

SESSION DESCRIPTIONS & OBJECTIVES

FROM DATA TO DECISIONS: 5 KEYS TO BOOST YOUR INFANT ASSESSMENT

This isn't another dry lecture. This is practical, confidence-building training from dietitians who know the pressures of real-world pediatric nutrition. We'll help you confidently move beyond the numbers and make practical recommendations that will make a difference!

Join us for this session where we will provide you with:

- A step-by-step approach to strengthen your infant assessments
- The tools we regularly use to extract the most information from an infant's growth
- Calculations and recipes to simplify fortifying and achieve catch-up growth
- Troubleshooting strategies that you can apply right away in your practice

WHAT'S NEW WITH WICHEALTH.ORG

This session will walk staff through how wichealth.org can function as an effective nutrition education contact while supporting both staff workflows and participant engagement. Participants will explore key features of wichealth.org, learn practical ways to use the platform in daily work, and gain strategies for confidently introducing wichealth.org to participants as a trusted, ongoing nutrition education (NE) resource.

At the end of this session, participants will be able to:

- Explain how wichealth.org can serve as a primary (NE) contact for participants.
- Identify key wichealth.org features designed to support staff efficiency and participant engagement.
- Apply practical strategies for using wichealth.org in day-to-day work and confidently introducing it to participants.

FOOD ALLERGIES IN INFANTS & YOUNG CHILDREN

This session provides an overview of food allergies in the pediatric population, including early introduction guidance, how to support families with diagnosed allergies, and navigating food label reading within WIC food options. The role of nutritionists in reducing anxiety and promoting safety for families will be emphasized.

At the end of this session, participants will be able to:

- Identify the common symptoms and early signs of food allergies in infants and children.
- Explain evidence-based recommendations on allergen introduction and avoidance.
- Educate caregivers on safe food practices, label reading, and alternative food options within the WIC program for children with allergies.

AFGHAN CULTURE & CUISINE

This talk provides an overview of Afghan culture and cuisine through a nutrition and public health lens. Led by a registered dietitian, it explores unique cultural aspects of Afghanistan, traditional Afghan foods, meal patterns, and practices related to infant and child feeding. Participants will learn how historical context, migration, and family dynamics influence nutrition behaviors among Afghan families in the U.S., which nutrition concerns to screen for, and practical strategies for providing culturally responsive care.

At the end of this session, participants will be able to:

- Describe key aspects of Afghan culture, cuisine, and food traditions.
- Explain common Afghan beliefs and practices related to infant and child feeding.
- Provide strategies for culturally appropriate care when working with Afghan families.

