

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 7, 2010 – Issue #57

Policy

From the WIC Services Policy and Procedure Manual — 315.59 Exchange of Personnel Services Agreements

When a WIC contract agency exchanges personnel services with a health agency, a written agreement describing the exchange is required. This agreement may be written as a memorandum of understanding or a memorandum of agreement.

Information

Clearinghouse Library

The Health Service Applications in English are now available from the Clearinghouse.

Training

Infant Nutrition and Nutrition for Children from 1 to 5 Workshops

These two workshops are scheduled for June 29 and 30 at DMAAC / Ankeny campus. Please see the pages at the end of this document with the workshop agendas, registration information and hotel accommodations. The registration deadline is June 15.

These workshops are intended for recently hired nurses, dietitians and nutrition educators and optimally should be completed within their first year of employment with a local WIC agency. Continuing education units will be provided to nurses and dietitians.

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

<i>Product</i>	<i>Quantity</i>	<i>Expiration Date</i>	<i>Agency</i>	<i>Contact</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>

Infant Nutrition Workshop — June 29, 2010

This workshop will help dietitians, nurses, health educators, and child care providers answer parent's questions about food intake, growth, and oral health.

Agenda

8:30 a.m.	Registration
9:00 a.m.	Nutrition Programs for Infants: WIC & CACFP
9:30 a.m.	Milk Feedings for Infants
10:45 a.m.	Break
11:00 a.m.	Introducing & Feeding Solid Foods
12:15 p.m.	Lunch
1:15 p.m.	Oral Health Recommendations for the First Year
2:15 p.m.	Understanding Exempt Infant Formulas
2:45 p.m.	Break
3:00 p.m.	Concurrent Sessions
	A. CACFP Infant Meal Pattern, Reimbursable Foods & Meals
	B. Managing Growth & Feeding Concerns
4:00 p.m.	Concurrent Sessions
	A. CACFP Record Keeping
	B. Treating Acute Diarrhea With Oral Rehydration Therapy
4:30 p.m.	CEUs & Evaluations
	Adjourn

Speakers

Brenda Dobson, MS, RD, LD, Nutrition Consultant, Iowa Department of Public Health
Patricia Hildebrand, MS, RD, LD, Nutrition Consultant, Iowa Department of Public Health
Heather Miller, RDH, Dental Consultant, Iowa Department of Public Health
Robin Searles, MS, RD, Consultant, Iowa Department of Education

Objectives

After attending this workshop, you will be able to:

1. Describe current recommendations for feeding infants.
2. Interpret infant growth charts.
3. Describe how stage of development relates to the introduction of solid foods.
4. List recommended practices for infant oral hygiene.
5. Describe management strategies for dehydration.
6. Implement the CACFP requirements for infant feeding in child care.

Nutrition for Children From 1 to 5 — June 30, 2010

This workshop will help dietitians, nurses, health educators, and child care providers answer questions about food intake, physical activity, growth concerns, and mealtime behaviors.

Agenda

8:30 a.m.	Registration
9:00 a.m.	Helping Parents Teach Healthy Habits at Home
10:00 a.m.	Break
10:15 a.m.	Teaching Young Children: Strategies, Tips & Resources
11:00 a.m.	Concurrent Sessions A. Using Iowa CACFP Nutrition Education Resources B. Working With Families of Children With Special Health Care Needs
12:15 p.m.	Lunch
1:15 p.m.	Nutrition & Physical Activity Guidelines
2:30 p.m.	Break
2:45 p.m.	Concurrent Sessions A. Creating a Pleasant Meal Environment for Children B. The Underweight or Poorly Growing Child
3:30 p.m.	Overweight in Early Childhood
4:30 p.m.	CEUs & Evaluations Adjourn

Speakers

Patti Delger, RD, LD, Team Nutrition Coordinator, Iowa Department of Education
Brenda Dobson, MS, RD, LD, Nutrition Consultant, Iowa Department of Public Health
Jody Kealey, RD, LD, Nutrition Services Program Coordinator, Child Health Specialty Clinics
Kimberly Stanek, RD, LD, Nutrition Consultant, Iowa Department of Public Health
Jaci Yetmar, MA Ed, Consultant, Iowa Department of Education

Objectives

After attending this workshop, you will be able to:

1. Suggest strategies parents can use at home to foster “good” food and physical activity habits.
2. Describe stages of growth and nutrition needs of young children.
3. Discuss developmentally appropriate food and physical activities for young children.
4. Discuss feeding and nutrition concerns for children with special health care needs.
5. Identify overweight and underweight children and suggest feeding guidelines.

General Information

Registration fee The registration fee for each workshop is \$40.00. This fee covers lunch, breaks and print materials. We will be walking across campus (2-3 blocks) for lunch so please bring an umbrella in case of rain.

Deadline Space is limited so pre-registration is required by June 15.

How to register You may register by

- Mail using the enclosed registration form or
- Telephone by calling (515) 964-6800 or 1-800-342-0033.

Location Both workshops will be held at the Ankeny campus of the Des Moines Area Community College. The workshops will be in the Conference Center — Building 7 in the Maple and Oak Rooms.

Parking Parking is available at no charge. A map of the campus is enclosed.

Lodging A block of rooms has been reserved at the Quality Inn and Suites (previously known as Heartland Inn) in Ankeny for Monday and Tuesday (June 28 and June 29). The hotel is located off Interstate 35 at Exit 92. Single rooms are \$50 plus tax and double rooms are \$60 plus tax. Make your reservations as soon as possible by calling (515) 964-8202. The block of rooms will be released after May 27.

Note: Identify your reservation under the WIC Program to get these rates.

CEUs

- Continuing education units have been requested for registered nurses through Nursing Provider Number 22.
- Certificates of attendance will be provided to dietitians.

Infants attending Mothers may bring quiet breastfeeding babies less than 6 months of age to the workshops. Due to the professional nature of the sessions, mothers are expected to care for their babies outside the meeting room when needed. It may be easiest to bring a support person along to provide baby care outside the meeting room.

Continued on next page

General Information, Continued

Directions from Interstate 35 Follow these directions if you will be traveling to Ankeny on Interstate 35.

Step	Action
1	Exit the interstate at Exit 90 and turn west onto Oralabor Road (also known as Highway 160). <u>Note:</u> This exit is marked for the community college.
2	Move to the right lane and continue on Oralabor Road to the intersection with Highway 69.
3	Turn north (or right) onto Highway 69 and move to the left lane.
4	Continue on Highway 69 to the first stoplights and turn west into the campus.
5	Watch for signs to the Conference Center.

Directions from Interstate 80 Follow these directions if you will be traveling to Ankeny from Interstate 80.

Step	Action
1	Exit the interstate at Exit 136 and turn north onto Highway 69.
2	Move to the left lane and continue north on Highway 69 approximately three miles. At the intersection with Highway 160, you can see the campus across the intersection and to the left.
3	Continue north through the intersection. Turn west (left) at the next stoplight to enter the campus.
4	Watch for signs to the Conference Center.

Meeting sponsors

These workshops are sponsored by the

- Iowa WIC Program, Iowa Department of Public Health and
 - Bureau of Food and Nutrition and Transportation, Iowa Department of Education.
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Questions

Use the table below to determine who to call with questions.

IF you have questions about...	THEN call...
registration	(515) 964-6353.
the agenda	1 (800) 532-1579 and ask for Brenda.

REGISTRATION

Infant Nutrition Workshop Nutrition for Children From 1 to 5 Workshop

June 29 and 30, 2010

Name: _____ Daytime phone: _____
Address: _____ Social Security #: _____

Agency: _____

I am registering for the following workshop(s) (*please check one*):

- Both days
 June 29 only (Infant) —CRN 32347-300
 June 30 only (Children 1 to 5) —CRN 32348-300

Please check the box below if you would like a vegetarian meal. The meal may contain dairy products.

I would like a vegetarian meal

The registration fee is \$40 for each workshop. Please make checks payable to Des Moines Area Community College.

Send this form and payment by June 15 to:

Des Moines Area Community College
Registration Building 1
2006 Ankeny Blvd.
Ankeny, Iowa 50021