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

Week ending issue: January 31, 2014 – Issue #201

Policy

From the WIC Certification Policy and Procedure Manual – 235.01 Administrative Adjustments and Nutrition Tailoring - Nutrition Tailoring

Nutrition tailoring includes changes or substitutions to the food package to better meet the nutrition needs of participants. Nutrition tailoring includes changes or substitutions to:

- Food types
- Forms, and
- Quantities

The following nutrition tailoring decisions were made to achieve consistency with published nutrition recommendations and guidelines:

- Single flavor baby fruits and baby vegetables to promote the introduction of one new food at a time.
- 1% low fat and fat-free skim milk for all healthy participants 2 years and older to promote low fat milk instead of reduced fat milk. The only exception is for sweet acidophilus milk. Participants will be allowed to choose between 1% and 2% sweet acidophilus milk at the point of purchase. This is allowed because the two major instate dairies market products with different levels of milk fat.
- Cheese allowed only for fully breastfeeding women and those with medically documented need.
- Beans for all children 12-17 months of age to prevent choking on peanut butter.
- Whole wheat bread without added fruit, nuts or seeds to prevent choking in young children and to address potential food allergies.

The model food packages in the data system provide the regulatory maximum quantities unless a model homeless food package is selected. The additional limitations on package sizes and forms of product in these models make it nearly impossible to provide the regulatory maximum quantities for every food item.

Note: The amount of formula for partially breastfed infants and the amount of supplemental foods for children and women with qualifying conditions must be individually tailored based on the medical documentation and the participant's needs.

Information

Grants Available for Cooking Matters at the Store

No child should grow up hungry in America, but one in five children struggles with hunger. Organizations interested in Providing Cooking Matters at the Store, please see the flyer at the end of the Friday Facts.

Maternal Workshop/Breastfeeding Workshop

If you are interested in the Maternal Workshop/Breastfeeding Workshop on March 25 & 26, 2014, please see the registration and information at the end of the Friday Facts.

Resources

Supporting Long-term Breastfeeding with the New WIC Food Packages

For any of you who were unable to attend the webinar: Supporting Long-term Breastfeeding with the New WIC Food Packages, you can find the webinar recording and slides on https://www.nwica.org/education.

Client Education Resource

The series of clips pulled from the "Welcome to WIC" DVD and the "WIC Food Tips" DVDs have been copied onto a CD for your use in disconnected clinics. We will be mailing these out (1 per agency or 1 per office for split agencies) this week in your agencies weekly mailing.

We are hopeful you will find these helpful in your education with clients at your clinics that are not yet connected to the internet. The CDs contain two folders, one with the English clips and one with the Spanish clips and can be played on your travel laptops. These clips can also be found on the Iowa Department of Public Health WIC web page and the Iowa Department of Public Health's YouTube and Pinterest pages so you can encourage clients to find them there for viewing at home or on their mobile device when at the store.

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

- 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
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
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
Duocal	1 can – 14 oz	4/2016	Mid-Sioux Opportunity	Glenda Heyderhoff 712-786-3417

Grants Available for Cooking Matters at the Store

DEADLINE January 31

No child should grow up hungry in America, but one in five children struggles with hunger. The No Kid Hungry campaign connects kids in need with nutritious food and teaches their families how to cook healthy, affordable meals. Cooking Matters at the Store is a free program of the No Kid Hungry campaign that empowers families to stretch their food budgets so their children get healthy meals at home.

Organizations interested in providing Cooking Matters at the Store tours may apply to Share Our Strength for a grant to help support their efforts. READ MORE . . .

To speak with a Health and Wellness Program Manager in your area or asked to be removed from our email list, email dairycouncil@midwestdairy.com or call 1-800-406(MILK).

Midwest Dairy Council®, an affiliate of National Dairy Council, is the nutrition education division of Midwest Dairy Association. The Council is dedicated to dairy nutrition research and education through the investment of more than 9,100 dairy farm families across 10 Midwestern states, and is committed to child health and wellness through our collaborative program, Fuel Up to Play 60. For more information, visit MidwestDairy.com. Follow us on Twitter and find us on Facebook at Midwest Dairy.

.

General Information

Registration fee

The registration fee for each workshop is $40.00. This fee covers lunch, breaks and print materials. Lunch will be prepared and served by students in the culinary arts program in the Bistro or a local caterer. Lunch is located in the Conference Center (the same building as the workshops).

Deadline

Space is limited so pre-registration is required by March 14, 2014.

How to register

You may register by:

- Mail using the enclosed registration form, or by
- Telephone by calling (515) 256-4908.

Location

Both workshops will be held at the Ankeny campus of the Des Moines Area Community College. The workshops will be in the Conference Center (also referred to as Building 7).

Parking

Parking is available at no charge. Use Lot E for easy access to the Conference Center. A map of the campus is enclosed for your reference.

Lodging

Lodging is available in the Ankeny and Des Moines area. Call the hotel directly to negotiate a rate.

CEUs

- Each workshop has been approved for 6 contact hours.
- Continuing education units have been requested for registered nurses through Nursing Provider Number 22.
- Certificates of attendance will be provided to registered and licensed dietitians to document activities for their professional development portfolios.
- Professional License numbers are required for CEUs. Please bring this information with you on the day of the event.

Continued on next page

General Information, Continued

Directions from Interstate 35

Follow these directions if you will be traveling to Ankeny on Interstate 35.

Step	Action
1	Exit the interstate at Exit 90 and turn west onto Oralabor Road (also known as Highway 160). Note: This exit is marked for the community college.
2	Move to the right lane and continue on Oralabor Road to the intersection with Highway 69.
3	Turn north (right) onto Highway 69 and move to the left lane.
4	Continue on Highway 69 to the first stoplight and turn west into the campus.
5	Watch for signs to the Conference Center.

Directions from Interstate 80

Follow these directions if you will be traveling to Ankeny from Interstate 80.

Step	Action
1	Exit the interstate at Exit 136 and turn north onto Highway 69.
2	Move to the left lane and continue north on Highway 69 approximately three miles. At the intersection with Highway 160, you can see the campus across the intersection and to the left.
3	Continue north through the intersection. Turn west (left) at the next stoplight to enter the campus.
4	Watch for signs to the Conference Center.

Meeting sponsors

These workshops are sponsored by the Iowa WIC Program, Iowa Department of Public Health.

Questions

Use the table below to determine who to call with questions.

IF you have questions about...	THEN call...
registration	(515) 256-4908.
the agenda	1 (800) 532-1579 and ask for Pat.

REGISTRATION

Maternal Nutrition Workshop
Breastfeeding Workshop

March 25 and 26, 2014

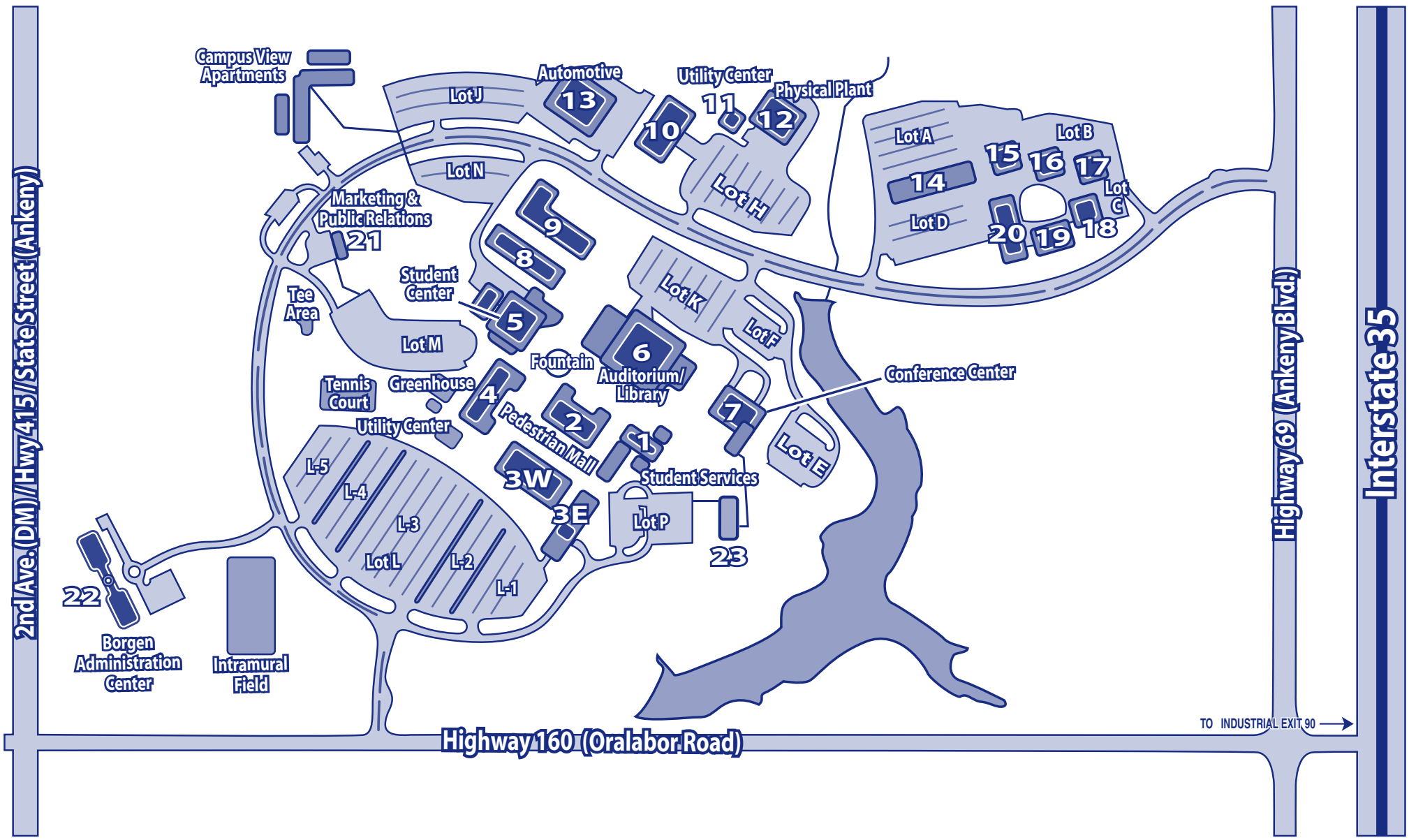
Name:_____ Daytime phone: _____
Address:_____ Social Security #:_____
_____ Date of Birth: _____
_____
Agency:_____

I am registering for the following workshop(s) *(please check one):*

_____Both days
_____March 25 only (Maternal) — NURS 983 CRN 28489-200 (6 contact hours)
_____March 26 only (Breastfeeding) — NURS 984 CRN 28488-200 (6 contact hours)
The registration fee is $40 for each workshop. Please make checks payable to Des Moines Area Community College.

Send this form and payment by March 14, 2014 to:

Des Moines Area Community College
Registration Building 1
2006 Ankeny Blvd.
Ankeny, Iowa 50023

DMACC
DES MOINES AREA COMMUNITY COLLEGE

Ankeny Campus