings and attitudes.

Look at the benefits below.

BENEFITS OF PHYSICAL ACTIVITY:

- More time with your children
- Energy to do other things
- Helps with weight control
- Makes your heart stronger
- Helps you look and feel better
- Lowers your risk of heart disease, diabetes, blood pressure and high cholesterol
- Lowers your stress level
- Gives you a strong image of yourself

What Benefits Will My Family Get from Physical Activity?

Stock no. 13-190

English

6/00

Stock no. 13-190a

Spanish

6/00

Colorful poster lists the benefits of physical activity.

Order from WIC Warehouse. Use Texas WIC Materials Order Form.

What Is Physical Activity?

Stock no. 13-191

English

10/04

Stock no. 13-191a

Spanish

6/00

Poster defines physical activity and lists examples of effective physical activity.

Order from WIC Warehouse. Use Texas WIC Materials Order Form.

What is Physical Activity?

Physical activity is almost anything that makes you move your body. Physical activity includes jogging, bicycling and swimming, but it also includes everyday activities. It is important to remember that you do not need fancy shoes or special equipment. Choose activities you and your family enjoy and start moving your body!

Look at the examples below.

EXAMPLES OF PHYSICAL ACTIVITY:

- Mowing the lawn, gardening, or raking leaves
- Walking the dog
- Pushing a child in a stroller
- Walking up stairs or around the block
- Housework, like vacuuming or cleaning
- Bicycling
- Playing tag, kickball or catch
- Aerobics
- Hiking and canoeing
- Washing the car

Fit Families — New Baby's Here. Time For A New You.

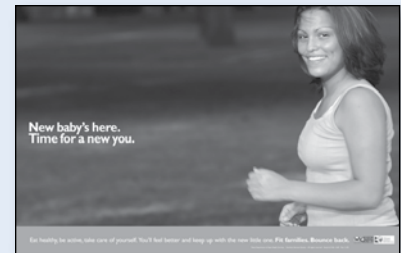
Stock no. 13-06-11620

English/Spanish

11/05

Poster illustrates a postpartum mom taking time for herself and being physically active.

Order from WIC Warehouse. Use Texas WIC Materials Order Form.



Fit Families — Play Together. A Strong Start in Life.

Stock no. 13-06-11622

English/Spanish

8/03

Poster encourages parents of infants and young children up to 5 years of age to play actively with their children for a strong start in life.

Order from WIC Warehouse. Use Texas WIC Materials Order Form.

Red Flags of a Fad Diet

Stock no. 13-06-12178a

English

4/05

Stock no. 13-06-12178a

Spanish

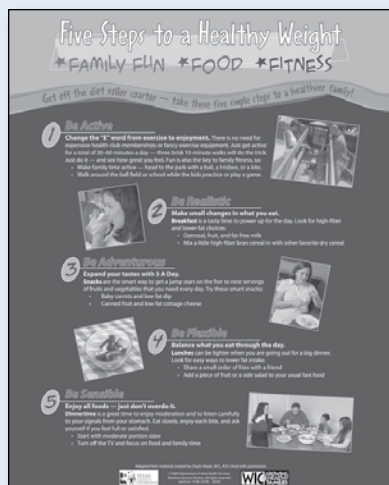
4/05

This full-color poster will help participants recognize fad diets. It is recommended for use with the Fad Diet lesson or can be displayed in your clinics.

Order from WIC Warehouse. Use Texas WIC Materials Order Form.



Five Steps to a Healthy Weight



Stock no. 13-06-12184
Stock no. 13-06-12184a

English
Spanish

5/05
5/05

This full-color poster provides participants with specific, practical advice for achieving and maintaining a healthy weight. It is recommended for use with the Fad Diet lesson or can be displayed in your clinics.

Order from WIC Warehouse. Use Texas WIC Materials Order Form.

Zowzoo Poster

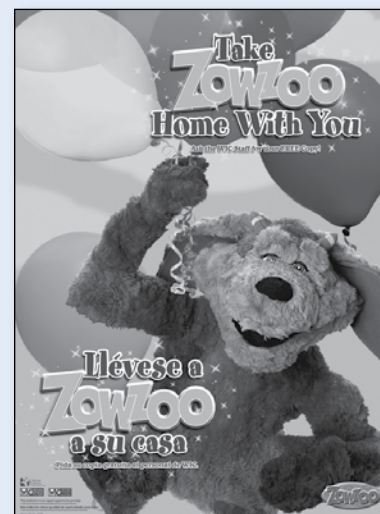
Stock no. 13-06-12214

English/Spanish

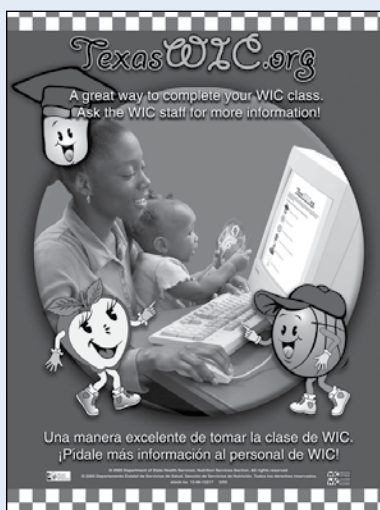
5/05

This colorful clinic poster shows Zowzoo and advertises the Zowzoo materials.

Order from WIC Warehouse. Use Texas WIC Materials Order Form.



Texas WIC.org



Stock no. 13-06-12217

English/Spanish

5/05

This promotional poster advertises the TexasWIC.org website for WIC participants.

Order from WIC Warehouse. Use Texas WIC Materials Order Form.

What Can You and Your Family Do to Help Avoid Diabetes, Heart Disease and Cancer

Stock no. 13-06-12256

English/Spanish

8/05

This bilingual poster illustrates four steps to better health for WIC clients. It states that taking the steps can help prevent some chronic diseases. It is also designed to promote nutrition education at WIC.

Order from WIC Warehouse. Use Texas WIC Materials Order Form.



Play with Me! ¡Juega con migo!

Stock no. 13-06-12261

English/Spanish

9/05

This fun and inviting poster reminds parents about the importance of playing with their child.

Order from WIC Warehouse. Use Texas WIC Materials Order Form.

Hey, Look What I Can Do

Stock no. 13-06-12262

English

9/05

Stock no. 13-06-12262a

Spanish

9/05

This colorful poster shows parents that children are ready to drink from a cup at 6 months.

Order from WIC Warehouse. Use Texas WIC Materials Order Form.





Let's Get Cooking

Stock no. 13-06-12413

English/Spanish

6/06

18"x 18" Colorful, bilingual poster that can be used to advertise the "Let's Get Cooking" group lessons, GN-000-19 and GN-000-20.

Order from WIC Warehouse. Use Texas WIC Materials Order Form.

Let's Get Cooking: Fruit Crisp/Banana Nut Bread recipe card

Stock no. 13-06-12404

English/Spanish

10/06

Bilingual recipe card to be used with group lesson GN-000-19, "Let's Get Cooking with Fruit," or on its own.

Order from WIC Warehouse. Use Texas WIC Materials Order Form.

Let's Get Cooking: Broccoli with Garlic/Summer Squash Medley recipe card

Stock no. 13-06-12405

English/Spanish

10/06

Bilingual recipe card to be used with group lesson GN-000-20, "Let's Get Cooking with Vegetables," or on its own.

Order from WIC Warehouse. Use Texas WIC Materials Order Form

Growing Healthy Families Physical Activity Challenge Certificate

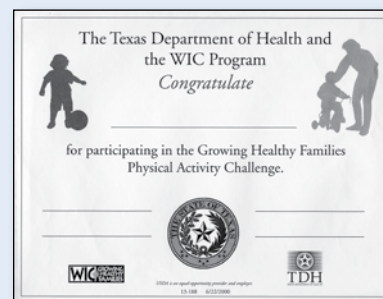
Stock no. 13-188
Stock no. 13-188a

English
Spanish

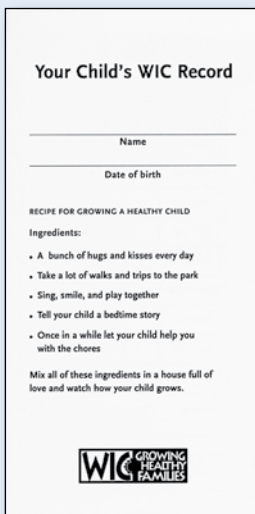
6/00
6/00

Certificate for participants. Accompanies WIC nutrition lesson GD-000-01.

Order from WIC Warehouse. Use Texas WIC Materials Order Form.



Your Child's WIC Record



Stock no. 13-06-11219
Stock no. 13-06-11219a

English
Spanish

2001
2001

Take-home record for WIC participants showing their child's measurements, blood values for iron, health goals, and progress.

Order from WIC Warehouse. Use Texas WIC Materials Order Form.

Cooking with Fruits and Vegetables

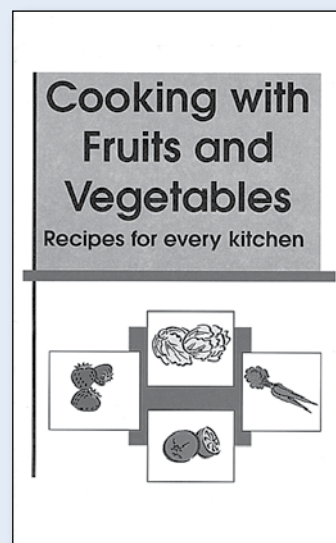
Stock no. 13-06-11435
Stock no. 13-06-11435a

English
Spanish

3/02
3/02

Booklet features recipes that incorporate fruits and vegetables as key ingredients in the diet.

Order from WIC Warehouse. Use Texas WIC Materials Order form.



Congratulations: WIC Graduation Certificate (Girls)

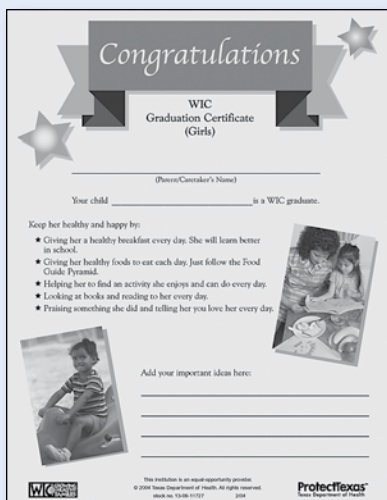
Stock no. 13-06-11727

English/Spanish

2/04

Certificate can be given to each child and the child's parent or caretaker when they are taken off the WIC program for any reason. Has places for both the child's name and the parent or caretaker's name so that the certificate can be personalized. There is also a space for WIC staff or the parent or caretaker to write important tips to remember about caring for the child.

Order from WIC Warehouse. Use Texas WIC Materials Order Form.



Congratulations: WIC Graduation Certificate (Boys)

Stock no. 13-06-11728

English/Spanish

2/04

Certificate can be given to each child and the child's parent or caretaker when they are taken off the WIC program for any reason. Has places for both the child's name and the parent or caretaker's name so that the certificate can be personalized. There is also a space for WIC staff or the parent or caretaker to write important tips to remember about caring for the child.

Order from WIC Warehouse. Use Texas WIC Materials Order Form.



Jump for Joy/Brinca Con Blanca

Stock no. 13-06-12230

English/Spanish

2005

Bilingual illustrated story-book for children depicting how much fun it is to be active. Includes some of the characters from "Beans for Breakfast."

Order from WIC Warehouse. Use Texas WIC Materials Order Form.



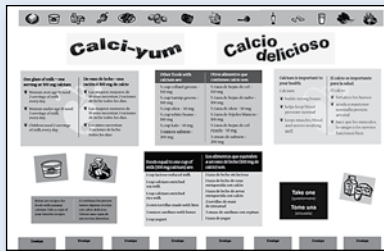
Calci-Yum Bulletin Board and Self-Paced Lesson Number PB-000-01

Stock no. 13-06-12056

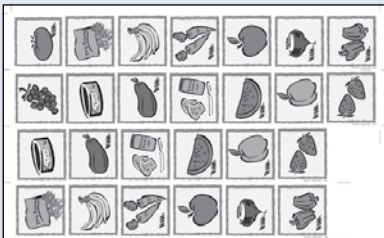
English/Spanish

7/05

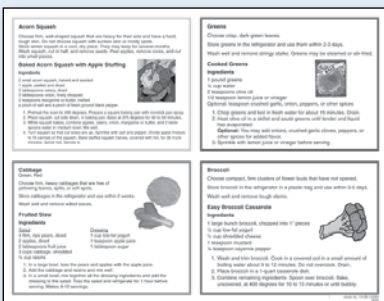
The poster sized materials which go on the bulletin board were sent to each local agency in 2005. A very limited number of the bulletin board materials, including everything but the borders and recipe sheets, can be ordered using stock number 13-06-12056. All of the 8.5 X 11 sheets which are used with this bulletin board can be printed from the WIC website: <http://www.dshs.state.tx.us/wichd>. Click on Nutrition, then click on lesson plans, and finally click on self-paced lessons. Borders for the bulletin board can be ordered separately. Recipe sheets can be ordered from the WIC warehouse in bulk.



Bulletin Board



Borders



Recipe Sheets

Borders, Stock no. 13-06-12053

Borders have pictures of calcium containing foods on a light blue background. Each order has 69" of borders. Borders can be ordered with the bulletin board or separately.

Recipe Sheet no. 1, Stock no. 13-06-12054

Recipes for orange-pineapple smoothies, purple cow pops, brown jug soup, and fruited frozen yogurt. All recipes are for foods containing calcium. Recipes are part of the materials for the bulletin board–interactive lesson, but can be ordered separately.

Recipe Sheet no. 2, Stock no. 13-06-12055

Recipes for banana mint slushes, cinnamon apple frosties, milky ways, and calico bean salad. All recipes are for foods containing calcium. Recipes are part of the materials for the bulletin board–interactive lesson, but can be ordered separately.

Order from WIC Warehouse. Use Texas WIC Materials Order Form.

Help Yourself to Smaller Helpings Bulletin Board and Self-Paced Lesson Number PB-000-03

Stock no. 13-06-12265

English/Spanish

10/05

In 2005 local agencies ordered copies of this bulletin board. The bulletin board shows normal and super sized portions. A very limited number of the bulletin board materials, including everything but the borders can be ordered using stock number 13-06-12265.

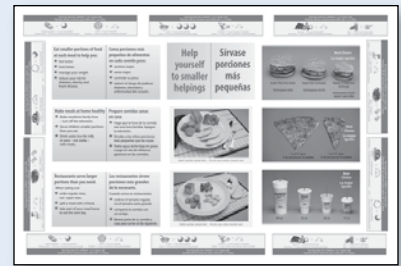
All of the 8.5 X 11 sheets which are used with this bulletin board can be printed from the WIC website: <http://www.dshs.state.tx.us/wichd>. Click on Nutrition, then click on lesson plans, and finally click on self-paced lessons. Borders for the bulletin board can be ordered separately.

Borders, Stock no. 13-06-12266 English/Spanish

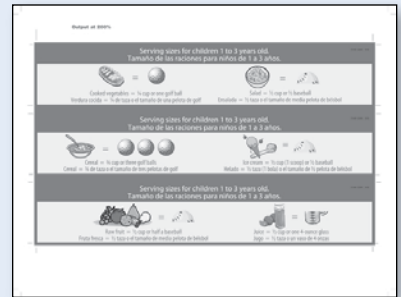
10/05

This bilingual set of borders includes standard serving sizes for adults and children 4 and older and has a blue background. The standard serving sizes for children 1 to 3 years old has a red background.

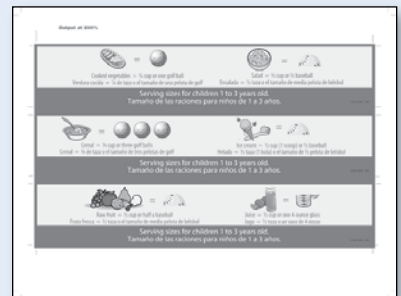
Order from WIC Warehouse. Use Texas WIC Materials Order Form.



Bulletin Board



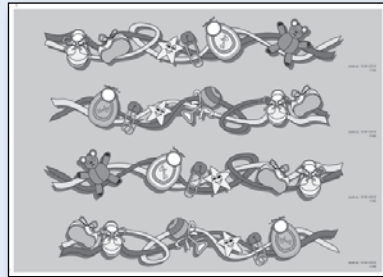
Borders



Borders



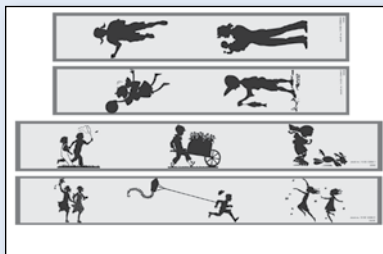
Bulletin Board



Borders



Bulletin Board



Borders

Beautiful Teeth, Beautiful Smile Bulletin Board or Self-Paced Interactive Lesson PB-000-04

Stock no. 13-06-12311

English/Spanish

11/05

In 2005 local agencies ordered copies of this bulletin board. The bulletin board covers dental health tips for mothers of toddlers on the use of sippy cups. A very limited number of the bulletin board materials, including everything but the borders can be ordered using stock number 13-06-12311.

All of the 8.5 X 11 sheets which are used with this bulletin board can be printed from the WIC website: <http://www.dshs.state.tx.us/wichd>. Click on Nutrition, then click on lesson plans, and finally click on self-paced lessons. Borders for the bulletin board can be ordered separately.

Borders, Stock no. 13-06-12312

The borders show rattles, safety pins and other infant items. They are displayed on a beige background.

Order from WIC Warehouse. Use Texas WIC Materials Order Form.

Child's Play Bulletin Board or Self-Paced Interactive Lesson PB-000-05

Stock no. 13-06-12365

English/Spanish

3/06

This bulletin board provides information on the importance of activity in children's lives. This packet of materials has the title of the bulletin board in English and Spanish, English and Spanish posters with information on the role of exercise in child development, six pictures of children exercising and the cover poster for an envelope containing handouts for the bulletin boards.

Child's Play client questionnaire/handout in English and Spanish

Stock no. 13-06-12365

English

3/06

Stock no. 13-06-12365a

Spanish

3/06

This handout is required if you are using the bulletin board as a self-paced lesson. The handouts are in packets of 50. Order your English and Spanish handouts separately.

Borders, Stock no. 13-06-13366

3/06

Borders for the bulletin board are ordered separately. The borders are gold with black figures of children doing a variety of physical activities. There are six horizontal borders and four vertical borders in each packet.

Order from WIC Warehouse. Use Texas WIC Materials Order Form.



Breastfeeding....because your baby deserves the very best Bulletin Board and Interactive Lesson PB-000-06

Stock no. 13-06-12408

English/Spanish

6/06

The bulletin board lists advantages of breastfeeding for mothers and infants. The packet contains pictures and posters with text for the bulletin board, a handout/client questionnaire, a sample layout sheet, staff and client surveys and a cover sheet.

All of the 8.5 X 11 sheets which are used with the bulletin board can be printed from the WIC website: <<http://www.dshs.state.tx.us/wichd>> . Click on "Nutrition," then click on "Lesson Plans" and finally click on the "Self-paced Lessons." Borders for the bulletin board can be ordered separately.

Borders, Stock no. 13-06-12409

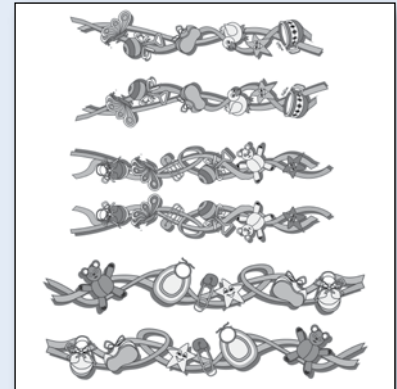
6/06

Six horizontal and four vertical borders in pink, blue, yellow and green show baby shoes, rattles, safety pins and toys.

Order from WIC Warehouse. Use Texas WIC Materials Order Form.



Bulletin Board



Borders