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Sent: Friday, June 18, 2010 3:21 PM
To: HSS DPA WIC Coordinators
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Subject: Friday Update June 18
Attachments: Farmers-Market-Managers-FAQ.PDF; 6.16.10 Physical Mail Directory.pdf; 2010 WIC Directory ver 6-16-10.pdf

Follow Up Flag: Follow up
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Hi Everyone,

Thank you to Rene and the staff at YKHC WIC for their hospitality during my ME visit to Bethel on May 20-21. YKHC is implementing PCE hospital-wide and the WIC staff are leading the change. Way to go YKHC WIC!

Here's what new this week in WIC:

1. Planning for WIC Application Revisions—We're starting the process to update WIC applications and wondered if LAs print applications as needed or if you have large quantities on hand. Please let Dana know how much advance notice you would like before we make application changes or if it doesn't matter to your agency.
2. FY 11 Logic Models—We are still fine-tuning the FY 11 WIC logic model process and forms. We will aim to get these items to you by July 30th and propose they be submitted with the first quarterly report. Please contact Dana or Fatima if you have questions or concerns.
3. WIC Clinic Directory—Thanks Christy and LAs for helping update the WIC directory—see attached. Christy will send hard copies to you by mail.
4. Lactation Certification Training—We are planning WIC LC training opportunity August 23-27. State WIC will pay travel/per diem costs for 1 or 2 people from each LA to attend (outside the Anchorage area). Clinics should plan their client schedules with this in mind. Participants will receive the certificate, but must complete the entire week. Please contact Dana Kent for more information.
5. *"Calling all Farmers Markets!"* –There is a nationwide contest will give farmers' market customers an opportunity to vote for their favorite markets and show support for their local food communities-see attached. The goal is to promote the connection between fresh and local food and the local farms and farmland that supply it. Voting starts June 1, 2010 and runs through August 31, 2010. For more information, go to: <https://www.partnerweb.usda.gov/communities/WIC-FMNP-SFMNP/General%20Information/America's%20Favorite%20Farmers%20Markets%20Contest.pdf>
6. FY 10 Income Guidelines--The provision of the Continuing Extension Act of 2010, P.L. 111-157 (H.R. 4851), extends the 2009 poverty guidelines until May 31st has expired (see <http://aspe.hhs.gov/poverty/index.shtml>), the new poverty guidelines for 2010 are not published yet. As a result, the 2009 income guidelines remain in effect. You may find additional information regarding this extension on the HHS Website. The link is as follows:
<http://aspe.hhs.gov/poverty/index.shtml>

Nice to Know:

\$5 million USDA Grants for Hunger-Free Communities

The USDA Food and Nutrition Service announces a Hunger-Free Communities grant competition opportunity for public and not-for-profit organizations. Applications may be submitted via www.grants.gov

Two models of grant will be funded:

1. assessment /planning grants (\$1 million) to assess the level of hunger and food insecurity and develop a plan to become hunger-free; and
2. implementation grants (\$4 million) for communities that already have a plan to end hunger and need resources for program implementation

An applicant may only apply for one model of grant; however, planning grant applicants may apply for an implementation grant in a future year if additional funds are made available.

The proposed dietary guidelines can be accessed at: dietaryguidelines.gov. Written comments on the guidelines are being taken through July 15. Provide comments on the report at: dietaryguidelines.gov.

Proposed dietary guidelines take aim at obesity

By [Rita Jane Gabbett](#) on 6/15/2010

The Dietary Guidelines Advisory Committee of experts established jointly by USDA and the Department of Health and Human Services has issued its report on how the current dietary guidelines should be changed to promote health and reduce obesity.

The report, which is now open for public comment, is the starting point for new government guidelines that will be set by the end of the year and will inform standards for U.S. school lunch and breakfast and other federal food programs.

Among its recommendations were: cutting recommended daily sodium intake to 1,500 milligrams a day from the 2005 guideline set at 2,300 milligrams; shifting food intake patterns to a more plant-based diet; increasing intake of seafood and low-fat milk products; and consuming only moderate amounts of lean meats, poultry and eggs.

It also called for significantly reducing intake of foods containing added sugars, solid fats and refined grains.

Fat and protein

The report suggested limiting saturated fatty acid intake to less than 7 percent of total calories while substituting instead food sources of mono- or polyunsaturated fatty acids. It suggested limiting cholesterol-raising fats such as saturated fats exclusive of stearic acid and trans fatty acids to less than 5 percent to 7 percent of energy.

The report called animal sources of protein, including meat, poultry, seafood, milk and eggs, "the highest-quality proteins,"

adding that plant proteins can be combined to form complete proteins if combinations of legumes and grains are consumed.

Food safety

The report left the basic four food safety principles identified to reduce the risk of foodborne illnesses unchanged as: clean, separate, cook and chill.

It also said the health benefits of consuming a variety of cooked seafood outweighs the risks associated with exposure to methyl mercury and persistent organic pollutants. The report suggested consumers can safely eat at least 12 ounces of cooked seafood per week provided they pay attention to local seafood advisories and limit their intake of large, predatory fish.

The report can be viewed [here](#).

Written comments can be submitted at dietaryguidelines.gov or mailed to Carole Davis, Co-Executive Secretary, Dietary Guidelines Advisory Committee, USDA Center for Nutrition Policy and Promotion, Room 1034, Alexandria, VA 22302.