



Week ending issue: January 18, 2013 – Issue # 165

Policy

From the WIC Certification Manual - 215.15 Physical Presence at Certification Initial WIC Certification

Each applicant must be physically present for the initial WIC certification. The only exceptions include applicants who are:

- Medically fragile,
- Children of parents/caretakers who are medically fragile,
- Priority II infants who are being precertified using referral data, or
- Children who are already enrolled in Head Start and who received health screening and assessment services coordinated with WIC.

Medically fragile applicants or parents/caretakers include individuals who have a medical condition that:

- Requires the use of medical equipment that is not easily transportable (making the individual technology-dependent),
- Requires confinement to bed rest, or
- May be exacerbated by coming in to the WIC clinic (e.g., severely compromised immune system).

Note: Medical exemptions should be approved in advance by the local WIC agency to ensure that appropriate documentation is brought to the clinic to complete certifications.

An applicant is exempt for only one certification period in the case of short-term medical situations or conditions. However, extended exemptions may be granted in the case of long-term or permanent conditions.

Resources

Nutrition and Wellness Handbook

FNS has officially launched the joint USDA-HHS publication, **Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program!**

<http://www.teamnutrition.usda.gov/Resources/nutritionandwellness.html> It is planned for the print

materials (handbook and CD) to be ready for CACFP child care centers to order this summer. Anyone can download the materials now.

The much anticipated [CACFP Wellness Resources](#) Web site is also live! This Web site consolidates CACFP resources in a way that would make them easier for people to find. If you are aware of other resources that would be beneficial for this audience, please suggest, at any time, the ones you would like to see included on the site. Suggestions can be sent to Team Nutrition at teamnutrition@fns.usda.gov

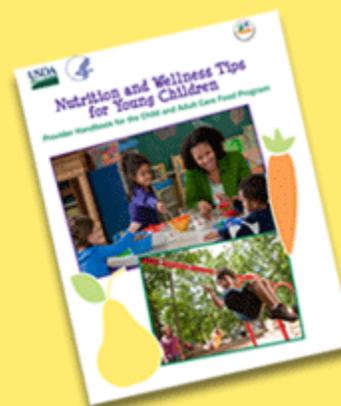
Promoting the Handbook

Feel free to use the **promotional flyers** and **cover graphic** (*see end of Friday Facts*) to spread the word about the Provider Handbook. FNS will be posting these files to the Handbook Web page (linked above) so that the general public can download these promotional materials as well.



Team Nutrition Releases: "Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program"

The handbook was developed by the Department of Agriculture (USDA) and the Department of Health and Human Services (HHS) to help child care providers create healthier environments for the children in their care. It addresses current wellness recommendations* for children ages 2 to 6 years old. The handbook contains a series of tip sheets, each of which focuses on a specific topic, such as "Build a Healthy Plate With Vegetables" or "Encourage Active Play." Each tip sheet includes ideas for hands-on activities and a practical application section. By using the tip sheets when planning meals and activities, Child and Adult Care Food Program (CACFP) providers can incorporate key recommendations and best practices into their menus and daily schedules.



The success stories shared in the handbook highlight examples of new and exciting ways CACFP child care programs have improved food they serve and activities they plan. Links to additional resources are also included in the publication, which features a new **CACFP Wellness Resources** Web page to help CACFP participants find the resources they need to meet wellness recommendations.

The handbook is available on the Team Nutrition Resource Library at: www.teamnutrition.usda.gov. Print copies will be made available for ordering in the Summer of 2013.



Dates to Remember

2012

- Contractor's Meeting – January 29, 2013
- NETC Webinar (All new staff) – February 14, 2013 from 8:30 to 11:30
- NETC Webinar (CPA) – February 21, 2013 from 8:30 to 11:30
- NETC Webinar (Support Staff) - February 28, 2013 from 8:30 to 11:30
- Maternal and Breastfeeding Core Workshops – March 27-28, 2013
- WHO Growth Chart Webinar for CPA's – April 9, 2013 from 12:00 p.m. to 1 p.m. (attend one session – 4/9 or 4/23)
- NETC Webinar (All new staff) - April 11, 2013 from 8:30-11:30
- NETC Webinar (CPA) – April 18, 2013 from 8:30-11:30
- WHO Growth Chart Webinar for CPA's – April 23, 2013 from 12:00 p.m. to 1 p.m. (attend one session – 4/9 or 4/23)
- NETC Webinar (Support Staff) – April 25, 2013 from 8:30-11:30
- NETC Webinar (All new staff) – June 13, 2013 from 8:30-11:30
- NETC Webinar (CPA) – June 20, 2013 from 8:30-11:30
- NETC Webinar (Support Staff) – June 27, 2013 from 8:30-11:30
- NETC Webinar (All new staff) – August 8, 2013 from 8:30-11:30
- NETC Webinar (CPA) – August 15, 2013 from 8:30-11:30
- Contractor's Meeting – August 20, 2013
- NETC Webinar (Support Staff) – August 22, 2013 from 8:30-11:30
- Infant and Child Core Workshop – August 29, 2013
- NETC Webinar (All new staff) – October 10, 2013 from 8:30-11:30
- NETC Webinar (CPA) – October 17, 2013 from 8:30-11:30
- NETC Webinar (Support Staff) – October 24 from 8:30-11:30
- Communication and Rapport Building Workshop – October 29, 2013

Available Formula

Product	Quantity	Expiration Date	Agency	Contact
Pediasure Peptide 1.5 Cal Vanilla	1 case (24 RTU containers)	3/1/2013	Broadlawns	Rose Logan 515-282-5800
	3 cases (72 RTU containers)	6/1/2013		
Peptamen Jr. with fiber	36 - 8 - oz	3/1/2013	Mid Sioux Opportunity	Glenda Heyderhoff 712-786-3488
Pediasure 1.0 Enteral	1 case (24 cans)	7/1/2013	Pott County	Kris Wood 712-238-5886
EleCare Jr. Unflavored Portagen	1 containers – 14.1 oz	8/2013	New Opportunities	Sharon McDonald Williams 712-830-1329
	5 containers – 16 oz	8/2013		

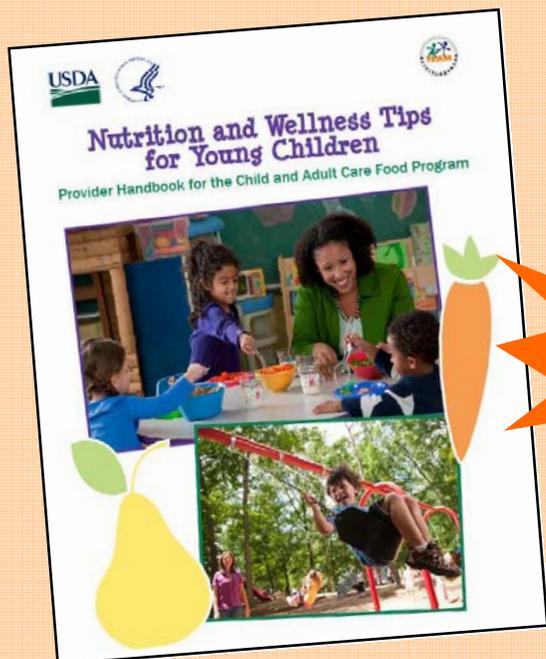
Product	Quantity	Expiration Date	Agency	Contact
EleCareJr Vanilla	3 cans	8/2013	Upper DsM Opportunity	Janet DeLoughery 712-580-4269
KetoCal 4:1 ratio Powder	6 containers	8/29/13	Webster County Health Dept.	Kathy Josten 515-573-4107
Enfagrow Gentlese Toddler formula 24 ounce powder	1	11-01-2013	Operation Threshold	Nancy Anderson 319-292-1827
Elecare Unflavored	8 containers 14.1 oz powdered	4/1/2014	Edgerton Women's Health	Jen Clasen 563-359-6635
Elecare Jr 14.1 ounce powder	2	09-01-2014	Operation Threshold	Nancy Anderson 319-292-1827



Nutrition and Wellness Tips for Young Children

Provider Handbook for the Child and Adult Care Food Program





Nutrition and Wellness Tips for Young Children:

*Provider Handbook for the
Child and Adult Care Food Program*

**Available
Now!**

What is the handbook?

It is a series of tip sheets to help child care providers meet current wellness recommendations* for children ages 2 to 6 years old. By using the tip sheets when planning meals and activities for children, providers can incorporate key recommendations and best practices into their menus and daily schedules.

How can the handbook help child care providers?

- ◆ Ideas for meal planning, shopping, and food preparation
- ◆ Tips for creative menus
- ◆ Hints for meeting meal pattern requirements
- ◆ Ways to serve foods safely
- ◆ Activities for hands-on learning
- ◆ Suggestions for active play
- ◆ Success stories from providers
- ◆ Links to additional resources

Where can I find the handbook?

Available on the Team Nutrition Web site's Resource Library:

TeamNutrition.usda.gov

FREE!

Handbook topics include:

- ◆ **Build a Healthy Plate With:**
 - Fruits
 - Vegetables
 - Dry Beans and Peas
 - Protein
 - Whole Grains
 - Milk
 - Less Salt and Sodium
 - Options Low in Solid Fats
 - Less Added Sugars
- ◆ **Make Water Available**
- ◆ **Practice Food Safety**
- ◆ **Promote Active Play**
- ◆ **Limit Screen Time**
- ◆ **Practice Choking Prevention**
- ◆ **Handle Food Allergies**

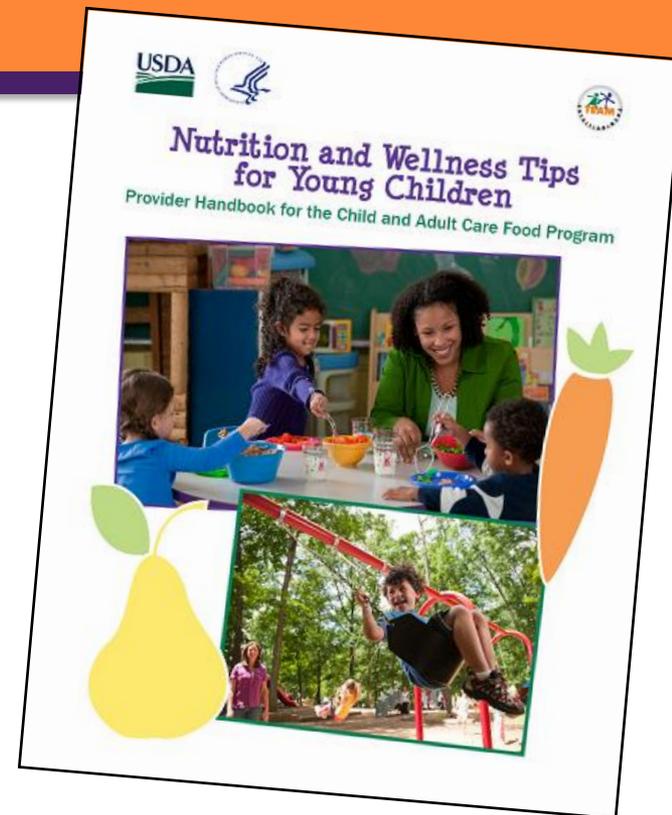
* From the *Dietary Guidelines for Americans, 2010* and *Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education, 3rd Edition*.



Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program



A joint publication by the
U.S. Department of Agriculture
and the
U.S. Department of Health and Human Services



Child Care Providers

Do you want to:

- Create a healthier environment for the 2- to 6-year-old children in your care?
- Serve nutritious meals?
- Encourage physical activity?
- Limit screen time?



The Provider Handbook is the answer!

The Handbook Makes it Easy!

Use the hands-on activities from the tip sheets to plan creative menus, build fun opportunities for active play, and more!



Learn from others – “CACFP Success Stories” will show you new and exciting ways child care programs have met the wellness challenge.

The Handbook Makes it Easy!

Train your staff and connect with parents and community – it's all there, ready-to-use

Need more help? You can link to additional resources, including the new [CACFP Wellness Resources Web site](#)



Get the Handbook Now

FREE!

**Download the Handbook from the
Resource Library at:**

www.teamnutrition.usda.gov

Print copies available Summer 2013

How did you use the handbook?

Send an email to TeamNutrition@fns.usda.gov