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***Week ending issue: May 22, 2015 – Issue # 250***

### ***Policy***

#### **From the WIC Services Policy and Procedure Manual – 360.40 Outreach to Minorities**

To ensure that members of minority groups are informed of program benefits, WIC agencies must make annual contacts with minorities or other groups serving minorities in their service area.

### ***Information***

#### **Substance Use Prevention Screening, Education, and Referral Resource Guide for Local WIC Agencies**

This new resource replaces the existing manual, Providing Drug Abuse Information and Referrals in the WIC Program: A Local Agency Resource Manual. Like the previous manual, the new resource guide is designed for WIC agency staff to help integrate alcohol, drug and other harmful substance use related information and referral elements into their clinic activities. It contains a wealth of available resources and links to access a variety of appropriate educational materials for WIC participants and training materials for WIC staff.

<http://wicworks.nal.usda.gov/topics-z/substance-abuse-guide>

For future reference you can access it via the WIC Web Portal on the Training Homepage.

## Thank you of the Week

"I started the WIC program when my husband and I got pregnant with our daughter in the spring of 2007. During that time, I was also in my senior year in college. We were both working but still living paycheck-to-paycheck. WIC was so helpful, with the monthly nutrition supplementation and nutrition information I was able to learn, during my pregnancy and through my child's first years of life. By the time I delivered my darling daughter in the late fall of 2007, I had obtained full-time work in a field that my degree was in and was still within the WIC income guidelines. All of the breastfeeding support during this time was crucial to my success of nursing my daughter until well after her first birthday. I was even able to get an electric breast pump, which I used every day as a full-time working mom.

When my daughter was three, we were finally making enough money that we were not eligible for the WIC program. At the start of this summer, however, surprisingly my husband lost his job that he had been doing for two years. So, we again qualify for the WIC program. Although she will be five in November, I feel like we've learned so much about nutrition over the years and the supplement food every month and the additional farmers' market coupons in the summer are an important component to our household."

*\*We would love to hear from you! If you have a comment or story about how WIC has made a difference for you and your family we'd love to hear it! (We won't use your name!) Please send it to us in a pm and you could be featured in our next "Thank you of the Week" post!*

## Participant Centered Services

Summarizing is a great tool to use when working with participants. When you summarize what has been said ask for feedback from the client to see if you have correctly identified their concerns. You can summarize to tie together *what has been said, reemphasize important points or change talk, and to check for understanding by ending it with "Did I get it all?" or "Did I miss anything?"*

## eWIC Update

For information about where other states are in the eWIC process, visit the following website:  
<http://www.fns.usda.gov/wic/wic-ebt-activities>.

## Find Us on Facebook



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

## Dates to Remember

**2015** \*\*\*\*note highlighted dates and topics indicate a change from the usual\*\*\*\*

### New Employee Training Go-To Meeting

- NETC Go-To- Meeting (All New Staff) – May 14, from 8:30-11:30
- NETC Go-To-Meeting (Support Staff) – May 21, from 8:30-11:30
- NETC Go-To-Meeting (Health Professional) - May 28, from 8:30- 11:30  
\*\*\*\* Please note changes in order of trainings for May
- NETC Go-To- Meeting (All New Staff) – July 9, from 8:30-11:30
- NETC Go-To-Meeting (Health Professional) – July 16, from 8:30-11:30
- NETC Go-To-Meeting (Support Staff) - July 23, from 8:30- 11:30
- NETC Go-To- Meeting (All New Staff) – September 10, from 8:30-11:30
- NETC Go-To-Meeting (Health Professional) – September 17, from 8:30-11:30
- NETC Go-To-Meeting (Support Staff) - September 24, from 8:30- 11:30
- NETC Go-To- Meeting (All New Staff) – November 12, from 8:30-11:30
- NETC Go-To-Meeting (Health Professional) – November 18, from 8:30-11:30
- NETC Go-To-Meeting (Support Staff) - November 19, from 8:30- 11:30  
\*\*Please note the dates in November.

### 26<sup>th</sup> Annual Iowa Breastfeeding Conference

May 20-21, 2015

### Core Trainings

- WIC Contractor In Person Meeting: August 25, 2015
- Infant/Child Nutrition: September 1, 2015
- Communication and Rapport: October 28, 2015

### WIC Training

June 9, 2015 – 2015 Iowa WIC Training

## Available Formula

Product	Quantity	Expiration Date	Agency	Contact
Neocate	8-9 Containers	6/2015	Operation Threshold	Sue Burnett 319-292-1827
Pediasure Peptide 1.0	16 containers	7/2015	NICAO	Janelle Pansegrau 641-423-5044 x35
Powdered Nutricia Neocate Infant DHA/ARA Amino Acid	5 cans	8/2015	North Iowa Community Action	Carla Miller 641-432-5044 x24

<b>Product</b>	<b>Quantity</b>	<b>Expiration Date</b>	<b>Agency</b>	<b>Contact</b>
Based Infant Formula w/iron				
Nutren Jr. w/Fiber (Vanilla)	78 (3 cases + 6 individual containers)	9/2015	Marion County Public Health	Jessica Johnson 641-828-2238 x225
Powdered Pregestimil	5 cans	11/1/2015	Operation Threshold	Sue Burnett 319-292-1827
Powder Nutramigen Toddler with Enflora LGG	7 – 12.6 oz Container 20 - 12.6 oz Container	11/1/2015 2/1/2016	Mid-Sioux Opportunity	Amy Kreber 712-786-3488
RCF Concentrate	26 13-oz cans	2/1/16	Broadlawns	Rose Logan 515-282-6717
Pediasure 1.5 cal Vanilla	113 8-oz cans	6/1/2016	Broadlawns	Rose Logan
Calcilo XD	1 can	2/2017	Broadlawns	Kathy Flagg 515-263-5660

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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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