

***Week ending issue: June 20, 2014 – Issue #217***

## ***Policy***

### **From the WIC Services Policy and Procedure Manual – 320.50 Civil Rights Training**

WIC contract agencies and the state WIC office have specific roles in civil rights training.

The state WIC agency is responsible for:

- Training state agency staff and local agency staff who are responsible for training their clinic staff, and
- Monitoring agency compliance with training requirements as part of its on-site administrative and agency office reviews.

Local WIC agencies are required to provide civil rights training as part of their orientation program for new employees and annually thereafter. The training must include a review of:

- Public notification and outreach,
- Data collection,
- Compliance reviews, and
- Procedures for handling complaints.

Specific subject matter must include, but not be limited to:

- Collection and use of data;
- Effective public notification systems;
- Complaint procedures;
- Compliance review techniques;
- Resolution of noncompliance;
- Requirements for reasonable accommodations of persons with disabilities;
- Requirements for language assistance;
- Conflict resolution; and
- Customer service.

Additional training must be provided whenever new legislation or regulations are implemented. See Policy 300.10 for more information about this and other training requirements.

The local and state agency must use the Civil Rights Training that can be found on the Iowa WIC Website at the following address: <http://www.idph.state.ia.us/wic/Agencies.aspx?SubPg=Training>

## Information

### FDA recommends pregnant women eat low-mercury fish

For the first time since 2004 the FDA and EPA issued a draft update to their advice on mercury levels in seafood. Previously regulators had recommended pregnant women eat as much as 12 ounces of seafood a week but had not suggested a minimum, the new recommendation is for pregnant women, nursing mothers and women who might become pregnant to increase the amount of low-mercury fish they eat to between 8 and 12 ounces a week. The recommendation continues to say that pregnant women avoid swordfish, shark, king mackerel, and tilefish (specifically tilefish from the Gulf of Mexico), and are seeking public comment on whether orange roughy and marlin should be added to the list of fish to avoid. The below links will provide you with more information to use in educating clients.

<http://www.foxnews.com/health/2014/06/11/fda-recommends-pregnant-women-eat-low-mercury-fish/>

<http://hmhb.org/pnwg/recommendations-and-studies/pregnancy-seafood-recommendations/>

### Person-Centered Update

The Molly Kellogg Spring 2014 Nutrition Counseling Round Table Call can be accessed by pasting the following web address in your browser:

<http://www.mollykellogg.com/Recordings/Round-5-14-14.mp3>

### Just in Time Parenting

Attached is a flyer that promotes **Just in Time Parenting** e-newsletters, as well as a web site Extension faculty at land grant universities developed to help families with parenting questions. Please share this interactive flyer (attached) with individuals (such as home visitors, EFNEP, SNAP-ED paraprofessionals, public health professionals) that you think may find it helpful.

**Young parents have questions; ISU Extension has answers.** New **interactive** flier for parents of young children!

#### What makes the flyer interactive?

- Download the free Augmented Reality Layar App.
- Point your smartphone or mobile media device at the document and click the app
- Notice the colored boxes on the darker picture? Those are links to interactive articles, subscriptions and additional parenting resources.
- Right at their fingertips

## Food Packages in IWIN

### Creating Food Package Reminder

When creating food packages in IWIN, whether you are selecting individual foods or selecting from the model food package list please double check you are selecting the actual item the client wants/needs. We have had multiple instances as of late where the client's checks have been printed for concentrate and the client has purchased powder formula with them. In a lot of these cases, when we have looked at past food packages they have been for powder formula.

## *WIC 40<sup>th</sup> Anniversary Trivia #7*

### **Week #7 trivia with answers from Week # 6.**

Week #6 questions **with answers in BOLD:**

- What president 10 years before WIC's first WIC clinic in Kentucky pledged a war against poverty and the decision to have a nationwide survey conducted on "America's poor"? **President Lyndon Baines Johnson**
- How many years ago did computer-printed checks made a debut in Iowa? Multiple choice: 17, 30 or 36 years ago?  
**36 years**
- What food was removed from the infant food package? **Juice**

Week #7 questions:

- The organization that advocates and works for WIC across the nation is NWA, what does NWA stand for?
- What year were canned beans removed from the Iowa WIC Program due to cost, after just being added to the program in 2009?
- What did Cycle 1 and Cycle 2 refer to?

## *Find Us on Facebook*



<https://www.facebook.com/IowaWIC>

## *Dates to Remember*

### **2014**

- Final Food Rule Changes for Local Agency Staff Training – September 10 at Noon
- Final Food Rule Changes for Local Agency Staff Training – September 15 at 8 a.m.
- 2014 Iowa WIC Training – October 9

### **New Employee Training Go-to-Meeting**

- NETC Go-To-Meeting (All new staff) – July 10, from 8:30-11:30
- NETC Go-To-Meeting (Health Professional) – July 17, from 8:30-11:30
- NETC Go-To-Meeting (Support Staff) – July 24, from 8:30-11:30

- NETC Go-To-Meeting (All new staff) – September 11, from 8:30-11:30
- NETC Go-To-Meeting (Health Professional) – September 18 , from 8:30-11:30
- NETC Go-To-Meeting (Support Staff) – September 25, from 8:30-11:30
  
- NETC Go-To-Meeting (All new staff) – November 6, from 8:30-11:30
- NETC Go-To-Meeting (Health Professional) – November 13, from 8:30-11:30
- NETC Go-To-Meeting (Support Staff) – November 20, from 8:30-11:30

**Core Trainings**

- Infant/Child: August 28, 2014
- Communication and Rapport: October 29, 2014

**Contractor’s Meetings**

- August 26 - 10:00 a.m. - 3:00 p.m.

***Available Formula***

<b>Product</b>	<b>Quantity</b>	<b>Expiration Date</b>	<b>Agency</b>	<b>Contact</b>
Peptamen Junior	6 cases/24 - 8.45 - oz	6/2014	Mid Sioux Opportunity	Glenda Heyderhoff 712-786-3488
Pregestimil	1 can (16 oz) Powder 10 cans (16 oz) Powder	7/2014 9/2014	Upper Des Moines Opportunity	Tammy Chapman 712-859-3885 Ext. 110
Powder Vanilla Ketocal 4:1	8 containers -11 oz	8/10/14	Webster County	Kathy Josten 515-573-4107
Powder Vanilla Ketocal 4:1	1 container -11 oz	9/28/14		
Powder Vanilla Ketocal 4:1	4 containers -11 oz	11/1/14		
Elecare Jr Vanilla Powder	4 can 1 can	9/2014 10/2014	Mid Sioux Opportunity	Glenda Heyderhoff 712-786-3488
Elecare Jr Unflavored Powder	1 case/6 cans each	1/2015	Mid Sioux Opportunity	Glenda Heyderhoff 712-786-3488
Elecare Jr Unflavored Powder	2 cases/6 cans each	2/2015	Mid Sioux Opportunity	Glenda Heyderhoff 712-786-3488
Vanilla Pediasure 1.5 Calorie w/Fier	3 cases (24 cans/case)	2/2015	MICA	Sierra Meyer 515-232-9020 x105

<b>Product</b>	<b>Quantity</b>	<b>Expiration Date</b>	<b>Agency</b>	<b>Contact</b>
Elecare Jr Unflavored Powder	2 cases/6 cans each	5/2015	Mid Sioux Opportunity	Glenda Heyderhoff 712-786-3488
Powdered Nutricia Neocate Infant DHA/ARA Amino Acid Based Infant Formula w/iron	5 cans	8/2015	North Iowa Community Action	Carla Miller 641-432-5044 X24
Duocal Powder	2 cans 1 can	8/2015 6/2015	Mid Sioux Opportunity	Glenda Heyderhoff 712-786-3488
EleCare Jr. Unflavored, powder	12 cans, 14.1 oz	11/2015	Siouxland	Allyson Woltman 712-279-6636
Duocal	1 can – 14 oz	4/2016	Mid-Sioux Opportunity	Glenda Heyderhoff 712-786-3417

<sup>i</sup> The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

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Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

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**Have questions about your baby?  
Wonder why your toddler bites?  
Want to help your school-ager  
with friends?**

Get **parenting information when you need it** from a national university Extension resource that brings quality, research-based information to families.

**Just in Time Parenting**

Visit eXtension's *Just in Time Parenting* website to:

- Subscribe to **FREE parenting newsletters** specific to your child's age and needs | Use code: IA10JITP
- Browse more than **175 frequently asked questions**
- **Ask an expert** your parenting questions
- Access **fact sheets, videos, and podcasts**

Just in Time  
Parenting

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**Connect with local resources**

Iowa State University Extension and Outreach Family Life specialists can be reached anytime through **AnswerLine** and **Science of Parenting**

**Online:** [www.extension.iastate.edu/humansciences/caregiving-parenting](http://www.extension.iastate.edu/humansciences/caregiving-parenting)

**Blog:** [blogs.extension.iastate.edu/scienceofparenting/](http://blogs.extension.iastate.edu/scienceofparenting/) **Science of Parenting**

**Twitter:** [twitter.com/scienceofparent](https://twitter.com/scienceofparent)

**Phone:** 1-800-262-3804 **AnswerLine**



Just in Time  
Parenting

Follow the directions to the left to download the Layar app to make this page interactive. Once this page is interactive, you will be able to follow links and engage in more learning in this topic.

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