

Activities Grab Bag - Starting Points & Ideas

Preparing Participants on the New Allowable Foods List & New Food Packages

- Host a New WIC Foods group class for participants using the “New WIC Foods Lesson Plan” – schedule to coincide with check pick-up or other appointments.
- Create a New Foods Bulletin Board: include enlarged Allowable Foods List, labels of allowed new foods, or pictures of complete food packages (i.e. all items in an exclusively breastfeeding package). Host a staff competition for fun items to post on the bulletin board.
- Laminate copies of the Allowable Foods List and make available for participants to look over in the clinic waiting room or lobby.
- Connect new food package education to nutrition messages in the Sesame Street materials previously distributed.
- Gather new WIC food labels, and create a display case for participants to view.
- Host a Fruits & Vegetables class for participants: review Using Fruit & Vegetable Checks procedure, introduce benefits of eating fruits and vegetables, and practice weighing/adding up fruit and vegetable purchases.
 - Similar to last months’ staff training suggestion – participants can practice weighing fruits and vegetables. Using a small scale, practice weighing food models or fresh fruits and vegetables. Or for a “shelf-stable activity,” fill small bags with pebbles (in various amounts). Then, attach laminated cut-outs of local grocery store ads picturing various fruits and vegetables priced by the pound to the weighted bags. Using the scale and the Price Chart found on the Foods List (fruits and vegetables page), practice weighing and adding up fruit & vegetable “purchases.” (Note: small scales can be found for purchase at www.enasco.com for under \$15).