

**5.07 Exit Counseling Session for Women Participants**

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**POLICY:**

Women participating in the WIC program shall be offered an exit nutrition counseling session to reinforce the important health messages she has been receiving through the WIC Program.

**PROCEDURE:**

**A. Exit Nutrition Counseling**

1. All women “graduating” from the WIC Program shall be offered an exit nutrition counseling session.
2. Exit counseling shall reinforce important health messages previously presented, with emphasis on:
  - a. a well balanced diet
  - b. folic acid intake
  - c. continued breastfeeding
  - d. children’s immunizations
  - e. the health risk of using alcohol, tobacco and other drugs
3. Each woman shall be provided with USDA’s “**After You Deliver: Health Tips for Mom**” or alternative brochures(s) covering the same topics.
4. Each exit counseling session shall be documented with the appropriate Nutrition Education Topic Code(s) as outlined in Policy 5.05, Nutrition Education Contacts and Documentation.
5. Risk-specific nutrition counseling may be provided, if deemed more appropriate, to selected individual participants in place of the generalized exit counseling session. Participants who receive risk-specific counseling shall still be given USDA’s “**After You Deliver: Health Tips for Mom**” or alternative brochures(s) covering the same topics.

**REFERENCES:**

1. SFP 94-142, WIC Exit Counseling Brochure