

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: August 27, 2010 – Issue #69*

### *Policy*

#### **From the WIC Services Policy and Procedure Manual — 330.10 Local WIC Agency Data System Guidelines**

Local WIC agencies are strongly encouraged to have access to local computer support services to assist with troubleshooting hardware and internet access issues. This may be agency staff or a contract with a local computer company.

### *Information*

#### **New Bureau Chief Appointed**



Congratulations go out to Brenda Dobson who has been promoted to Bureau Chief for the Bureau of Nutrition and Health Promotion. Brenda's appointment will be effective September 3<sup>rd</sup>. We are all very excited for her and the new opportunities that the future holds. Congrats!

#### **IDPH Offers Egg Safety Tips**

The Iowa Department of Public Health (IDPH), along with state and federal regulatory partners, the Centers for Disease Control and Prevention (CDC), and several state health departments, is participating in the investigation of Salmonella Enteritidis (SE) illnesses associated with the FDA recall of Wright County Eggs.

To date, no illnesses in Iowa have been directly linked to the egg recall; however, last year in Iowa, SE caused 84 cases of illness and so far in 2010, 86 cases of SE illness have been identified in Iowa. Eggs can be contaminated with SE, but are safe when properly handled. To reduce the risk of SE illness, you should:

- Keep eggs refrigerated at all times.
- Discard cracked or dirty eggs.
- Wash hands, cooking utensils, and food preparation surfaces with soap and water after contact with raw eggs.
- Eggs should be cooked until both the white and the yolk are firm and eaten promptly after cooking. Do not keep eggs warm or at room temperature for more than two hours.
- Refrigerate unused or leftover egg-containing foods promptly.
- Avoid eating raw eggs.

If you believe you may have unknowingly eaten eggs that were included in the FDA recall, you should not be concerned about illness as long as the eggs were cooked thoroughly.

For more information about the FDA egg recall, visit [www.fda.gov/Safety/Recalls/ucm222501.htm](http://www.fda.gov/Safety/Recalls/ucm222501.htm). For information about Salmonella, visit [www.idph.state.ia.us/idph\\_universalhelp/main.aspx?system=IdphEpiManual&context=Salmonellafactsheet](http://www.idph.state.ia.us/idph_universalhelp/main.aspx?system=IdphEpiManual&context=Salmonellafactsheet).

## **Resources**

### **BEAN COOKBOOK**

The Bean Cookbook is now available at the Clearinghouse Library.

### **Just in Time Parenting eNewsletters**

Check out a national extension initiative — Just in Time Parenting eNewsletters! These free email newsletters are targeted to pregnant women and parents of young children. Parents can subscribe by clicking on this link – <http://www.extension.org/parenting>. The subscription link can be found in the section, In This Resource Area, below the featured articles and activities. By recording their child's birth date, a free age-paced newsletter (i.e., related to their child's age) will be e-mailed to them. The newsletters are sent on a monthly basis during a child's first year of life and approximately every other month after that.

These newsletters provide quality, research-based information to families at the time it can be most useful and make the biggest difference in their lives. No ads. No solicitations. Just great information.

Information pertaining to healthy eating and activity has been embedded throughout the newsletters – from prenatal through 60 months. The newsletters currently available include the following:

- In English: Three prenatal newsletters (one for each trimester) and newsletters for Newborn and Months 1 through 60 months
- In Spanish: Three prenatal newsletters (one for each trimester) and newsletters for Newborn and Months 1 through 26 months. (Spanish versions for months 27 through 60 are coming!)

To view or download the PDF versions of the newsletters, go to:

[http://www.extension.org/pages/Just\\_In\\_Time\\_Parenting\\_eNewsletters](http://www.extension.org/pages/Just_In_Time_Parenting_eNewsletters)

To order FREE bookmarks in English (in sets of 25) to promote the newsletters to parents go to:

<https://www.extension.iastate.edu/store/ListItems.aspx?Keyword=just%20in%20time%20parenting>

There are plans to print bookmarks in Spanish.

To find out more, go to:

[http://www.extension.org/mediawiki/files/1/10/JITPOct25\\_07.pdf](http://www.extension.org/mediawiki/files/1/10/JITPOct25_07.pdf) to review a presentation about the development and evaluation of the newsletters.

## Available Formula

<b>Product</b>	<b>Quantity</b>	<b>Expiration Date</b>	<b>Agency</b>	<b>Contact</b>
<i>Similac human milk fortifier</i>	<i>18 boxes</i>	<i>9/2010</i>	<i>Operation Threshold</i>	<i>Nancy Anderson at 319-233-1851</i>
<i>Portagen</i>	<i>3 cans powder</i>	<i>9/2010</i>	<i>HACAP</i>	<i>Kim Ott at 319-739-0106</i>
<i>Similac human milk fortifier</i>	<i>2 boxes</i>	<i>10/2010</i>	<i>Operation Threshold</i>	<i>Nancy Anderson at 319-233-1851</i>
<i>Similac human milk fortifier</i>	<i>6 boxes</i>	<i>2/2011</i>	<i>Operation Threshold</i>	<i>Nancy Anderson at 319-233-1851</i>
<i>Enfaport Lipil</i>	<i>23 – 8 oz cans (ready-to-feed)</i>	<i>9/1/2011</i>	<i>Johnson County WIC</i>	<i>Chuck Dufano at 319-356-6042</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>