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

Week ending: February 28, 2014 - Issue #203

Policy

From the WIC Certification Policy and Procedure Manual – 235.07 Pregnant or Partially Breastfeeding

Introduction

This food package is called Food Package V in the federal regulations. It is issued to the following two groups of women:

- Women pregnant with a singleton, and
- Breastfeeding women whose infants receive less than or equal to half of the WIC formula food package appropriate for the infant's age.

Note: A breastfeeding woman whose 6 month or older infant receives more than half of the WIC formula food package will not receive a food package for herself. However, she will continue to be an Active participant.

Contents

The contents of this food package are listed in the table below.

Food Category	Amount
Juice, single strength	144 oz.
Milk, fluid	22 qt.
Breakfast cereal	36 oz.
Cheese	N/A
Eggs	1 dozen
Fruits and vegetables	$10.00
Whole wheat bread or whole grain options	1 lb.
Fish (canned)	N/A
Legumes, dry	1 lb.
Peanut butter	AND 18 oz.

Note: These groups of women will receive FIs for 1% low fat or fat-free skim milk.

Information

CEU Opportunities

New CEU opportunities have been added to the WIC Web Portal, you can find them on the Training section under Webinars/CEUs. They are:

1) PNC Module 2 Online Course (see description below)
2) Beef and Heart Health (see description below)
3) Current Issues in Nutrition "Fear of Food: What is really safe?"

Basic Nutrition, of the Pediatric Nutrition Course (PNC)

The Nutrition Services Branch of North Carolina in collaboration with the University of North Carolina – Chapel Hill is pleased to announce that Module 2: Basic Nutrition, of the Pediatric Nutrition Course (PNC) will be offered in 2014. This is an online, faculty guided, self-paced module of about 20 hours to be completed between April 7, 2014 and June 13, 2014. The overall goal of the course is to provide nutritionists with the knowledge and skills needed to improve the nutritional health of the pediatric population. The objectives of Module 2 are to reinforce the fundamentals of nutrition assessment, nutrition monitoring/evaluation, and to build competence in using the nutrition care process for the pediatric population. It is ideal for new employees in public health nutrition, nutritionists who are new to pediatrics and those who want to broaden their pediatric knowledge base.

Module 2 Basic Nutrition consists of the following nine topics:

- Unit 1: Nutrition Education
- Unit 2: Infant and Toddler Nutrition
- Unit 3: Child Nutrition
- Unit 4: Adolescent Nutrition
- Unit 5: Formulas
- Unit 6: Anemia
- Unit 7: Physical Activity
- Unit 8: Elevated Blood Lead
- Unit 9: Sports Nutrition

This course has been approved for 20 CPEUS – Level 1 from the Commission on Dietetic Registration – Academy of Nutrition and Dietetics. Continuing education units can also be awarded from the Friday Center for Continuing Education at the University of North Carolina at Chapel Hill.

Fees

The course fee is $50 for public health nutrition personnel in North Carolina Local Health Agencies and for pediatric nutritionists in North Carolina Child Development Service Agencies. For all other participants, including those residing outside of North Carolina, the course fee is $100. Enrollment is limited, and participants will be taken on a first-come, first-serve basis.

Please Note:

You must complete all three of the following steps to be considered fully enrolled in the course:

1) Complete the online application form before March 17, 2014.
   (to apply, go to https://sph.unc.edu/nciph/pncm2/)
2) Complete the Invitation to Register request (this will be sent via email after the completed online application form has been reviewed)

3) Ensure your payment is received or postmarked by no later than March 24, 2014. Failure to do so will cancel your registration.

An orientation webinar is scheduled with registered students on April 1, 2014 at 11 am – 12 pm EST to provide an overview and demonstration of the online course.

If you have any questions, please contact Anna Tseng, Online Courses Project Manager at Anna.Tseng@dhhs.nc.gov.

Beef and Heart Health - Get Continuing Education Credits

Valentine's Day reminds us about hearts … and heart health … and how lean beef can fit in a heart-healthy diet! This is just a reminder from your Iowa beef producer friends to check out the **BOLD** (Beef in an Optimal Lean Diet) study resources located at www.BeefNutrition.org under Beef and Heart Health.

If **you** or **physicians, dietitians and nurses** would like to learn about the BOLD study, you can obtain CME, CPE or nursing credits for viewing two one-hour webinars presented by the lead BOLD researcher, Dr. Michael Roussell (Penn State). Each webinar is approved for 1 prescribed credit by the American Academy of Family Physicians. There is **NO COST** for the webinars which will be posted through December 2014. Visit www.heart-healthynutrition.com for the webinars.

Modern Agriculture … for fun!

If you'd like to learn a little more about today's modern farming and beef production ... the Peterson Farm Brothers from Kansas will be glad to show you. In 2012 the three boys -- Greg, Nathan, and Kendal -- who'd grown up on their family's beef farm in Kansas decided to turn the farming life into something a little bit catchier. Covering LMFAO's song "I'm Sexy and I Know It" they created a song that brought agriculture to the public: "I'm Farming and I Grow It." A year later, the video has 8.8 million views and their follow-up hit "Farmer Style" has over 14 million.

Learn more about them and view their YouTube videos in an article found in the Huffington Post – Peterson Farm Brothers. I guarantee they will leave you smiling and knowing that farming is hard work!

Nutritious Breakfast Webinar

See attachment at end of Friday Facts to earn CEUs with the Bell Institute of Health and Nutrition's Webinar on Nutritious Breakfast!

IWIN Formula Changes

- Similac Sensitive Powder
  - An OR statement has been added to the FI description for the change in can size (12.6 oz. to 12.0 oz.). The reconstitution amount has not changed.
  - Deleted from the model food package dropdown list
  - The Special Formula checkbox will need to be checked and the Medical Documentation section of the Food Package tab will now need to be filled out.

- Similac Sensitive Concentrate
  - Deleted from the model food package dropdown list
  - This formula will be discontinued as of April 1st, so the Medical Documentation section of the Food Package tab will not be activated. Please remember to not issue this formula for any participants for checks starting April 1st as this formula may be difficult to find in certain areas of the state toward the end of April or in May.

- Similac Sensitive RTF
    - The Special Formula checkbox will now need to be checked and the Medical Documentation section of the Food Package tab will need to be filled out.

- Similac Total Comfort
    - An OR statement has been added to the FI description for the change in can size (12.6 oz. – 12.0 oz.) The reconstitution amount has not changed.
    - The Special Formula checkbox will now need to be checked and the Medical Documentation section of the Food Package tab will need to be filled out.

An OR statement will be added for Similac For Spit-Up Powder for the change in can size on April 1st. At that time it will also be required to fill out the Medical Documentation section of the Food Package tab. The Medical Documentation section will need to be filled out for Similac for Spit-Up – RTF starting October 1st. If you receive a prescription for either of these formulas before the Medical Documentation section is required to be filled out, please fill out the Medical Documentation section. You can fill this section out without clicking on the Special Formula checkbox.

EBT Update

Intent to Award Issued

On February 24, 2014 a Notice of Intent to Award was issued in the joint procurement of WIC Electronic Benefits Transfer (eWIC) services for the States of Colorado and Iowa. The States of Colorado and Iowa WIC programs selected FIS/CDP to provide eWIC services for each state respectively. The selection was made following a thorough evaluation process focused on the qualifications and experience of the company, the overall strength of proposed eWIC solution, services to be provided, and pricing. There is a seven day protest period that will end March 5th.

The FIS/CDP solution is an online eWIC solution utilizing magnetic stripe cards to redeem WIC benefits. In the coming weeks the Iowa WIC Program will begin to work through the contracting process with FIS/CDP. The estimated date that the Iowa WIC Program and FIS/CDP will begin working together is July 1, 2014. Details of the eWIC services to be provided will be shared in the coming weeks and months.

Dates to Remember

2014

- 2014 Iowa WIC Training – October 9

New Employee Training Go-to-Meeting

- 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

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

Available Formula

Product	Quantity	Expiration Date	Agency	Contact
Similac Go and Grow	5 cans	5/2014	Edgerton Women's Health Center	Deb Dodson 563-359-6635
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
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

National WIC Association

Association Update

FEB 26.14

Earn CEUs with the Bell Institute of Health and Nutrition's Webinar on Nutritious Breakfast!

Topic: From Science to Menu: NEW Research and NEW Ways to Inspire Nutritious Breakfast Choices

When: Wednesday, March 5, 2014; 1:00 – 2:00 PM EST

In advance of National Cereal Day (celebrated on March 7), join Dr. Sandra Affenito and Dr. Keith Ayoob for a look at the latest science on the impact of ready-to-eat cereal on health and nutrition and learn how this science translates into the health and well-being of your clients.

The webinar will:

- Review trends in breakfast consumption
- Demonstrate how breakfast can help meet the nutrition needs of your clients
- Give you inspiration for how you can bring both nutrition and satisfaction to your client's breakfast plate in the health care setting
- Help you inspire clients to include a nutritious breakfast when at home

Registered dietitians will receive 1 free CEU upon completion of the webinar.

Register HERE.

NWA's mission: NWA inspires and empowers the WIC community to advocate for and promote quality nutrition services for all eligible mothers and young children, and assure effective management of WIC.

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National Recreation and Park Association

$1.8 Million in Grants Available for Out-of-School Time Programs

NRPA is thrilled to announce the availability of grant funds to support children's health through park and recreation out-of-school time programs. Grants are for a one-year period and are expected to range from $25,000 to $35,000 with additional nutrition literacy materials provided (valued at $10,000).

These grants will be used to increase the number of healthy meals received by children in low-income communities, create behavior change through health literacy, and implement nutrition and physical activity standards.

This is a great opportunity to grow your park and recreation agency's role as your community's health and wellness leader.

Learn More and Apply Today

Applications are due at midnight ET on Thursday, March 6, 2014.

National Recreation and Park Association
22377 Belmont Ridge Rd., Ashburn, VA 20148
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