

Classroom Nutrition Care Plan	
Name	Pedro Estevan
Classroom	
Nutrition Concern: BMI >95%ile (Indicates high weight for height)	
<p>Classroom Plan:</p> <ol style="list-style-type: none"> 1. Encourage family to make/keep WIC appointments. Ensure that they know the date and time of their next WIC appointment. 2. Review Nutrition Assessment Record including family nutrition goal. 3. Individualize to ensure that child is engaged in at least ____ minutes of gross motor play at school each day (i.e. dancing, running, balancing, hopping, rolling balls, etc.) 4. Plan at least one nutrition activity per month involving fruit, vegetables or whole grains. 5. Promote self acceptance and choose materials that show children of all sizes enjoying movement and healthy foods. 	
<p>Questions or Concerns?</p> <p>Please call Angie Treadwell, R.D. at 541-564-6878 Hermiston WIC Clinic(serves Hermiston, Boardman, Umatilla, Irrigon, Stanfield, Heppner, Arlington, Condon, Fossil): 667-2545 or 564-6878 Milton-Freewater WIC Clinic: 938-5595 Pendleton WIC Clinic: 966-3354</p>	