



*Bureau of Nutrition and Health Promotion*

## *Friday Facts*

*Week ending Issue: May 20, 2011 – Issue #102*

### ***Policy***

#### **From the WIC Services Policy and Procedure Manual — 380.00 Introduction to Nutrition Services**

The nutrition services component of the WIC Program includes activities related to nutrition risk assessment, nutrition education and counseling, and breast feeding promotion and support. This section contains policies and information on planning and delivering nutrition services that:

- Coordinate with community programs and providers
- Reflect participant and community needs, and
- Provide relevant and appropriate information and materials to promote behavior changes.

### ***Information***

#### **Extra Income Guidelines**

If any agency needs income guidelines in English or Spanish, please contact Linda at the Pott. County office at (712)328-5886.

### ***Reports***

#### **Special Formula Report**

Did you know the Special Formula Report is available in IWIN? This report provides a list of participants receiving a specified formula or medical food. The data for this report is refreshed weekly. If a special formula or medical food does not appear in the drop down list then that formula was not issued for the date range specified. For more information regarding this report, please see policy 330.60.

### ***Information***

#### **Text4baby State Enrollment Contest Begins**

**Washington, DC, 16 May 2011** – National WIC Association is formally supporting the Text4baby State Enrollment Contest, which is kicking off on May 10th. The contest will see which state can enroll the most text4baby users between now and October 20th, with winners announced at the American Public Health Association Annual Meeting in Washington, DC. National WIC Association is pleased to be a partner in the text4baby initiative and is encouraging our membership to promote the service to the families they serve.

For those of you who do not know, text4baby is a free mobile health service that sends messages to pregnant women and new moms. The messages cover a variety of topics critical to maternal and child health and also connect women to prenatal and infant care services and other resources. For more information on text4baby, visit <http://text4baby.org/>.

Whether you have been promoting text4baby in the past or not, this contest presents a good opportunity to kick-start or energize your promotional efforts to enroll women in this valuable service. We encourage all of you to get involved in promoting text4baby and help your state win the contest!

## ***EBT Updates***

The WIC EBT Planning team visited the state of Texas this week to learn more about their implemented offline EBT system. The team had the opportunity to talk to Texas state staff, two other states in the EBT planning stage, visit a local Texas WIC clinic, and visit a local retailer. Local and state staff had very positive comments regarding the EBT system, both about how it works in their clinics and how participants really enjoy it. The planning team also had the opportunity to use a sample EBT card at a local retailer. ***Toward the end of the Friday Facts, you can see a sample receipt the participant receives after using the card.*** The top section shows what benefits the participant had before the transaction started. The middle section shows what WIC items the participant bought. The last section shows the ending balance after the transaction.

## ***Training***

### **Infant and Child Nutrition Workshops – June 23-24, 2011**

The Infant Nutrition Workshop scheduled for June 23, 2011 will help dietitians, nurses, health educators, and child care providers answer parent's questions about food intake, growth and oral health.

The Nutrition for Children from 1 to 5 Workshop scheduled for June 24, 2011 will help dietitians, nurses, health educators, and child care providers answer questions about food intake, physical activity, growth concerns, and mealtime behaviors.

***Registration information for both of these workshops can be found at the end of Friday Facts.*** Space is limited so please don't wait to register.

## ***Dates to Remember***

### **2011**

#### Farmer Markets

- June 1<sup>st</sup> – October 31

#### NETC

- July 25 & 26
- October 24 & 25

#### Advisory Committee Meetings

- July 15

- October 7  
Core Workshops
- June 23 & 24 - Infant and Child Nutrition Workshop  
WIC Contractors' Meeting
- August 30

### ***Available Formula***

<b>Product</b>	<b>Quantity</b>	<b>Expiration Date</b>	<b>Agency</b>	<b>Contact</b>
Nutren 2.0	(2) 24 pks of 8.45 oz bottles	June 2011	Broadlawns	Nikki Davenport at 515-282-6710
Peptamin Jr Vanilla	(2) 24pks of 8.45oz bottles	June 2011	Broadlawns	Nikki Davenport at 515-282-6710
Enfaport Lipil	23 – 8 oz cans (ready-to-feed)	9/1/2011	Johnson County WIC	Chuck Dufano @ 319-356-6042
Neocate	4 cans – 14 oz Powdered	10/2011	Webster County	Kathy Josten @ 515-573-4107
Neocate	19 cans – 14 oz powder 30 cans – 14 oz power	11/19/11 1/8/12	Rosebud WIC	Lucy Reifel @ 605-747-2617
Elecare, Vanilla	4 cans, 14.1 oz Powdered Elecare Vanilla	Elecare Vanilla – March 2012	Upper Des Moines Opportunity	Julie Erskine @ 712-213-1230
Similac PM 60/40	3 cans	10/2012	Johnson County Public Health	Chuck Dufano @ 319-356-6042

# Texas EBT Receipt

ST# 4554 OP# 00000260 TEN 08 TR# 09364

## BEGINNING BALANCES

ACCOUNT # \*\*\*\*\*2411

Start: 05/01/2011, End: 05/31/2011

4.50 GAL MILK SKIM 1/2% 1% 2%  
4.00 QT MILK SKIM 1/2% 1% 2% QT  
4.00 LB CHEESE  
6.00 DOZEN EGGS-A OR AA LARGE/MED/SH  
4.00 CTNR JUICE 64 OZ &/OR 16 OZ FR  
4.00 CTNR JUICE 48 OZ &/OR 12 OZ FR  
6.00 CTNR JUICE 6 OZ FRZ  
36.00 OUNCE CEREAL  
2.00 ITEM DRY OR CAN BEANS/PEANUT B  
2.00 ITEM DRY BEANS 1 LB PKG  
2.00 ITEM PEANUT BUTTER 18 OZ  
45.00 OUNCE TUNA OR SALMON IN WTR 5 &  
113.00 CTNR RESOURCE 2.0 RTU 8OZ  
24.00 CAN EVAP MILK LOWFAT/FATFREE  
5.00 LB BREAD/TORTILLAS/RICE/OATH  
64.00 CTNR BABY FOOD FRUIT OR VEG 4  
30.00 VALUE FRUIT & VEGETABLES-CVB  
5.50 GAL WHOLE MILK ONLY  
5.50 QT WHOLE MILK ONLY QT

## WIC BENEFITS UTILIZED

36.00 OUNCE CEREAL  
0.25 ITEM DRY OR CAN BEANS/PEANUT B  
1.00 ITEM PEANUT BUTTER 18 OZ  
1.00 CAN EVAP MILK LOWFAT/FATFREE  
1.00 LB BREAD/TORTILLAS/RICE/OATH  
4.00 CTNR BABY FOOD FRUIT OR VEG 4

## ENDING BALANCES

ACCOUNT # \*\*\*\*\*2411

Start: 05/01/2011, End: 05/31/2011

4.50 GAL MILK SKIM 1/2% 1% 2%  
4.00 QT MILK SKIM 1/2% 1% 2% QT  
4.00 LB CHEESE  
6.00 DOZEN EGGS-A OR AA LARGE/MED/SH  
4.00 CTNR JUICE 64 OZ &/OR 16 OZ FR  
4.00 CTNR JUICE 48 OZ &/OR 12 OZ FR  
6.00 CTNR JUICE 6 OZ FRZ  
0.00 OUNCE CEREAL  
1.75 ITEM DRY OR CAN BEANS/PEANUT B  
2.00 ITEM DRY BEANS 1 LB PKG  
1.00 ITEM PEANUT BUTTER 18 OZ  
45.00 OUNCE TUNA OR SALMON IN WTR 5 &  
113.00 CTNR RESOURCE 2.0 RTU 8OZ  
23.00 CAN EVAP MILK LOWFAT/FATFREE  
4.00 LB BREAD/TORTILLAS/RICE/OATH  
60.00 CTNR BABY FOOD FRUIT OR VEG 4  
30.00 VALUE FRUIT & VEGETABLES-CVB  
5.50 GAL WHOLE MILK ONLY  
5.50 QT WHOLE MILK ONLY QT

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Benefits expire at midnight on  
05/31/2011

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05/18/11 14:03:47

## **Infant Nutrition Workshop — June 23, 2011**

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: CACFP & WIC
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.	Concurrent Sessions
	A. CACFP Oral Health Recommendations Infancy through Childhood
	B. WIC Understanding Exempt Infant Formulas
2:00 p.m.	Concurrent Sessions
	A. CACFP Understanding Exempt Infant Formulas
	B. WIC Oral Health Recommendations Infancy through Childhood
2:45 p.m.	Break
3:00 p.m.	Concurrent Sessions
	A. CACFP Infant Meal Pattern, Reimbursable Foods & Meals
	B. WIC Managing Growth & Feeding Concerns
4:00 p.m.	Concurrent Sessions
	A. CACFP Record Keeping
	B. WIC Treating Acute Diarrhea with Oral Rehydration Therapy
4:30 p.m.	CEUs, Evaluations, & Adjourn

### **Speakers**

Jill Lange, MPH, RD, LD, Nutrition Consultant, Iowa Department of Public Health  
Patricia Hildebrand, MS, RD, LD, Nutrition Consultant, Iowa Department of Public Health  
Mary Kay Brinkman, RDH, Dental Consultant, Iowa Department of Public Health  
Keerti Patel, MS, RD, LD, Consultant, Iowa Department of Education  
Robin Holz, 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 24, 2011**

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.	Creating a Pleasant Meal Environment for Children
10:00 a.m.	Break
10:15 a.m.	Teaching Young Children: Strategies & Tips
11:00 a.m.	Concurrent Sessions
	A. Using Iowa CACFP Nutrition Education Resources
	B. WIC: 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. WIC and the Underweight or Poorly Growing Child
	B. CACFP: Working With Families of Children With Special Health Care Needs
3:30 p.m.	Overweight & Obesity in Early Childhood
4:30 p.m.	CEUs & Evaluations
	Adjourn

### **Speakers**

Patti Delger, RD, LD, Team Nutrition Coordinator, Iowa Department of Education  
Jill Lange, MPH, 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

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<b>Registration fee</b>	The registration fee for each workshop is \$40.00. This fee covers lunch, breaks and print materials.
<b>Deadline</b>	Space is limited so pre-registration is required by June 17.
<b>How to register</b>	You may register by <ul style="list-style-type: none"><li>• Mail using the enclosed registration form or</li><li>• Telephone by calling (515) 964-6800 or 1-800-342-0033.</li><li>• CACFP must register with <b><u>both</u></b> DMACC and through DHS.</li></ul>
<b>Location</b>	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.
<b>Parking</b>	Parking is available at no charge. A map of the campus is enclosed.
<b>Lodging</b>	A block of non-smoking rooms has been reserved at the Quality Inn and Suites in Ankeny. The hotel is located off Interstate 35 at Exit 92. To receive the state rates please make reservations <b><u>before May 22<sup>nd</sup></u></b> . To make your call (515) 964-8202. Please state your reservations are for the “WIC Workshop”.
<b>CEUs</b>	<ul style="list-style-type: none"><li>• Continuing education units have been requested for registered nurses through Nursing Provider Number 22.</li><li>• Certificates of attendance will be provided to dietitians.</li><li>• In order to receive a certificate attendance for files, CEUs must be requested.</li></ul>
<b>Infants attending</b>	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.

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*Continued on next page*

## General Information, Continued

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**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.

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**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.

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### 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 Jill
CACFP DHS registration	(515) 281-0321

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## REGISTRATION

### Infant Nutrition Workshop Nutrition for Children From 1 to 5 Workshop

June 23 & 24, 2011

Name: \_\_\_\_\_ Daytime phone: \_\_\_\_\_  
Address: \_\_\_\_\_ Social Security #: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Agency: \_\_\_\_\_

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

- ☐ Both days  
☐ June 23 only (Infant) —CRN 33287-300  
☐ June 24 only (Children 1 to 5) —CRN 33286-300

**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



# DMACC

DES MOINES AREA  
COMMUNITY COLLEGE

## Ankeny Campus

