

Division of Community Nutrition

Subject: **Nutrition Education-Web Based**

Policy: **NEd 03.3**

Reference: **CFR 246.11**

Effective: **August 12, 2013**

Supersedes: **January 15 2008**

I. Policy

HealthBites is the approved web based nutrition education program for the Virginia WIC Program. HealthBites is an approved educational method for low risk participants. HealthBites shall offer reliable, accurate, timely and relevant nutrition information that meets participants' needs.

II. Procedure(s):

A. Local agencies shall:

- 1) Promote web-based nutrition education to all participants at the certification/subsequent certification visits.
- 2) Scan the printed certificate showing completion of a HealthBite's topic that is relevant to the participant's category and needs into Crossroads.
 - a. HealthBite topics can only be completed one time for each participant.
- 3) Follow up with participants to discuss what behaviors they changed as a result of completing HealthBites and to answer questions / concerns.
 - a. The preferred follow-up for web based nutrition education is an Individual Nutrition Education appointment.
 - b. Participants who are scheduled for or arrive to a Nutrition Education Class and have completed HealthBites shall not be marked as attended in the class.
- 4) Document the HealthBites topic completed in the Nutrition Education screen of the Care Plan section of Crossroads.