
Required Guidance: Second Nutrition Education – Group Class

Staff:

1. Have the option to offer a second nutrition education contact as a Group Class to non-high risk participants based on their category, needs, and preferences.
 - See [Volume 1, Chapter 18 – Certification](#), “Minimum Required Contacts” for information about when second contacts are required for each participant category.
 - For high risk participants see the Second Nutrition Education – High Risk with a WIC Registered Dietitian Nutritionist (RDN) and the Second Nutrition Education – High Risk Nutrition Counseling Provided by a Non-WIC Registered Dietitian Nutritionist (RDN) guidance documents.
2. Use an interactive method when providing a Group Class to engage participants in discussion and to offer an opportunity for participants to learn from each other.
 - Best practice is a [Facilitated Group Discussion](#) format.
 - The Group Class can be remote or in-person.
3. Document class attendance in the clinic Master Calendar.
 - Cascades documents the group class topic in the participant’s file.
4. Keep the Group Class lesson plan or Facilitated Discussion Guide on file for 4 years.

PROCEDURE:

Staff:

- A. When scheduling, assure the Group Class is relevant to the category, needs, and preferences of the participant or parent guardian.
 - If the Group Class topic isn’t relevant for a participant in the household or the participant is high risk, schedule an individual nutrition education contact or a high risk contact for the participant.
- B. Facilitate a group discussion where participants or parent guardians have the opportunity to talk and learn from each other.
 1. Explore the topic while considering the interests of the group.

2. Assure accurate and relevant information is shared through a facilitated group discussion.
 3. Affirm any next steps shared by participants during the facilitated group discussion.
- C. Document class attendance in the clinic Master Calendar.
- Documenting class attendance marks the topic for the group class as “Complete” for each participant in the family when the topic applies to their category.
- D. Keep the Group Class lesson plan or Facilitated Discussion Guide on file for 4 years.

Information:

Facilitated group education is a group of two or more participants with similar interests and needs coming together to talk and learn with each other. During the Facilitated Group Education staff use a variety of interactive methods, such as [Talk, Listen, Connect](#) (TLC), to engage participants in nutrition, breastfeeding, healthy living, and active living topics relative to their category, needs, and interests. A facilitated group discussion can be in person or remote via video chat.

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