

Friday Facts

Week ending Issue: August 7, 2009 – Issue #31

Policy

Did you know?

From the WIC Policy and Procedure Manual
Services 300.10 Orientation and On-the Job-Training

WIC agencies must have a written policy describing their orientation program for new employees. At a minimum, this program must include:

- An explanation of the objectives of WIC and its successes in improving the health and nutritional status of participants;
- Introduction to key administrators, program directors, and co-workers;
- An explanation of the agencies mission and organization;
- Agency policies, including work hours, benefits, holidays, sick leave, vacation leave, smoking policies, confidentiality, expense reimbursement policies and office supplies;
- Civil rights training;
- An introduction to WIC data system and equipment used on the job;
- A training plan, including the New Employee Training Course (NETC), on-the-job training, required training, and continuing education opportunities;
- New Employee Training Checklist (see Policy 300.11).

Each agency must assign experienced personnel to provide on-the-job training and support to new employees, beginning the first day of employment and continuing until the new employee is comfortable and relatively independent with job tasks. The length of time needed will depend on the experience and education of the employee and the requirements of the position. An inexperienced employee will need several weeks of in-depth training and support. This will help develop confidence and skill under the guidance of a capable co-worker or supervisor.

Information

New WIC Food Package Tidbits – Milk, Soy and Tofu

The new WIC food package brings changes to the dairy foods offered to WIC participants. The amount of milk is reduced for all participant types.

Participant Type	Old	New
Children	5 gallons	4 gallons
Pregnant & partially BF	7 gallons	5 ½ gallons
Postpartum	6 gallons	4 gallons
Fully Breastfeeding	7 gallons	6 gallons
Fully Breastfeeding multiples	7 gallons	9 gallons

The amount of cheese that can be substituted for milk is now limited to one pound, unless medical documentation is provided justifying a larger amount. When cheese is substituted for milk, participants will also receive one quart of milk or its equivalent to bring the substitution up to the full nutritional benefit of the one gallon of milk. Consider offering one quart soy beverage or one pound of tofu in lieu of one quart of milk when these are available.

The type of milk is also an issue to be addressed. The checks will specify either whole milk for children under two years of age or 1% or less for women and children over two years of age. Most agencies have been preparing participants for these changes over the last few months. Refrigerated milk can be substituted with evaporated or non-fat dry milk, goat milk or sweet acidophilus as in the previous food package. However, the form must have the same fat content as the allowable version provided the participant type. Therefore, a child under two will not be able to receive dry milk. Sweet acidophilus milk may only be available as 2% in some stores and this will be allowed.

Other

Healthy Iowa Award Applications Now Available

Applications for the 2009 Healthy Iowa Awards are now available. Sponsored by the Governor's Council on Physical Fitness and Nutrition, the honors are considered Iowa's academy awards of wellness initiatives. Recipients will be recognized at a banquet on October 1 at the Hy-Vee Conference Center in West Des Moines. To nominate a community, school, college, or visionary that supports wellness in our state and to register for the event, visit www.wellnessiowa.org/healthyiowaawards2009.php. The deadline for applications is August 31.

July Participation

Actual [participation](#) for July was 77,349. This represents an increase of 5.46 percent from the same time period last year.

Available Formula

Product	Quantity	Expiration Date	Agency	Contact
Portagen	4 cans – one pound	9-09	Lutheran	Kathy Flagg