

Iowa WIC Program
1-800-532-1579



Your child has you. And you have WIC.

Bureau of Nutrition and Health Promotion

Friday Facts

Week ending Issue: September 11, 2009 – Issue # 36

Policy

From the WIC Services Policy and Procedure Manual —

300.12 Data System Training

Local agency staff must be provided complete training in the data system before they are granted security rights to the production system. This includes the opportunity to practice in the training environment before they are allowed rights to the production system. Additional on-the-job training is also expected with someone of equal security rights.

Using their assigned security token, local agency staff must complete the training environment homework specified for their position prior to being given access to the production system.

Information

New WIC Food Package Tidbits – Commenting on the New WIC Food Package Interim Rule

Many of you have been asking how to submit comments to USDA regarding the New WIC Food Package. Here are the directions.

Go to www.regulations.gov.

- 1. At the top, click on the box = “Submit a comment.”*
- 2. Select document type =- “Rules.”*
- 3. In keyword or user ID box, enter “New WIC food package interim rule.” Be sure to use the term “interim rule.”*
- 4. At the comment page you will have two choices – one to “Open the docket folder” or to “Submit a comment.”*
- 5. Be sure that you are submitting comments on the interim rule. The due date of 2/10/2010 will be noted in black for that document.*

Milk Substitutes in the New WIC Food Package

Cheese will continue to be allowed as a substitute for milk, but will be limited to one pound unless medical documentation is provided justifying an increased amount. Cheese is allowed in chunk or shredded forms. Mozzarella string cheese is also allowed in packages of 8 or 16 oz. Sliced, crumbles and cubes are no longer allowed. Other types of cheese allowed are Cheddar, Colby, Colby-jack, Monterey Jack, and Swiss.

The good news that soy beverage and tofu will be new options in the new WIC food package is tempered by the realization that we cannot add these items until we have definitive evidence that acceptable products are available in Iowa. Even when these products are available we cannot foresee whether they will be available in both rural and urban communities. When the product becomes available in Iowa local agencies will be notified.

When available, women can receive one quart of soy beverage for each quart of milk allowed. The substitution rate for tofu for women is one pound for each quart of milk up to a maximum of four pounds, unless medical documentation justifying additional amounts is provided. Children must have medical documentation to receive soy beverage or tofu.

Resources

Board Books

At the beginning of September some of the board books began to arrive at the Clearinghouse. Currently agencies are able to order the following:

- *Handa's Surprise – English only (1,997 copies available)*
- *I Will Never Not Ever Eat a Tomato – English only (1,585 copies available)*
- *Strawberries are Red – English only (11 copies available)*
- *Fruits and Vegetables/Frutas y Vegetales (10 copies available)*

There are still several books on back order and we will let you know as they arrive.

Nutrition Education Items

Recently orders have been placed for several nutrition education items for participants. All of these items must be used during nutrition education and should not just be distributed to families. The following is a list of items that will be arriving at the Clearinghouse for you to order.

- *C is for Cooking Recipes from the Street –40th Anniversary edition: We are building off of the Healthy Habits for Life initiative by providing this cookbook that contains dozens of simple ways for parents to involve their children in cooking and teaching them healthy eating habits. The book is targeted towards parents with children ages two to five. Please provide only one cookbook per family.*
- *Flexible Cutting Boards – Clear flexible cutting boards have been ordered for each family. Again these should be used in conjunction with a nutrition education activity before a family takes this item home. Please provide only one per family.*
- *Reusable grocery bags – Several different colors of reusable grocery bags that have the IDPH logo have been purchased. These bags were ordered to work in conjunction with some fruit and vegetable recipes that currently are being developed. You may order the bags now if you like as they have arrived at the Clearinghouse.*
- *Creative Pockets Fruit and Veggies Aprons and Kits – To help with nutrition education interactions fruit and veggie aprons have been ordered for all CPAs who teach nutrition education to participants. Each apron also comes with teaching cards, flash cards, and nine reproducible masters to be used for nutrition education.*

H1N1 Virus

The prospect of the H1N1 virus re-emerging this fall and winter is capturing attention nationwide. The population that WIC serves, young children and pregnant women, are at higher risk for influenza or influenza related complications. To protect children and pregnant women who come to WIC clinics, keep prevention in mind.

Receiving seasonal and H1N1 influenza vaccine is the best way to prevent becoming ill and remember the three C's:

- *Clean your hands frequently;*
- *Cover your coughs and sneezes with a tissue or your sleeve; and*
- *Contain germs by staying home when ill. Encourage participants to stay at home when they are not feeling well and accommodate them by offering to mail checks.*

Now is the time to begin discussing the plan for seasonal and H1N1 influenza vaccination campaigns with the public health agencies in your area. The Iowa Department of Public Health has a Web site devoted to answering your questions about H1N1. Please spend some time reviewing <http://www.idph.state.ia.us/h1n1/default.asp>.