

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 25, 201 – Issue #142*

### ***Policy***

## **From the WIC Program Goals Manual - 215.06 Participant Categories and Certification Periods**

### **Participant Categories**

**Summary table** The table below lists the participant categories and their definitions

<b>Category</b>	<b>Definition</b>
Breastfeeding	A woman up to one year postpartum who is breastfeeding an infant at least once a day. Breastfeeding includes women who are: <ul style="list-style-type: none"><li>• Feeding at the breast;</li><li>• Feeding expressed breastmilk from a spoon, cup or by tube feeding;</li><li>• Breastfeeding infants to whom they did not give birth, such as wet nurses, adoptive mothers, and foster mothers; and</li><li>• Breastfeeding infants to whom they gave birth but their infants reside in another household (e.g., foster care).</li></ul> <p><u>Note:</u> This definition does not include women who donate breastmilk to a milk bank.</p>
Child	A person at least 12 months old but less than five years old
Child receiving WIC formula	A child with qualifying conditions that requires WIC formula (infant formula, exempt infant formula and WIC-eligible medical foods) because the use of conventional foods is precluded, restricted or inadequate to address their special nutritional needs.
Infant	A person less than 12 months old
Not breastfeeding (postpartum)	A woman up to six months after termination of pregnancy who is not breastfeeding an infant at all. Pregnancy may have terminated due to: <ul style="list-style-type: none"><li>• Ectopic (tubal) pregnancy</li><li>• Miscarriage</li><li>• Spontaneous abortion</li><li>• Medical abortion</li><li>• Stillbirth, or</li><li>• Live birth, including placement of the infant for adoption</li></ul>
Pregnant	A woman with one or more embryos or fetuses in utero
Woman receiving WIC formula	A woman meeting any of the previous definitions with qualifying conditions that requires WIC-eligible medical foods because the use of conventional foods is precluded, restricted or inadequate to address their special nutritional needs.

## Information

### Nutritionist Part-time

Johnson County Public Health seeks a part-time, grant funded Nutritionist to coordinate nutrition education for WIC/MCH participants and monitor all nutrition education materials. Qualified applicants must be licensed or eligible for licensure as a Dietitian in the State of Iowa. Experience in WIC and/or speaks Spanish preferred.

This is a 20 hours/week benefit eligible position. Starting salary is \$20.05 - \$23.58. Please see [www.johnson-county.com](http://www.johnson-county.com) for details.

Submit cover letter, resume and employment application to Business Manager, Johnson County Public Health, 855 S. Dubuque St., Suite 217, Iowa City, IA 52240. Applications accepted until position is filled. AA/EOE

## Resources



Review and download these resources and use them to motivate moms to offer whole grains, low-fat milk and fruits and vegetables as part of family meals and snacks! Click here: [www.fns.usda.gov/fns/corenutritionmessages/](http://www.fns.usda.gov/fns/corenutritionmessages/)

You will find this message and many more on the web site!



### Give yourself and those you love the goodness of whole grains.

Make at least half of the grains you eat whole grains – such as bread, tortillas, pasta, and cereals. Whole grains are good for your heart and digestion, and can help you maintain a healthy weight and good overall health.

In addition to messages, the web pages contain tips and advice, videos, widgets and a nutrition game for kids, plus an 'Especially for Moms' page with recipes, fact sheets and other helpful hints. Included in the **Spotlight** are a few examples of how nutrition educators are using these resources. Use these emotion-based, motivational resources to inspire moms and kids to put the key recommendations of the **2010 Dietary Guidelines for Americans** and **MyPlate** into action.

Questions? Comments? Suggestions? We love to hear from you. Contact us at: [nutritionmessages@fns.usda.gov](mailto:nutritionmessages@fns.usda.gov)

### Help spread the word!

Please share this message with your peers, colleagues, and community partners. Include the link to the

**Especially for Moms** page in your blogs and Facebook page, add a link to the web site to your web pages, and use the slides on the “Training Materials and Resources” page during upcoming meetings and staff training.

### *Don't forget...*



Local agencies are required to provide civil rights training as part of their orientation program for new employees and annually thereafter (Policy # 320.50). It is usually a good idea to schedule this training along with other required trainings at the same time annually to ensure you are in compliance. What is your agency policy?

### *Dates to Remember*

#### 2012

- August 21, 2012 – WIC Contractor’s Meeting
- August 29-30, 2012 – Infant and Child Nutrition Core Workshops
- October 26, 2012 – 2012 Iowa WIC Training
- October 30, 2012 – Communication and Rapport Building Core Workshop

### *Formula Update*

The powdered Similac Go and Grow Milk and Similac Go and Grow Soy formula containers have changed from 1.37 pounds to 1.38 pounds. This has been changed in IWIN so the checks will now read 1.38 pounds. The reconstitution amounts for these formulas have not changed and therefore the number of cans that can be issued has not changed.

### *Available Formula*

Product	Quantity	Expiration Date	Agency	Contact
Enfaport Lipil 8 oz RTU, 30 cal/fl oz	1 case (24 cans) + 4 cans	Dec.1, 2012	Edgerton Women’s Health	Jen Clasen 563-359-6635
EleCare Jr. Unflavored	7 containers – 14.1 oz	8/2013	New Opportunities	Sharon McDonald Williams @ 712- 830-1329
Peptamin Jr. Peptamin Jr. prebio Peptamin Jr prebio Peptamin Jr. prebio 1 cal	12 cases 2 cases 26 cans 25 resealable con- tainers		Marshalltown WIC office Agency 38	Toni Freese @ 641-752-7162 Ext 144