

## VENA 101

The Value Enhanced Nutrition Assessment (VENA) initiative began in 2003 and was developed jointly by the Food and Nutrition Service (FNS) and the National WIC Association (NWA). The VENA guidance provides a process for completing a comprehensive WIC nutrition assessment, including the content of such an assessment and an outline of the necessary staff competencies. It is an ongoing effort that is part of the larger Revitalizing Quality Nutrition Service (RQNS) in WIC initiative

### Key Goals of VENA

State Agencies will:

- Enhance the nutrition/health/breastfeeding assessment process.
- Empower staff by improving their nutrition assessment skills.
- Enjoy more satisfied staff and participants.

WIC Staff Members will:

- Collect relevant nutrition assessment information.
- Use critical thinking skills to link assessment information to a participant's individual needs and concerns.
- Plan a personalized nutrition intervention.
- Engage the participant in dialogue and goal setting.
- Weave nutrition and diet as they relate to the participant's risk and concerns as the common thread throughout the assessment process.

WIC Participants will:

- Experience a positive and quality nutrition/health/breastfeeding assessment.
- Receive information and services related to their individual needs and concerns.
- Be involved in goal setting to improve their health.

### Learn More About VENA

**To learn more about VENA, click on each item below.**

[VENA Village](#)

[VENA Guidance Document](#)

[VENA Online Training](#)