



**Appendix W.1**  
**13-Month Food Model Booklet Letter - ENGLISH**

[Recipient Name]  
[Street Address]  
[City, ST ZIP Code]

Dear [Recipient Name]:

Thank you for your continued participation in the WIC Feeding My Baby study. The information you provide will help WIC learn more about the choices WIC families make in feeding their children.

Your next follow up telephone interview will take place between [13 MONTH INTERVIEW WINDOW]. As before, we will be asking you a few questions on the type and amount of food and drink [CHILD'S NAME] had on a given day. We have previously sent you a set of measuring guides including cups, spoons, and a ruler, to help you with those questions. Now that [CHILD] is eating a variety of foods, we are enclosing a Food Model Booklet to add to those measuring guides. The Food Model Booklet has pictures of plates, bowls, mugs, and other pictures to help you estimate the amounts correctly. Our interviewer will help you with using the booklet during the interview.

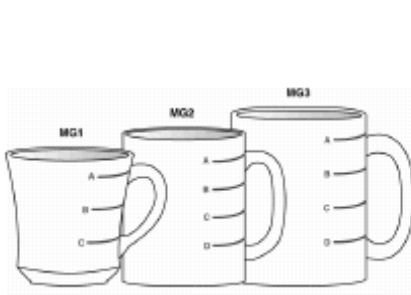
If you have any questions, please contact your study liaison, [STUDY LIAISON NAME]. She can be reached by e-mail at \_\_\_\_\_, and you can also call or text her at \_\_\_\_\_.

We are looking forward to speaking with you again.

Enclosures

1. Food Model Booklet

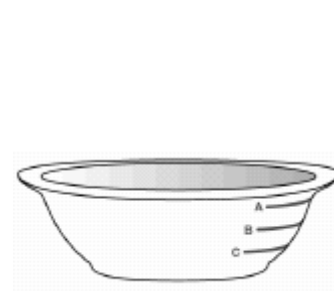
**Food Model Booklet Pictures**



**Glasses**



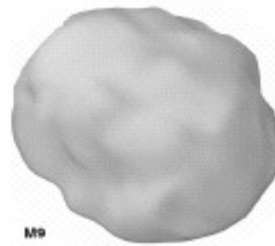
**Mugs**



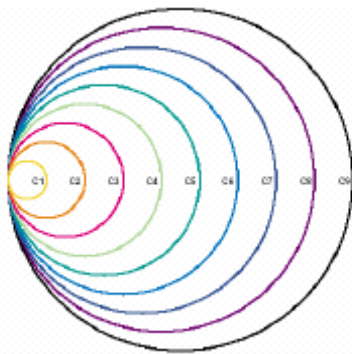
**Bowls**



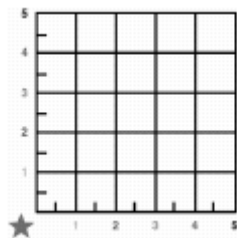
**Pats**



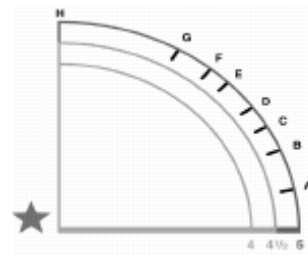
**Mounds**



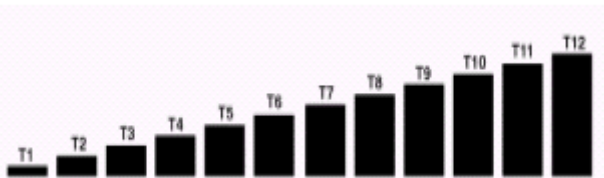
**Circles**



**Grid**



**Wedge**



**Thickness**