IOWA WIC Friday Facts
Bureau of Nutrition & Health Promotion
1-800-532-1579

Week ending issue: January 10, 2014 – Issue #198

Policy

From the WIC Certification Policy and Procedure Manual – 225.80 Participant Violations and Sanctions

Participant violation means any intentional act of a participant, parent or caretaker of an infant or child participant, or proxy that violates Federal or State statutes, regulations, policies, or procedures governing the WIC Program. This includes:

- Intentionally making false or misleading statements or intentionally misrepresenting, concealing or withholding facts to obtain benefits;
- Exchanging cash value vouchers, food instruments or supplemental foods for cash, credit, no-food items, or unauthorized food items, including supplemental foods in excess of those listed on the participant's food instrument;
- Threatening to harm or physically harming clinic, farmer or vendor staff; and
- Dual participation.

Information

New Formula

A new formula "flavor" has been added to IWIN. "Containers 14.1 oz. Powder Neocate Jr with Prebiotics, Unflavored" is now available in IWIN to go along with the "Containers 14.1 oz. Powder Neocate Jr with Prebiotics, Vanilla".

Arsenic in Rice Talking Points

The updated talking points from FNS regarding Arsenic in Rice are at the end of the Friday Facts.

Dates to Remember

2014

- 2014 Iowa WIC Training – October 9

New Employee Training Go-to-Meeting

- NETC Go-To-Meeting (Support Staff) – January 16, from 8:30-11:30
- NETC Go-To-Meeting (Health Professional) – January 23, from 8:30-11:30
  ****** Please note changes in order of trainings for January**

- NETC Go-To-Meeting (All new staff) – March 13, from 8:30-11:30
- NETC Go-To-Meeting (Health Professional) – March 20 , from 8:30-11:30
- NETC Go-To-Meeting (Support Staff) – March 27, from 8:30-11:30

- NETC Go-To-Meeting (All new staff) – May 8, from 8:30-11:30
- NETC Go-To-Meeting (Support Staff) – May 15, from 8:30-11:30
- NETC Go-To-Meeting (Health Professional) – May 22, from 8:30-11:30
  ****** Please note changes in order of trainings for May**

- 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
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- 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

- Maternal: March 25, 2014
- Breastfeeding: March 26, 2014
- Infant/Child: August 28, 2014
- Communication and Rapport: October 29, 2014

Contractor's Meetings

- January 29 – 9:00-11:00 and 1:00-3:00
- January 30 – 9:00-11:00 and 1:00-3:00
- August 26 - 10:00 a.m. - 3:00 p.m.

Available Formula

Product	Quantity	Expiration Date	Agency	Contact
Pregestimil	5 cans (16 oz) powder 1 can (16 oz) Powder 10 cans (16 oz) Powder	1/2014 7/2014 9/2014	Upper Des Moines Opportunity	Tammy Chapman 712-859-3885 Ext. 110
Peptamen Junior	6 cases/24 - 8.45 - oz	6/2014	Mid Sioux Opportunity	Glenda Heyderhoff 712-786-3488

Duocal	1 can – 14 oz	4/2016	Mid-Sioux Opportunity	Glenda Heyderhoff 712-786-3417
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
Elecare Jr Unflavored Powder	2 cases/6 cans each	5/2015	Mid Sioux Opportunity	Glenda Heyderhoff 712-786-3488
Duocal Powder	2 cans 1 can	8/2015 6/2015	Mid Sioux Opportunity	Glenda Heyderhoff 712-786-3488

FINAL

Background Information and FNS Talking Points: Arsenic in Rice

Updated September 2013

TOP LINE

Data released today by FDA of their findings of arsenic in rice and rice products may be of concern to some consumers. Currently, the FDA recommends that concerned consumers should continue to eat a balanced diet that includes a wide variety of grains – not only for only for good nutrition but also to minimize any potential consequences from consuming any one particular food. USDA makes a variety of whole grain products, including rice and rice products, available to its program participants through WIC, the National School Lunch Program, and other nutrition assistance programs and assures participants that several grain options are available from which to choose.

BACKGROUND INFORMATION

- Arsenic is a naturally occurring element in the environment. It is commonly found in the earth's crust. Arsenic exists in two forms: organic and inorganic. Inorganic arsenic is of greatest public health concern.

- Inorganic arsenic occurs naturally in soil and in rocks. Historically, inorganic arsenic was applied to soil through pesticides, primarily in orchards and on cotton fields. Its use in pesticides is no longer permitted in agriculture; however, organic arsenic may still be used in pesticides. Arsenic from soil and rocks can enter the air, water, and land. During agricultural production, food can be exposed to arsenic through soil, water, and air.

- Rice is one source of exposure to arsenic in food. Arsenic in food is a concern because studies show that ingestion of inorganic arsenic may increase the risk of skin cancer and cancer in the liver, bladder, and lungs.

OVERVIEW

- On September 6, 2013, the U.S. Food and Drug Administration (FDA) posted the results of testing for the presence of arsenic in approximately 1,100 samples of rice and rice products.
    - To view these results and learn more about FDA's work with arsenic in rice, visit http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm319827.htm

- These new data are the latest in the FDA's ongoing efforts to understand and manage possible arsenic-related risks associated with the consumption of these foods in the U.S. marketplace. The FDA initially tested approximately 200 samples of rice and rice products, with similar results. Those findings were released in September 2012.

- The USDA Food and Nutrition Service (FNS) relies on the FDA for information and recommendations regarding the safety rice. Based on the data released today, the FDA recommends that concerned consumers should continue to eat a balanced diet that includes a wide variety of grains – not only for only for good nutrition but also to minimize any potential consequences from consuming any one particular food.

- The results posted by the FDA for the presence of arsenic in rice provide information about the amount of inorganic arsenic per serving (approximately 1/4 cup dry) of rice. Similar information is provided for a variety of rice products.

- Currently, there is no standard for the amount of arsenic in rice. The Environmental Protection Agency (EPA) has set the arsenic standard for public drinking water at 10 parts per billion (ppb) and the FDA has proposed an "action level" for apple juice of no more than 10 ppb.
    - A part per billion (ppb) equals 0.000000001, or the value of one penny compared to 10 million dollars. (The penny represents inorganic arsenic, and the 10 million dollars represent the water or apple juice).

- Since rice is a life-long dietary staple for many people, the FDA's next step is to consider long-term exposure to very low amounts of arsenic in rice and rice products

- FNS does not have specific recommendations about the levels of consumption of rice or rice products. The FDA's advice for consumers, including pregnant women, infants and children, is to eat a well-balanced diet for good nutrition and to minimize potential adverse consequences from consuming an excess of any one food. This advice is consistent with the guidance of the American Academy of Pediatrics (AA), which has long stated that parents should feed their infants and toddlers a variety of foods as part of a well-balanced diet.
    - Click here to view the AAP's webpage on arsenic in food

CHILD NUTRITION PROGRAMS

- Schools and other operators of Child Nutrition programs are reminded that they have flexibility in meeting the grain requirements for meals served through those programs. Rice is one of many grain products which may be served.

- Examples of other grain products include pastas, breads, tortillas, crackers, pancakes, cornbread and muffins, oatmeal, and cereals
    - Click here for more information about Grain Requirements in the National School Lunch Program (NSLP) and School Breakfast Program (SBP)

USDA FOODS
(FNS Food Distribution Division)

- USDA purchases domestically produced rice products (e.g., bagged rice and ready to eat cereals) and makes them available through its USDA foods program to schools (NSLP and SBP), emergency feeding programs (TEFAP), low-income households living on or near Indian reservations (FDPIR), and to low-income seniors, women, infants and children (CSFP).

- CSFP provides infant rice cereal as part of the infant food package, and at this time, there is not an alternative infant cereal offered. Those households wishing to have more options in the type of infant cereal should be referred to the WIC program. All WIC state agencies offer rice as well as a variety of other cereals (e.g., oatmeal, barley and whole wheat).

- These rice and rice products are of domestic origin, as required by law. The rice purchased by USDA meets all regulatory standards for food safety and quality, including all standards set by the Food and Drug Administration.

- If State agencies or Indian Tribal Organizations have ordered rice or rice products through USDA Foods for one or more nutrition assistance programs and the rice has not yet been purchased, they may cancel their current order.

- If State agencies or Indian Tribal Organizations currently have rice or rice products ordered through USDA Foods which they do not wish to use in their programs, they can transfer it to another state agency or local organization that can use the product per the guidance below.

NSLP

- If an SFA does not wish to use donated rice products at SDA storage facilities in its school food service, the SDA must determine if they can be reallocated to another SFA that is willing to use them in an efficient manner.

- If donated rice products in SDA inventories cannot be reallocated to another SFA, the SDA must determine if they can be transferred to another SDA for distribution to SFAs in NSLP, or if such foods can be transferred for use in the Emergency Food Assistance Program (TEFAP), or another eligible charitable institution. SDAs will be responsible for any transportation costs, and there will be no compensation to an SDA or SFA for lost entitlement.

- If the SFA does not wish to use donated rice products at processors or distributors in their school food service, the SDA may reallocate such donated food inventories to another SFA that is willing to purchase end products containing such food. The SDA may also transfer such inventories to another SDA doing business with the same processor, if the receiving SDA can ensure that end products processed from such donated foods will be purchased in a timely manner. Donated foods received at SFA storage facilities may be stored and inventoried together with the SF A's purchased foods in a single inventory management system, and are subject to the same requirements as purchased foods. In accordance with Section 9(1) of the Richard B. Russell National School Lunch Act, the SFA may donate any food not used in NSLP to local food banks or other charitable organizations. Such provision is applicable to donated rice products in SFA inventories that SFAs decide not to use in their school lunches. Therefore, if SFAs decide not to use such rice products, they should make every effort to donate them to a food bank or other charitable organization that can efficiently use the foods to serve needy people.

Household Programs – TEFAP, CSFP, and FDPIR

- If a TEFAP, CSFP or FDPIR state agency does not wish to use donated rice products at state or local storage facilities, the state agency must determine if they can be reallocated to another state or local agency that is willing to use them in an efficient manner.

- State agencies must seek approval from FNS to transfer rice products to another state agency. The donating State agency will be responsible for any transportation costs. There will be no compensation to an SDA or local agency for lost product or entitlement.

RICE IN THE WIC FOOD PACKAGES

- WIC participants can choose whether or not to purchase rice or rice products with their food instruments.

- Rice and rice products that are allowable WIC foods are brown rice, and rice-based infant and breakfast cereals.

- WIC State agencies allow a variety of infant cereal including oatmeal, barley and whole wheat. Rice-based infant cereal may be provided for infants 6 through 11 months of age. WIC food packages include 24 ounces of infant cereal per month.

- Whole wheat bread is the authorized category of food in the food packages for children age 1-5 and pregnant and breastfeeding women. Brown rice may be provided as an option for whole wheat bread. Other options for whole wheat bread are bulgur, oatmeal, whole grain barley and soft corn or whole wheat tortillas.

- WIC food packages for children may have a monthly issuance of up to two pounds of whole wheat bread, and food packages for pregnant and breastfeeding women may have a monthly issuance of one pound of whole wheat bread. In lieu of the monthly prescribed bread, participants may have the option to substitute brown rice, bulgur, oatmeal, whole grain barley and soft corn or whole wheat tortillas.

- WIC State agencies allow a wide variety of breakfast cereals including whole grain, corn, and wheat cereals. Rice-based cereal products may be provided as breakfast cereal for children age 1-5 and for pregnant, non-breastfeeding postpartum and breastfeeding women. WIC food packages provide 36 ounces of breakfast cereal per month per participant.