

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: October 1, 2010 – Issue #73*

### ***Information***

#### **Delivery of 2010 – 2012 Iowa WIC Approved Foods Flyers**

The 2010-2012 Approved Foods are in production at this time, they will not be delivered until the second or third week of October. A printed listing of the approved foods is available in policy 235.20.

#### **Major Changes to the approved food list include:**

- **Refrigerated Orange Juice -- NEW item**
  - Any brand of 100% refrigerated orange juice
  - 64-ounce container
- **Tofu -- NEW item**
  - 12 to 16 ounce packages
  - No Organic product
  - ONLY approved brand is House Foods
- **Soy Beverage -- NEW item**
  - 64-ounce container (1/2-gallon)
  - **8<sup>th</sup> Continent Original Soymilk** is the **ONLY** approved brand
    - **UPC code – 0-53859-070660-3**
- **Whole Wheat Bread**
  - Additional “brands”
  - Review listing for all approved items.
- **Soft Corn (Yellow and White) and Whole Wheat Tortillas**
  - Added Whole Wheat Tortillas
  - Review listing for all approved brands
- **Peanut Butter**
  - Honey roasted is not authorized
  - Reduced fat Peanut Butter is not authorized

#### **REMINDER**

- **Milk** – reminder, the Program only issues Whole milk and 1% / Skim reduced fat cows’ milk.
  - Iowa does not issue WIC checks for 2% Milk.
- **Baby Fruits and Baby Vegetables** – reminder **ONLY** the 4-ounce containers are authorized.
  - Iowa WIC **DOES NOT** allow the purchase of the **3.5 Twin pack**.

Training CD's and Clerk's Guides to WIC DVD's have been distributed to Grocery and Special Purpose Vendors. Grocery vendors have also received copies of policy 235.20.

The Program is also creating a multi-color "**How to Use Your WIC Check**" poster.

- Each GROCERY retail outlet will automatically receive one poster (18" X 24")
- Posters will be delivered by the end of October, 2010

Thanks,  
Don Gourley

## *Dates to Remember*

### **2010**

- October 15 - Advisory Committee Meetings
  - SSAC Committee Meeting has been cancelled
  - Nutrition and Health Services Advisory Committee is cancelled
- October 25, 26 - NETC
- November 11 - Limited Coverage

### **2011**

- 5<sup>th</sup> Monday clinics  
We do not anticipate any major changes to IWIN in 2011. Due to this you can schedule clinics on the 5<sup>th</sup> Monday of the month if needed

## *Available Formula*

<i>Product</i>	<i>Quantity</i>	<i>Expiration Date</i>	<i>Agency</i>	<i>Contact</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>Portagen</i>	<i>3 cans powder</i>	<i>9/2010</i>	<i>HACAP</i>	<i>Kim Ott at 319-739-0106</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>
<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 @ 319-356-6042</i>