

KANSAS WIC INFORMATION MEMORANDUM
KANSAS-WIC-I-2015-07

TO: Parent and Sub-Agencies

FROM: Dave Thomason
Nutrition & WIC Services Director

DATE: April 23, 2015

RE: Save the Date. eWIC Orientation for Local Agency staff
State Agency Staff Changes
Questions about Recent Food Package Changes
Milk Comparison Fact Sheet
An Opportunity to comment on WIC Food Packages during the current review by the
Institute of Medicine.
Vendor Training
WIC Advisory Committee: Minutes (4/15/15) & Call for Agenda Items for 7/22/15 Meeting
Training: Educational Opportunities

Save the Date. eWIC Orientation for Local Agency staff

A one hour eWIC orientation webinar for Local Agency staff is scheduled for two dates. The dates are: June 25, 2015 at 3:30 pm and June 30, 2015 at 9:00 a.m. Both sessions are the same and one session will be recorded for future viewing. More information will be provided later. Even though the session will be recorded, please make every effort to schedule time so that all staff will be able to attend one of the two orientations.

For your Information, the WIC programs of Kansas, New Hampshire and the Inter Tribal Council of Arizona have jointly secured a contract with Maximus to assist in planning for EBT functionality (WIC electronic benefits transfer). The term "eWIC" will be used instead of EBT in order to reduce any confusion between other programs using the term EBT, such as food assistance (SNAP) and cash assistance (TANF).

ACTION REQUIRED: Inform staff and adjust schedules for all staff to attend.

State Agency Staff Changes

Please join in welcoming **Lisa Long**, who joined the state WIC staff on March 29, 2015. Lisa fills the Program Consultant position vacated by Pam Combs. Lisa has over 20 years of experience with the state. For the last 7 years she has worked in KDHE’s Foster Care Program. Prior to that, Lisa worked in the Vocational-Rehabilitation Services Section at the Kansas Department of Children and Families. She is a licensed Social Worker excited about supporting families and joining the WIC team.

Effective April 26, 2015, **Rachelle Hazelton** will assume new responsibilities as a Public Service Executive within the WIC program. Rachelle will supervise four program consultants and will provide leadership in meeting WIC goals and objectives. Rachelle has been working with WIC for the past 7+ years and has a total of 15 years in State service. Prior to WIC, Rachelle worked for the Juvenile Justice Authority and with KDHE in the Bureau of Epidemiology and Public Health Informatics. Please join in congratulating Rachelle in her new duties.

Questions about Recent Food Package Changes

Question 1: The new infant food package allows an infant from 9-12 months to receive a \$4 FVC which decreases their jarred foods in half. What about exclusive breastfed babies? The examples in the training handbook do not address exclusively breastfed baby’s food package.

Answer:

Exclusively Breastfed babies 9-12 months can substitute \$8 for 32-4 oz. jars. Sorry that it was not in the training packet. Here is the policy. [http://www.kansaswic.org/manual/FC I 02 01 01 Infant Food Packages Breastfeeding Infant.pdf](http://www.kansaswic.org/manual/FC_I_02_01_01_Infant_Food_Packages_Breastfeeding_Infant.pdf)

Basket	Food Package 1-BF Excl Breastfed < 6 mo old	Food Package 2a-BF Excl Breastfed 6-9 mo old	Food Package 2b-BF Excl Breastfed 9-12 mo old
Infant Cereal	NA-only priceless breastmilk	24 ounces Infant Cereal	24 ounces infant cereal
Baby Food Fruits and Vegetables		64 - 4 oz. containers	64 – 4 oz. containers
Baby Food Meats		31 – 2.5 oz. containers	31 – 2.5 oz. containers
Fresh Bananas*		4 substituted for 4- 4 oz. containers of baby food fruits and vegetables	4 substituted for 4- 4 oz. containers of baby food fruits and vegetables
Fresh FVC**			\$8 substituted for 32 – 4 oz. containers of baby food fruits and vegetables

Item 2: Not a question, but a nice resource for staff developed by Johnson County that we thought would be useful to all. Thank you, Johnson County WIC!

For Formula Fed Infants

OPTION #1 6-12months	OPTION #2 6-12months	OPTION #3 9-12 months	OPTION #4 9-12 months
24oz plain Infant Cereal	24oz plain Infant Cereal	24oz plain Infant Cereal	24oz plain Infant Cereal
32-4oz jars baby food–fruit and/or vegetables	4 fresh regular bananas	\$4 fruit and /or vegetables (fresh only)	\$4 fruit and/or vegetables (fresh only)
	28-4oz jars baby food fruit and/or vegetables	16-4oz jars baby food fruit and/or vegetables	4 Fresh regular bananas
			12-4oz jars baby food fruit and/or vegetables

For Exclusively Breastfed Infants

OPTION #1 6-12 months Excl-Breastfed	OPTION #2 6-12 months Excl-Breastfed	OPTION #3 9-12months Excl-Breastfed	OPTION #4 9 -12months Excl-Breastfed
24oz plain Infant Cereal	24oz plain Infant Cereal	24oz plain Infant Cereal	24oz plan Infant Cereal
31-2.5oz jars baby food meats	31-2.5oz jars baby food meats	31-2.5oz jars baby food meats	31-2.5oz jars baby food meats
64-4oz jars baby food fruit and/or vegetables	60-4oz jars baby food fruit and/or vegetables	32-4oz jars baby food fruit and/or vegetables	28-4oz jars baby food fruit and/or vegetables
	4 fresh regular bananas	\$8 fruit and/or vegetables fresh only	4 fresh regular bananas
			\$8 fruit and/or vegetables fresh only

Question 2: Clients have reported that for infants four bananas on a check are too many. They get too ripe and are wasted. Can that be fixed?

Answer: Staff can now select Storage Limitations on the second window when tailoring a food package (where you select the distribution strategy) and the bananas will be placed on two checks (two bananas on a check.) The SA thanks Laura Drake, Johnson County WIC, for the suggestion.

ACTION REQUIRED: Inform staff.

Milk Comparison Fact Sheet

We’ve had some requests about milk substitutes such as almond milk. Currently these are not allowed by federal regulation because of some important nutrient differences, particularly protein. National Dairy Council recently added a new piece to the National Dairy Council [website](#). This piece compares cow’s milk with soy, almond, coconut, and rice milk. Not only are the calories and nutrients compared, but also the price per ½

gallon and 8 oz. glass. [Download](#) this resource here. You might find it useful with clients. (And if you have clients that want to comment on this due to allergies, see the next I-memo item about commenting on the WIC Food Package.

ACTION REQUIRED: Use as desired.

An opportunity to comment on WIC Food Packages during the current review by the Institute of Medicine

A public comment session regarding the WIC Food Packages will be held on June 25, 2015 at 7:00 am Central Time) in California.

The public comments session relates to Phase I of the food package study study, which will: review the current scientific literature as well as government reports and other relevant publications to assess the current WIC food packages for consistency with the Dietary Guidelines for Americans; review the nutritional requirements of the WIC population and conduct analyses of dietary and energy intakes; conduct analysis of food expenditures of the WIC population; review and assess the impact of cultural food preferences on nutritional needs and food intake patterns; and develop plans for cost analyses on WIC food package components, food group and subgroup costs, and information on program participation.

Attendees are invited to provide public comments, up to three minutes in length. For those who will not attend in person, comments can be submitted [here](#). The comment session will begin at 7 a.m. central time and last until all commenters have presented.

The website for the June 25 meeting is:

<http://www.iom.edu/Activities/Nutrition/ReviewWICFoodPackages/2015-JUN-25.aspx>

The general website for the full review project is at:

<http://www.iom.edu/activities/nutrition/reviewwicfoodpackages.aspx>

ACTION REQUIRED: Share information widely. Provide comments, as appropriate.

Vendor Training PowerPoint

The [Vendor Training Power Point](#) has been updated to include the program booklet updates of bananas for baby food, fresh fruits/vegetables for babies, allowed potatoes and whole grain size requirements.

ACTION REQUIRED: Use the Power Point presentation for training store personnel.

WIC Advisory Committee: Minutes (4/15/15) & Call for Agenda Items for 7/22/15

- You can find minutes of the April 15, 2015 WIC Advisory Committee meeting on the WIC Advisory Committee page of the website. http://www.kansaswic.org/local_agencies/WIC_advisory_comm.html
- The next WIC Advisory Committee conference call is July 22, 2015 at 10:00 AM. **Please submit agenda items to your WAC representative or Patrice Thomsen by July 1, 2015.** You can find your representative name and contact information on the [WIC Advisory Committee](#) page of the Kansas WIC website. As a reminder, questions about policy implementation should be directed to your agency's assigned state staff member.

ACTION REQUIRED: Read minutes as desired. Submit agenda items by July 1, 2015.

Training: Educational Opportunities

- Reminder (from October I-memo): There will be no Kansas WIC Conference in 2015. The next conference will be a statewide conference in the spring of 2016. Clinics are encouraged to consider using budgeted funds to send WIC staff to other appropriate training opportunities.
- Business Case for Breastfeeding training, May 7, 2015, 9:30-11:30 am at the Seward County Commissioners' Chambers, 515 North Washington, Liberal, KS. To register contact Susan Lukwago at slukwago@sbcglobal.net or 620-626-4221 by May 1, 2015. Maximum attendance 25. Gain in-depth knowledge of the federal "Break Time for Nursing Mothers" law and gain resources from New York and the US Breastfeeding Committee to assist employers and mothers.
- The National WIC Association Annual Education and Networking Conference & Exhibits will be at the Westin Bonaventure Hotel in Los Angeles, CA, May 16 - May 20, 2015. This Conference will offer an excellent opportunity to acquire new skills and to network with an estimated 1,000 of your peers, colleagues and exhibitors who provide WIC related products and services for your participants. The conference will also offer an opportunity for attendees to hear from USDA officials and to dialogue on relevant updates and challenges that the program faces.

For the rest of the conference, you will have the opportunity to choose from over 30 general and concurrent sessions that are sure to expand your professional skills and knowledge base. Check here for updates and registration: <https://www.nwica.org/events/info/2015-annual-education-and-networking-conference-exhibits>

- Kansas WIC New Employee Breastfeeding Training - "Using Loving Support to Grow and Glow in WIC". All new employees are required to attend Loving Support training. WIC Coordinators may choose to wait and send new employees to the nearest training, as long as the person will have been employed in WIC for less than one year by the time they attend.
 - Topeka – Wednesday, June 3, 2015. See registration information in the [March 2015 I-memo](#).
 - Wichita – November, 2015. (exact date to be determined)
- An online breastfeeding continuing education tutorial titled: "Expanding Pediatricians' Roles in Breastfeeding Support Continuing Medical Education (CME) Online Tutorial" is available. There is no charge for this tutorial. To access the program, click on or cut and paste this link into your browser: <http://www.northeastern.edu/breastfeedingcme/index.html>
- CAPPA Certified Lactation Educator (CLE) Trainings. June 17-19, 2015, Chanute Memorial Building, 101 S. Lincoln, Chanute KS. To register for the Chanute training please see the attached brochure. **OR** Save the date for the next training– September 28-30, Garden City, KS.

ACTION REQUIRED: Share information with appropriate WIC staff about these continuing education opportunities. WIC staff is encouraged to attend additional nutrition and breastfeeding trainings and conferences. Consider sending appropriate WIC staff to trainings and conferences according to your local agency training needs and as the local agency budget allows. The SA encourages WIC staff, if appropriate, to also obtain funding through - [ADM 11.02.00 Financial Support for Local Agency On-Going Training](#).

This policy provides information on the possibility of obtaining financial support from the SA for additional training. Be aware that the policy specifies that staff time is not covered in these special funds. Appropriate staff time would be covered under regular WIC funds or other county funds as approved by supervisor. If additional regular WIC funds are needed for staff time, contact your SA lead for guidance.

If you have any questions regarding this memo, please contact the state staff member assigned to your agency.

Items : CAPPA CLE Chanute Kansas June 17 to June 19



CLE™ Training Program
Become a Certified Lactation Educator with the world's largest childbirth organization, CAPPA. This exceptional and affordable training prepares health professionals and breastfeeding counselors to support and educate in the field of lactation. Prepare to assist the breastfeeding dyad and add to your perinatal services by going to the next level in lactation education. There are no prerequisites for this course. Students who complete the three day training may enroll in CAPPA Academy and complete the process to become "Certified Lactation Educators."



CLE Faculty
Stephanie Henry, IBCLC, BS(MT), CLE, works with prenatal moms and breastfeeding families in Neosho County through the Woman, Infant, Children (WIC) program. She is a Medical Technologist with a specialized degree in microbiology & is a Board Certified Lactation Consultant and Health Educator for the Department of Public Health. Her passion for lactation education makes her training both fun and informative!

Midwest Lactation Academy

Normalizing breastfeeding through education & support

Build Lactation Skills & Counseling Confidence

This course is perfectly suited for anyone who works with prenatal or postpartum moms. The maternal/child professional as well as the community volunteer will benefit from this well rounded breastfeeding education course.

The CLE Course is regularly attended by:

- Birth & Postpartum Doula
- Midwives
- Labor & Delivery Nurses
- WIC Peer Counselors & WNAs
- Childbirth Educators
- Postpartum Nurses
- Visiting Nurse Programs
- La Leche League Leaders
- Nutritionists
- Public Health Employees
- NICU Nurses

...and all others supporting the breastfeeding families.

Select a link to view
[Course Description](#)
[Objectives](#)
[Agenda](#)

"I have learned more about breastfeeding to take back to the families I serve, made new friends, & created a wonderful breastfeeding resource guide for my community. Stephanie you are beyond fabulous!" – Barbara

CAPPA 20 Hour CLE™ Training fulfills the requirement for:

The Baby Friendly Hospital Initiative, US Core Competencies & CAPPA Lactation Educator Course



Register online at:

<http://breastfeedinl.wix.com/mwla>

Type in the password
JUNE to register

OR Click on the link on the website for "Mail-In Registration"

Early Bird Registration begins on April 9th!

Have questions???
You can email Stephanie at mshenry@winexus.net

Or call her at
(620) 433-1471

