



Galena Park ISD Early Head Start WIC Individualized Nutrition Plan

Height _____ in. Weight _____ lbs. Hgb or Hct: _____

Breast Feeding support/ education
Anemia
Dental Caries
Overfeeding
Introduction of solid foods
Budgeting

Meal Planning
Bottle- feeding
Pregnancy
Underfeeding
Grocery buying
Other: _____

III.
