

Week ending issue: January 30, 2015 – Issue #239

Policy

From the WIC Services Policy and Procedure Manual – 340.35 Evaluating Breast Pumps - Manual Breast Pumps

Contract agencies should evaluate manual and electric breast pumps for safety, effectiveness, comfort, cost and convenience when selecting pumps for distribution to clients.

A manual breast pump meets the needs of many breastfeeding women who express milk when separated from their babies. A manual pump is a breast pump that is powered by the user (usually through arm and hand movements). Piston/cylinder pumps are effective for most women and easy to use. However, some women find one pump works better for them than other models. All manual breast pumps should be evaluated for safety, effectiveness, comfort, cost and convenience.

The manual pump should be:

- Easy to disassemble and reassemble,
- Easy to clean using common household detergents,
- Portable, and
- Comfortable to use.

The milk collection container should:

- Be easy to remove with minimal spillage,
- Hold a minimum of four (4) ounces, and
- Be a container that can be used for feeding.

The manual pump should:

- Have more than one flange size available to accommodate different size breasts and nipples,
- Maintain adequate but not excessive suction throughout collection, and
- Be constructed so that the gasket does not come in contact with breastmilk.

Print materials should:

- Include pictures or diagrams that support the written directions
- Be available in languages other than English, and
- Be written at an appropriate literacy level.

Bulb suction pumps (also called bicycle horn pumps) are not recommended because they:

- Are difficult to clean, allowing bacteria to grow in the bulb and contaminate expressed milk,
- Can result in bruised breast tissue and nipple damage because the suction cannot be controlled adequately.

Information

IWIN Survey Tip

When entering a Survey in IWIN you must select your local Agency from the dropdown box or the survey will go out statewide. Selecting the clinic location from the dropdown list is optional. If you would like to survey participants from all of your clinics leave it blank, if you would like to survey only certain clinics or have your responses kept separate according to clinic, select a clinic from the dropdown list (you will then however have to create a new survey for each clinic). If you have any questions on using IWIN survey contact the IWIN help desk or your nutrition consultant.

Product Size Changes

Starting February 2nd, the size ranges for some foods will be changing. Participants coming in on February 2nd or after will receive the changes on their checks. The changes are outlined below.

- Tortillas
 - Only 16 oz. packages are allowable
 - IWIN check description: Package(s) 16 oz. Soft Corn or Soft Whole Wheat Tortillas
- Tofu
 - Only 16 oz. packages are allowable
 - IWIN check description: Container(s) 16 oz. Calcium-set Tofu
- Rice
 - Instant and Boil-in-Bag: A range of 14-16 oz. is still allowable
 - Regular Brown Rice: Only 16 oz. package sizes are allowable
 - Regular brown rice will be on a separate line item than the instant and boil-in-bag rice. The check descriptions in IWIN will be as follows:
 - Package 14-16 oz. Instant or Boil-in-Bag Plain Brown Rice
 - Package 16 oz. Regular Plain Brown Rice
 - If a participant is receiving two grain choices on their food package, they could get both the Instant/Boil-in-Bag and the Regular Brown Rice
- Frozen Juice
 - The size range allowed has changed to 11.5-12 oz.
 - Due to the size change, the reduced acid orange juice will no longer be allowed.
 - IWIN check description: Container(s) 11.5 – 12 oz. Frozen Juice – Single flavor, no blends
- Cheese
 - Only 8 oz or 16 oz. packages will be allowed. The 12 oz. Mozzarella sticks will no longer be allowed.
 - No IWIN changes

Thank you of the Week

To all our friends at WIC, my youngest child is turning 5 so this may be the last we see you in clinic for a while. Thank you for all you do-beyond handing out WIC checks, dental and nutrition visits, and well child checks. Those things are all part of your job, but you go beyond and add a person touch of “family”. You have remembered and ask about each of our older children, and genuinely care for us, as well as all the families you serve. Thank you so much for not just coming to work, but making it a joyful place for all to visit.” –Iowa WIC Participant

**We would love to hear from you! If you have a comment or story about how WIC has made a difference for you and your family we'd love to hear it! (We won't use your name!) Please send it to us in a pm and you could be featured in our next "Thank you of the Week" post!*

Participant Centered Services

Remember to ask open-ended questions whenever you can. Even though many of the questions in IWIN have a "Yes" or "No" answer, by re-phrasing them into an open ended question you will get more information and show the client you truly care about making the appointment a good experience. For example instead of asking "Are you taking any vitamins, minerals, or herbal supplements now?", try re-phrasing it into an open ended question or maybe even combining questions when feasible to get your answers. Example: "Tell me about any vitamins, medicines, or supplements you're taking now". By phrasing it this way you're likely to get two questions answered at the same time and probably some information about their health and any medical conditions they have.

eWIC Update

eWIC Anticipated Timeline

Between now and August of this year, we will be going through design and testing of the eWIC system. The pilot is scheduled to take place mid-August 2015 – December 2015 in Marion County. State rollout will be a phased approach between January 2016 – May 2016.

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Dates to Remember

2015 ****note highlighted dates and topics indicate a change from the usual****

New Employee Training Go-To Meeting

- NETC Go-To- Meeting (All New Staff) – March 12, from 8:30-11:30
 - NETC Go-To-Meeting (Health Professional) – March 19, from 8:30-11:30
 - NETC Go-To-Meeting (Support Staff) - March 26, from 8:30- 11:30
 - NETC Go-To- Meeting (All New Staff) – May 14, from 8:30-11:30
 - NETC Go-To-Meeting (Support Staff) – May 21, from 8:30-11:30
 - NETC Go-To-Meeting (Health Professional) - May 28, from 8:30- 11:30
- **** Please note changes in order of trainings for May**
- NETC Go-To- Meeting (All New Staff) – July 9, from 8:30-11:30
 - NETC Go-To-Meeting (Health Professional) – July 16, from 8:30-11:30
 - NETC Go-To-Meeting (Support Staff) - July 23, from 8:30- 11:30

- NETC Go-To- Meeting (All New Staff) – September 10, from 8:30-11:30
 - NETC Go-To-Meeting (Health Professional) – September 17, from 8:30-11:30
 - NETC Go-To-Meeting (Support Staff) - September 24, from 8:30- 11:30
 - NETC Go-To- Meeting (All New Staff) – November 12, from 8:30-11:30
 - NETC Go-To-Meeting (Health Professional) – November 18, from 8:30-11:30
 - NETC Go-To-Meeting (Support Staff) - November 19, from 8:30- 11:30
- **Please note the dates in November.**

Core Trainings

- Maternal Nutrition: March 24, 2015
- Breastfeeding Nutrition: March 25, 2015
- WIC Contractor In Person Meeting: August 25, 2015
- Infant/Child Nutrition: September 1, 2015
- Communication and Rapport: October 28, 2015

WIC Training

June 9, 2015 – 2015 Iowa WIC Training

Available Formula

Product	Quantity	Expiration Date	Agency	Contact
Vanilla Pediasure 1.5 Calorie w/Fier	3 cases (24 cans/case)	2/2015	MICA	Sierra Meyer 515-232-9020 x105
Powdered Nutricia Neocate Infant DHA/ARA Amino Acid Based Infant Formula w/iron	5 cans	8/2015	North Iowa Community Action	Carla Miller 641-432-5044 X24
Similac PM 60/40	1 can	1/2016	Broadlawns	Kathy Flagg 515-263-5660
Calcilo XD	1 can	2/2017		

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