



**Week ending issue: October 18, 2013 – Issue #188**

## **Policy**

### **From the WIC Services Policy and Procedure Manual – 215.85 New Participant Education**

Each new participant must be instructed about how to use their WIC checks using the “Welcome to WIC” videotape, DVD, or flip chart, as part of the initial certification process. The videotape, DVD, and flipchart are available in both English and Spanish and can be requested from the state WIC office. These materials may be used when the participant is waiting to:

- See the nurse or dietitian, or
- Be issued checks.

Note: Use of the videotape or flipchart, for return certification of participants is at the option of the local agency.

Use of these educational materials ensures provision of uniform program information. They provide information to assist participants in:

- Using WIC checks, and
- Understanding the WIC Program.

The videotape or DVD may be useful to agencies with busy clinics because a participant can view it and then ask questions of staff.

The flipchart is a good option if:

- The clinic is crowded and noisy, or
- The video player cannot be transported due to space.

The flipchart requires additional staff time, but allows the participant to ask questions as the material is presented.

## **Information**

### **Kids Are Drinking What?!**

On October 30<sup>th</sup> from 12-1:00 pm Central Time, please join us for a Kids Are Drinking WHAT?! Webinar to learn about alarming trends in child beverage consumption, based on NHANES data. By registering and providing contact information, you will receive valuable resources, nutrition education materials, and information from the Midwest Dairy Council. Participants will receive one free CEU. Please share this opportunity with Registered Dietitians and disperse through your organization’s newsletters! See “Flyer” at end of Friday Facts.

## REGISTER NOW

Space is limited.

Reserve your Webinar seat now at:

<https://www3.gotomeeting.com/register/151256070>

Title: **Kids Are Drinking What?!**

Date: Wednesday, October 30, 2013

Time: 12:00 PM – 1:00 PM CDT

After registering you will receive a confirmation email containing information about joining the Webinar.

### System Requirements

PC-based attendees

Required: Windows® 8, 7, Vista, XP or 2003 Server

Mac®-based attendees

Required: Mac OS® X 10.6 or newer

Mobile attendees

Required: iPhone®, iPad®, Android™ phone or Android tablet

## Dates to Remember

### 2013

- Communication and Rapport Building Workshop – October 29, 2013

### New Employee Training Go-to-Meeting

- NETC Go-To-Meeting (Health Professional) – October 17, 2013 from 8:30-11:30
- NETC Go-To-Meeting (Support Staff) – October 24 from 8:30-11:30

## Available Formula

Product	Quantity	Expiration Date	Agency	Contact
Enfaport	87 – 8 fl oz cans	11/1/13	North Iowa Community Action	Carla Miller 641-423-5044
Neosure RTU	2 cases (6-1Q) plus 3 bottles	1/2014	Mid Sioux Opportunity	Glenda Heyderhoff 712-786-3488
Pregestimil	5 cans (16 oz) powder 1 can (16 oz) Powder 10 cans (16 oz) Powder	1/2014 7/2014 9/2014	Upper Des Moines Opportunity	Tammy Chapman 712-859-3885 Ext. 110

<b>Product</b>	<b>Quantity</b>	<b>Expiration Date</b>	<b>Agency</b>	<b>Contact</b>
Neocate Infant Powder	3 cans (14 oz) 7 cans (14 oz)	5/18/2014 6/18/2014	Broadlawns	Rose Logan 515-282-6717
Peptamen Jr.	8 cases of 24 15 cans	6/2014 5/2014	Mid-Sioux Opportunity	Glenda Heyderhoff 712-786-3488
Duocal	1 can – 14 oz	April 2016	Mid-Sioux Opportunity	Glenda Heyderhoff 712-786-3417



# Kids Are Drinking WHAT?!

**Webinar: October 30<sup>th</sup> 12-1 pm Central Time**

**CPE credits: 1**

**\*Please share this webinar opportunity in your organization's newsletter.**

Beverages make significant calorie and nutrient contributions to children's diets. Beverage choices at an early age have been shown to predict nutrient intake, adiposity and body weight across childhood and adolescence. Data from the National Health and Nutrition Examination Survey (NHANES) unveil alarming trends in beverage intake over the past three decades as children transition from bottle to cup and into their teens.

This webinar will explore these trends and summarize the latest research on the introduction of beverages to infant's diets, what and how much kids drink and the impact of choosing nutrient-rich beverages on their overall diet. RDs play a key role in the education of and/or outreach to parents/caregivers of children about healthy eating habits. Encouraging smart beverage choices from day one is a crucial step in helping to curb the obesity epidemic and ensuring children get the essential nutrients they need for growth and development.

### **Learning Objectives:**

- Identify the trends in children's beverage consumption and the impact on children's nutritional status.
- Provide guidance to children and their parents/caregivers on beverage intake to help meet their nutritional needs.
- Deliver messages to targeted audiences on the importance of beverage choices to the nutritional intakes of children.