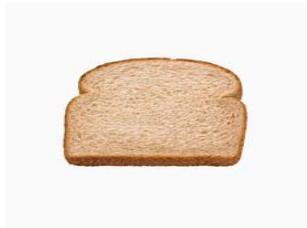


Offering Nutrition Education

Explore/Offer/Explore Sandwich Technique



When giving advice or education consider using the Explore/Offer/Explore Sandwich technique



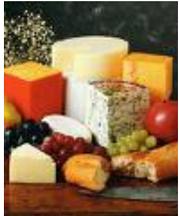
EXPLORE (the top layer)

Ask what she

- already knows
- has heard,
- has already tried, or
- would like to know

What do you know about fluoride?
So, what have you heard about breastfeeding?
What veggies have you tried?
What would you like to know about iron?

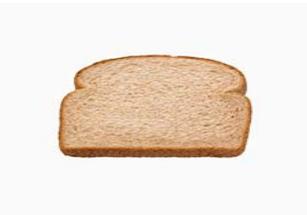
about this topic



OFFER (the filling)

- Ask Permission
- Offer information
- Be Brief –
give one or two simple facts

Can I share with you what WIC recommends about this...?
The Academy of Pediatrics recommends no more than 2 hours of TV watching/day.



EXPLORE (the bottom layer)

- Find out what she knows or thinks about this info

What do you think about this?
How could you see yourself using this information?

Note: This may be the participants "Next Step"

*People usually change based on what they themselves say -not what someone else tells them.
Sometimes the best advice is to not advise at all!*

