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

Week ending issue: September 28, 2012 #154

Policy

From the WIC Program Certification Manual- 215.12 What You Need to Know About the WIC Program

What is WIC?	WIC is a food and nutrition education program for women, infants, and children. That's just what your family may need now with a new baby. Good nutrition is important for new mothers like you, too.
What foods will you get?	Formula-fed babies get checks for iron-fortified formula. WIC also provides supplemental formula for breastfed babies who need it. New mothers get checks to buy milk, cheese, eggs, juice, cereal, dried or canned legumes or peanut butter, fruits and vegetables. Breastfeeding mothers receive larger quantities of these foods and can also choose from additional whole grain options.
What else does WIC provide?	WIC will help your baby get off to a good start with feeding. If you are breastfeeding, WIC can answer questions. WIC will also help your family: - Eat better, - Stretch your food dollars, and - Find out where to get health care.

Information

Food package Changes

Starting October 1st there will be some changes to the food package. Below outlines the changes and how they will appear in IWIN.

Baby Fruits and Vegetables

- We are now going to allow blends in addition to the single flavors.
- FI description: Jars 4 oz Baby Fruits and/or Vegetables – Single flavor and/or blends

Infant Cereal

- DHA will now be allowed.
- FI description: oz Infant Cereal – No added fruit or formula

Oatmeal

- 16 oz of oatmeal will now be a whole grain option. Participants will be able to choose from the whole wheat bread, whole wheat or corn tortillas, brown rice, and oatmeal.
- FI description: oz Approved Quick or Old Fashioned Oatmeal

Eggs

- Grade AA large eggs will no longer be authorized. Only the grade A large eggs can be purchased.
- FI description: Dozen Large Grade A Eggs – White or Brown

Juice

- Participants will no longer have to choose whether they want fruit, vegetable, or tomato juice. These items will all be on the same check. The 32 oz tomato and vegetable juice will still be an option.
- FI description: Container(s) 64 oz Fruit, Vegetable, or Tomato Juice

Goat milk

- We recently received information that only the Meyenberg nonfat powdered goat milk and low fat liquid goat milk contain the required amount of vitamin A to be WIC eligible. Starting October 1st, we will no longer be authorizing liquid goat milk, so the only approved goat milk will be the Meyenberg nonfat powdered goat milk. The nonfat powdered goat milk will only be available for children over 2 years of age or women. We are no longer authorizing the liquid goat milk because of availability issues and many families found that it expired before they could use it.
- FI description: Container of 12 oz Non-fat Powdered Goat Milk – Meyenberg Brand Only

Cereal

- Additional types of cereal will be added to the WIC food package. These include Wheat Bran Flakes, Frosted Shredded Wheat, Frosted Bite- Size Shredded Wheat, Crunchy Oat Squares, Oat Wise, Corn Biscuits, Toasted Corn Biscuits, Rice Biscuits, and Toasted Rice Squares.
- No FI change will occur with these changes.

Dates to Remember

2012

- 2012 Iowa WIC Training – October 26, 2012
- Communication and Rapport Building Core Workshop – October 30, 2012
- Contractor's Meeting – January 29, 2013
- New Employee Training Course – January 31, 2013
- Maternal and Breastfeeding Core Workshops – March 27-28, 2013
- New Employee Training Course – April 30, 2013
- New Employee Training Course – July 30, 2013
- Contractor's Meeting – August 20, 2013
- Infant and Child Core Workshop – August 29, 2013
- Communication and Rapport Building Workshop – October 29, 2013
- New Employee Training Course – October 30, 2013

Available Formula

Product	Quantity	Expiration Date	Agency	Contact
Enfaport Lipil 8 oz RTU, 30 cal/fl oz	1 case (24 cans) + 4 cans	12/1/2012	Edgerton Women's Health	Jen Clasen 563-359-6635
Bright Beginnings Soy Vanilla flavor	8 oz RTU cans in cases of 6 17 cases (102 cans)	3/2013 and 2/2013	Siouxland District Health Department	Jean Sterner 712-279-6636
Pediasure 1.0 Enteral	1 case (24 cans)	7/1/2013	Pott County	Kris Wood 712-238-5886
EleCare Jr. Unflavored Portagen	1 containers – 14.1 oz 5 containers – 16 oz	8/2013 8/2013	New Opportunities	Sharon McDonald Williams 712-830-1329
Elecare Unflavored	8 containers 14.1 oz powdered	4/1/2014	Edgerton Women's Health	Jen Clasen 563-359-6635
Compleat Pediatric Unflavored	5 cases (24 – 8.45 oz. cans per case)	1 – Nov 2012 4 – Feb 2013	New Opportunities	Sharon MacDonald Williams 712-830-1329