

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: May 21, 2010 – Issue #58

Policy

From the WIC Services Policy and Procedure Manual — 315.60 Budget Revisions

The budget is part of the formal contract between the agency and the Iowa Department of Public Health. Revisions to the budget must follow this policy.

Prior written approval is required for the following budget revisions:

- *Budget line changes that exceed the maximum 10% on a cumulative basis require written authorization from the Department. Anticipated expenditures against a budget line not previously approved require a written request for a contract amendment.*
- *Acquisition of an additional item of equipment in Budget C (see Policy 340.10 for the definition of equipment).*
- *An additional out-of-state trip or additional staff on a previously approved out-of-state trip in Budget Category D.*

Resources

Spend Smart. Eat Smart.

*The Iowa State University Extension's web site, **Spend Smart. Eat Smart.**, promotes healthy eating on a budget. The site offers dollar-saving tips, game-like activities to figure your family's cost of food at home, tests your smart shopping skills, and compares meals prepared at home to eating out. You also can watch easy recipe videos, sign up for e-mail updates, and blog with ISU Extension nutrition specialists. You'll find it all at www.extension.iastate.edu/foodsavings.*

A survey of WIC staff and other health professionals indicated a willingness to promote the site with clients if there was a small brochure or bookmark that could be passed out to clients. Therefore, Iowa State University Extension prepared pads of 4"x 6" recipe cards with information about the Web site for WIC agencies to give to their clients. The recipe card promotion will be available until the supply of recipe cards is exhausted.

Go to the following link to place one recipe card order per agency:

<http://www.surveymonkey.com/s/ZCHBCK2>.

If you have other ideas for the Web site or for promotion of the site, please call Peggy Martin, State Specialist EFNEP.FNP at 515-294-1511. She is in the process of revising the site to make it less wordy. Plus she is developing some short interactive lessons for young low-income families with children — the audience WIC and EFNEP/FNP share.

Available Formula

<i>Product</i>	<i>Quantity</i>	<i>Expiration Date</i>	<i>Agency</i>	<i>Contact</i>
<i>Enfaport Lipil</i>	<i>48 – 8 oz cans</i>	<i>6/2010</i>	<i>Mid-Sioux WIC</i>	<i>Glenda Heyderhoff at 712-786-3488</i>
<i>Elecare Infant</i>	<i>10 cans-14.1 oz powder</i>	<i>3/2012</i>	<i>Webster Co. Health Dept.</i>	<i>Kathy Josten at 515-573-4107</i>