

WIC Mobile Program

The Dietetic Internship Program at Vanderbilt, 2017-2018

Those who qualify for WIC benefits are often affected by social disparities such as food deserts and lack of reliable transportation. Nashville/Davidson County is no exception. In 2011, more than 43% of active WIC participants lived in three adjacent zip codes in the southeast quadrant of the county, up to 15 miles from the city hub or main bus line. In response, our local WIC agency developed a mobile outreach program to better serve the area's most vulnerable families.

Families who qualify for WIC benefits may visit the WIC Mobile Clinic for their WIC appointment, instead of going to their regular clinic location. WIC Mobile sites are designed to be closer and more convenient for families, often within walking distance of their homes.

For your rotation with WIC Mobile, you will conduct a short food demonstration and nutrition lesson for one of our WIC Mobile pick-up classes. The class attendees will be low-income pregnant or postpartum women and children under age 5.

Below are WIC eligible foods and a few example lesson plans. When choosing a lesson plan and recipe, please keep it fairly simple, think about the nutritional needs of the population, and try to use mostly WIC-eligible foods. Not all of the sites have a kitchen available, so choose a recipe that doesn't require cooking or bring your own cooking surface (i.e. griddle, crock pot, etc.). We will go shopping for your recipe ingredients the morning of the class. Have fun!

WIC-eligible foods:

- Breakfast cereal/oatmeal
- Whole wheat bread, brown rice, bulgur, barley, corn tortillas, or whole wheat tortillas
- 100% fruit juice
- Fresh or frozen fruits and vegetables
- Milk (1%, skim, or sweet acidophilus)
- Yogurt (non-fat or low-fat)
- Cheese
- Tofu
- Eggs
- Beans/peas (dried or canned, without seasoning)
- Peanut butter
- Tuna, salmon, or sardines (fully breastfeeding moms only)

You may use one of recipes/lesson plans from the "Food Demonstration and Tasting Resource Guide" or come up with your own. Here are a few ideas.

Nutrition topics:

- Sugar Sweetened Drinks
- Milk Taste Test (skim, 1%, sweet acidophilus)
- Build a Better Breakfast
- Smart Snacking for Kids
- Make Your Own Baby Food
- Benefits of Breastfeeding
- The Strength of Iron
- Healthy Weight
- Eating More Fruits and Veggies on a Budget
- Food Safety

If you have any questions, email me or give me a call!

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