

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: April 23, 2010 – Issue #56

Policy

From the WIC Services Policy and Procedure Manual — 315.52 Vehicle Costs

Allowable vehicle costs include transportation of staff and equipment to clinics, and travel for vendor monitoring, outreach, training and other program management purposes. These costs can be met by:

- *Reimbursing employees for use of their own vehicles,*
- *Leasing a vehicle,*
- *Purchasing a vehicle,*
- *Jointly purchase a vehicle between programs and have a written agreement outlining the proportionate use of the vehicle and the share of funding each program is going to contribute or,*
- *A combination of the four.*

Information

2009 Poverty Guidelines

Pursuant to the Continuing Extension Act of 2010, P.L. 111-157, HHS has extended the 2009 Poverty Guidelines until May 31, 2010.

The extension until May 31st does not affect the income guidelines (July 1, 2009 to June 30, 2010) that are still current. The state office will keep each of you abreast of any changes that HHS makes regarding extensions of the 2009 Poverty Guidelines.

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.

Cultural Food Practices Book

Each local WIC office will soon receive a copy of the book, *Cultural Food Practices*, edited by Cynthia M. Goody and Lorena Drago for the Diabetes Care and Education Dietetic Practice Group of the American Dietetic Association. Although targeted primarily to practitioners who counsel clients with diabetes, this text provides a helpful overview of 15 different cultures/religions and describes traditional foods, dishes, health beliefs, and current food practices. Tips for counseling are also provided along with information about the prevalence of diabetes and type 2 diabetes risk factors in each group. The accompanying CD (inside the back cover) provides 20 culturally specific patient education handouts, including four Spanish translations.

This book will be a helpful resource for staff to improve their cultural competency.

Food Products

New Medical Food Added to IWIN

ScandiCal manufactured by Axcan Pharma has been added to IWIN. This product is a taste-free powder that adds 35 calories per tablespoon to a meal. The formula issuance for women and children document has been updated and posted to the WIC website reflecting this information.

Available Formula

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