

KANSAS WIC INFORMATION MEMORANDUM
KANSAS-WIC-I-2016-02

TO: Parent and Sub-Agencies

FROM: Dave Thomason
Nutrition & WIC Services Director

DATE: November 23, 2015

RE: 2016 Kansas WIC Conference – Save the Date – March 29-30, 2016
Food package – Food - 12 – 24 months – Difficulty in finding whole milk yogurt
Food Package – Food – WIC Food Packages window on kansaswic.org
Nutrition Education – More resources for promoting yogurt and fresh fruit and vegetables
WIC Advisory Committee: Minutes (10/10/21/15) & Call for Agenda Items for 1/26/16
Training: Additional Educational Opportunities

2016 Kansas WIC Conference – Save the Date – March 29-30, 2016 (Tentative)

The 2016 Kansas WIC Conference is tentatively set for March 29-30, 2016 in Topeka. Dates and times are tentative just because the facility contract is still tentative. Consider that policy requires at least one representative from each LA and clinic site must attend the Kansas WIC Conference. However the agenda for this conference will contain multiple breakout sessions so we recommend planning for more than one staff member to attend.

Exact times are not planned, but the meeting will begin early March 29 and end early afternoon March 30. Therefore many local staff will want to plan to drive to Topeka and stay the night of March 28, as well as March 29. Overnight lodging will only be reimbursed for staff whose normal workplace is more than 30 miles away.

If you are the coordinator for an agency with a consultant dietitian, be sure to consider if your RD might attend. Agencies that “share” consultant RDs should discuss dividing the cost.

If you have suggestions for topics, speakers, or policy/procedure review questions, send them to Patrice Thomsen at pthomsen@kdheks.gov.

ACTION REQUIRED: Mark your calendar and watch for more information coming soon.

Food package for 12 – 24 months – Difficulty in finding whole milk yogurt

If the 12 – 24 month old food package is tailored for yogurt, the type of yogurt is whole milk yogurt and this will be printed on the check.

At this time there is limited availability of whole milk yogurt at Kansas vendors. After recently checking, it was found that the following products which meet the whole milk requirement are available at some Kansas vendors.

Currently available are: Dannon All Natural Plain, Mountain High Original Style Whole Milk Plain and Vanilla (western part of state) and Oikos 4% Plain. The Dannon is widely available at Wal-Mart, some Hy-Vees, at least one Super Target and one Price Chopper.

It is anticipated that as more clients request whole milk yogurt at their stores, it will become more commonly available. Anytime that a client goes to a store and the store does not stock a product on their check, they should go to Customer Service and inquire whether the store can get the product.

ACTION REQUIRED: Share this information with WIC staff so they can share it with appropriate clients.

Food Package – Food – WIC Food Packages window on kansaswic.org

The WIC food packages window on the Kansas WIC website has been updated to reflect recent food package changes.

ACTION REQUIRED: Share this information with WIC staff so they can share it with clients as appropriate.

More resources for promoting yogurt and fresh fruit and vegetables

Attached to this I Memo are two more handouts for promoting the use of yogurt and fresh fruits and vegetables. The handout titled *Add Fruits and Vegetables to Classic Favorites* will be posted on the WIC website on the Nutrition Education Materials/General Nutrition tab.

The yogurt handout is from Nutrition Matters, Inc. Clinics can sign up to receive email notification when free NuBites handouts are posted on the Nutrition Matters Inc. website <http://stores.numatters.com/nubite-tipsheets/> .

ACTION REQUIRED: Share these resources with staff involved in nutrition education.

WIC Advisory Committee: Minutes (10/21/15) & Call for Agenda Items for 1/26/16

- You can find minutes of the October 21, 2015 WIC Advisory Committee meeting on the WIC Advisory Committee page of the website. Note the dates for the 2016 WAC meetings and that the spring date was tentative and likely changed to coincide with a face-to-face meeting during the spring conference.
http://www.kansaswic.org/local_agencies/WIC_advisory_comm.html
- The next WIC Advisory Committee conference call is Tuesday, January 26, 2016 at 10:00 AM. **Please submit agenda items to your WAC representative or Patrice Thomsen by January 8, 2016.** 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 January 8, 2016.

Training: Additional Educational Opportunities

- 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 – June 2016 (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>
- The Kansas Breastfeeding Coalition, Inc. is offering nine breastfeeding information classes in various locations around Kansas throughout 2016. The workshop covers the following topics which are important for any health care professional who support breastfeeding dyads: Wide Range of Normal in the Breastfed Baby; Teaching Mothers Optimal Latch and Positioning Techniques; Reducing the Rate of Formula Supplementation. The workshop is approximately 4 ½ hours long and is approved for continuing education credits for nurses, licensed dietitians and IBCLCs. Use this opportunity to network and invite others in your community - hospital staff, physician office staff, Healthy Start Home Visitors, etc. to attend this training. For sites and registration information: <http://ksbreastfeeding.org/breastfeeding-101/>
- **Save the Date - Breastfeeding 2016: Hands-On Management Practices Friday, March 4, 2016, a continuing education program sponsored by the Kansas La Leche League.** Registration opens Dec. 1, 2015. Visit www.KansasLLL.org .

The featured speaker is Jane Morton, MD,FAAP,FABM presenting her research on breastmilk expression *Game-changing Research about Breastmilk Expression, Early Hand Expression and Hands-on Pumping, Bedside Care for Low- and High-Risk Infants, and Beyond Baby Friendly, Thinking Out of the Box*. This year a second speaker, Sherry Payne, Executive Director of Uzazi Village in Kansas City will speak on *What You Don't Know Hurts Us: The Impact of Racism and White Privilege on Breastfeeding in the African – American Community*. While this might be a difficult conversation to hear, changes in how the Kansas WIC program approaches the support of races other than Caucasian need to be made as evidenced by lower breastfeeding rates.

The breastfeeding initiation rate for African American women on WIC is about 10% lower 69.6% as compared to 78.6% for all other races. The rate of initiation for the Race – Native Hawaiian/Other Pacific Islander is 71.2%, for Asian is 80.7%, for American Indian/Alaskan Native is 78.3%, and for Caucasian is 78.6%. Women of Hispanic ethnicity initiate breastfeeding at a higher rate – 80.6% as compared to women not indicating Hispanic ethnicity 76%.

- **Save the Date – The NWA Annual Education and Networking Conference & Exhibits will be at the Duke Energy Convention Center in Cincinnati, OH, May 22 - May 25, 2016.** 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 27 general and concurrent sessions that are sure to expand your professional skills and knowledge base to equip you to face coming WIC challenges and to take advantage of current and future WIC opportunities.
<https://www.nwica.org/events/info/2016-annual-education-and-networking-conference-exhibits>
- **Save the Date - The NWA Biennial Nutrition Education and Breastfeeding Conference will be held at the Sheraton Downtown Hotel in Denver, CO from September 8 - 10, 2016.** This conference is the most popular gathering of the **WIC nutrition and breastfeeding professionals** in the US, attracting more than 1,200 staff from USDA, state and local WIC agencies. Education sessions will cover current and emerging nutrition and breastfeeding science, research, policy and best practices. Poster Sessions and special forums will offer additional learning and networking opportunities. More than 40 exhibitors will be on hand to provide the **latest on WIC-related products, technology and services**.
<https://www.nwica.org/events/info/2016-nutrition-education-and-breastfeeding-conference-exhibits>

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.

Attachments: Yogurt Made Healthier
Add Fruits and Vegetables to Classic Favorites

yogurt for kids

Yogurt can be a healthy snack for you and your children. But some yogurts that are marketed to children are more like a dessert.

Sweeten yogurt with fruit

Buy a large container of nonfat vanilla yogurt and add your own flavor:

- Add sliced strawberries, kiwi, peaches or pears.
- Stir in applesauce.
- Top with chopped bananas.
- Blend frozen fruit and stir into yogurt.
- Got leftover baby food - stir in some pureed peaches, apricots or pears.



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yogur para niños

El yogur puede ser un bocadillo saludable para usted y sus niños. Aunque algunos yogures comercializados hacia los niños se parecen más a un postre.

Endulce el yogur con fruta

Compre un envase grande de yogur descremado de vainilla y agregue su propio sabor:

- Agregue rodajitas de fresa, kiwi, durazno o pera.
- Agregue salsa de manzana.
- Cubra con rodajas de banana.
- Mezcle la fruta congelada y agréguela al yogur, revolviendo.
- Si le sobró comida para bebé - agregue duraznos, damascos, o peras hechos puré.



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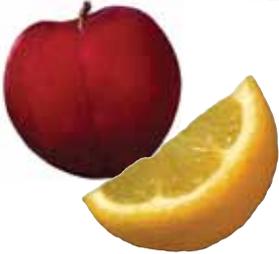
Add Fruits and Vegetables to Classic Favorites...

Classic Dishes	Plus	Fruit or Vegetable
<p>Yogurt</p> 	<p>+</p>	 <p>Peaches</p>
<p>Oatmeal</p> 	<p>+</p>	 <p>Raisins or Apples (for younger children)</p>
<p>Quesadillas</p> 	<p>+</p>	 <p>Tomatoes and Peppers</p>
<p>Lasagna</p> 	<p>+</p>	 <p>Spinach</p>



Tips

...to Help You Eat at Least 5 Servings of Fruits and Vegetables Every Day



- Buy fresh fruit and vegetables in season when they may be less expensive and at their peak flavor.

- Be a role model - eat your fruits and vegetables and your children will too.



- Ask your children to help you pick out a fruit or vegetable at the store. When they are involved in selecting the fruit or vegetable, they are more likely to eat it.



- For dessert, have baked apples, pears, or a fruit salad.

- Try a fruit smoothie - mix bananas peaches, strawberries, or other berries with low-fat or fat-free yogurt.



- Use frozen vegetables for quick and easy cooking in the microwave.

- Fruits and vegetables taste great with a dip or dressing. Carrot and celery sticks are traditional, but consider broccoli florettes, cucumber slices, red or green pepper strips, or apples.



- Salads are an easy way to get your vegetables. Include a green salad with your dinner every night. Or try a main dish salad.

*Adapted from USDA's ChooseMyPlate.gov web site: <http://www.choosemyplate.gov/food-groups/fruits-tips.html>