
From: Johnson, Jennifer S (HSS)
Sent: Friday, September 26, 2014 4:21 PM
To: HSS DPA WIC Coordinators; HSS DPA WIC Anchorage; HSS DPA WIC Juneau
Cc: O'Gara, Kathy (HSS Sponsored); Welch, Scooter (HSS Sponsored); Bennis, Don; Rybicki, Danielle (HSS Sponsored); Stouder, Kristen A (HSS); Olejasz, Aimee M (HSS)
Subject: WIC Update

Hello everyone-

Kathleen is out today and I'm doing today's update.

Thanks to everyone for all your hard work. I hope you're enjoying the hula hoops, and finding some time to use the walking videos with your coworkers.

As our October 1 date for implementation of the Final Food Rule change approaches, I'll try to include as much pertinent information as I can in this update. Please read it carefully.

Call or email me with questions.

Have a great weekend!

Jennifer

1. **Final Food Rule-** Attached are several documents connected to the Final Food Rule changes. Included is a milk comparison chart from our Washington Dairy Council Speaker that includes soy milk. A brief handout for clients is also attached- you can use it or not at your discretion. The ENPR with the Final Food Rule Changes is also attached. Please note that there will be additional training before the November changes. Please call or email Jennifer Johnson (465-8104) with questions and comments.
2. **A Food List insert** for the food items affected by the Final Food Rule is attached. Please download and print for distribution to participants as needed. On Tuesday, the Vendor Management Unit will mail color copies to all Local Agencies – please send the estimated number of copies you will need for 30 days to erin.khmelev@alaska.gov by noon on September 30th. The revised Food List / Participant ID Booklets will be printed in late October or early November – we'll keep you posted about that.

The Food List insert was mailed to all vendor locations today. If you have any questions, please contact Sandy Harbanuk, sandra.harbanuk@alaska.gov, or (907) 465-4704.

3. The most recent Medicaid/DKC/SNAP outreach list is available.

The files are located on the SPIRIT SharePoint under AGENCY REPORTS/1. MEDICAID REPORTS/Sept 2014 or by clicking the following link:

<https://extranet.dhss.alaska.gov/pa/wicspirit/Agency%20Reports/Forms/AllItems.aspx?RootFolder=%2Fpa%2Fwicspirit%2FAgency%20Reports%2F1%2E%20MEDICAID%20REPORTS&FolderCTID=0x012000ED54B244C69CBD488820B7901EAEB401&View={0C894CA4-8B35-4826-9624-A7BE69C7560A}&InitialTabId=Ribbon%2EDocument&VisibilityContext=WSSTabPersistence>

4. **One call now training:** Please be sure to schedule the One Call now Training on your calendars. See below for details:

One Call Now Training
Friday, October 24, at 9:30 am

Please join my meeting.

<https://global.gotomeeting.com/join/175005709>

Use your microphone and speakers (VoIP) - a headset is recommended. Or, call in using your telephone.

United States: +1 (646) 982-0002

United Kingdom: +44 (0) 20 3535 0611

Access Code: 175-005-709

Audio PIN: Shown after joining the meeting

Meeting ID: 175-005-709

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1.

5. **World Breastfeeding week**

Happy World Breastfeeding Week/Month (Alaskan Style)

The theme is:



BREASTFEEDING: A Winning Goal - For Life!

This year's WABA World Breastfeeding Week (WBW) theme asserts the importance of increasing and sustaining the protection, promotion and support of breastfeeding - in the Millennium Development Goals (MDGs) countdown, and beyond. We call on all celebrants of WBW to Protect, Promote and Support Breastfeeding: it is a vital Life-Saving Goal!

- Refer back to your World Breastfeeding Week/Month activities packet that the Breastfeeding Committee sent out in June, for ideas on celebrating. World Breastfeeding Week/Month can be celebrated at any time convenient for you.
- NWA has the "Strengthening Families' Health with WIC Breastfeeding Support" video highlighting all the great things WIC in breastfeeding support services. Go to view the video and infographic about breastmilk at:
<https://www.nwica.org/blog/strengthening-families-health-with-wic-breastfeeding-support.on>

- For other breastfeeding resources go to: <http://wicworks.nal.usda.gov/breastfeeding/world-breastfeeding-week>.
- The breastfeeding poster project is almost complete and you should be receiving your posters in October, in time for World Breastfeeding activities.

Thanks all for your input and participation in the project! We have some beautiful posters to share with our clients and our community partners.

Share your World Breastfeeding Week activities with us after you have celebrated! Pictures are welcomed-

Thanks for all you do for moms, babes and families to help protect, promote and support breastfeeding in Alaska.

- 6. Coordinator Conference Evaluation: Look for a survey monkey evaluation arriving early next week.**
- 7. SPIRIT Update: Look for a SPIRIT update early next week**

Resources for Supporting WIC Clients – A Change to Lower Fat Milk



Many of you requested a list of resources from the state office. This list offers a variety of ideas, skills, and materials that will help you talk to your clients about the change to 1% or nonfat milk in October.

As this change comes to WIC, it's important to keep the Principles of Influence in mind. As WIC staff, we may be happy with this new requirement because it supports healthy behaviors; we need to remember this is a loss of choice for our clients.

The Principles of Influence to consider with this change are likability and reciprocity.

We want to help clients with this change. One of the best ways we can support them is to listen with empathy, reflect their concerns and be fully present. We don't have to try to fix it for them, rather be there with them.

Listening with empathy, reflecting back clients' concerns and being fully present are all things we can do to be more likable. When parents have challenges, WIC gives the gift of practical solutions. But sometimes we need to give different "gifts" when clients are upset or frustrated. In those times, we can offer the gifts of understanding and empathy instead of information and guidance. In those moments, listening to clients' needs and reflecting the messages we hear are the gifts needed most. Clients who feel heard and understood will be more ready and willing to talk about the change and what it means for them.

Helping clients navigate this change:

WIC CONNECTS SKILLS AND THE POWER OF INFLUENCE		
1.	LISTEN Hear the words of concern clients share and reflect the feelings and words they share. Think about the client perspective. How might our clients feel about this change?	<ul style="list-style-type: none">• Reflect what the client says, and ask for more information: "You're concerned that your child won't like this milk." "You've tried lower fat milk before and it didn't go well."• Affirm what they are already doing: "You're already offering many healthy foods." "Your family learns from you- great job making good choices that will last a lifetime." "Children going into Head Start will drink 1% milk - good job helping your child make the change now."• Use Explore, Offer, Explore to discuss the change. Here's an example: Explore what the client already knows: "Tell me what you've heard about 1% milk." Offer information in a neutral, non-judgmental manner: "Other parents have found switching slowly can really help." Explore the client's feelings or reactions: "You're concerned about how your child will like lower fat milk and you had some ideas that you thought would work. Of the ideas you shared what could you see yourself doing?"

Resources for Supporting WIC Clients – A Change to Lower Fat Milk

<p>2.</p>	<p>DISCUSS</p> <p>As a WIC team, discuss the impacts these changes may have on clients.</p>	<ul style="list-style-type: none"> • Discuss ideas your team has to help make this transition easier for clients. • Being <i>likeable</i> means listening first and then offering what we <u>can</u> do rather than what we can't: "This change is coming in October. We want to help you plan for this change. We have some tips and ideas for you to help your family change to lower fat milk, I can share these if you'd like." or "What ideas do you have that will help your family change to a lower fat milk?" or "Your September checks have the milk you're currently buying; you might try getting some 1% milk also. Then you can start giving some 1% milk and switch slowly. How does that sound?"
<p>3.</p>	<p>EXPERIENCE & LEARN</p> <p>Share a taste test of 1% and nonfat milks with your team.</p> <p>Look at the nutrition content of whole fat, 2%, 1%, and nonfat milk.</p>	<ul style="list-style-type: none"> • A lesson plan from California - Lose the Fat - Keep the Vitamins This group session is participant centered and includes a 1% "milk taste challenge" and activity for staff and participants to review milk label nutrition information. Note: It includes an apron and materials not available in Washington. Refers to 2009 food package change. • Six easy ideas to facilitate discussions and provide opportunities for moms and kids to taste, discuss, and hear from each other with the ideas starting on page 38 of this guide from the USDA: http://www.fns.usda.gov/sites/default/files/MessagePractice.pdf
<p>4.</p>	<p>EXPLORE</p> <p>Clients in focus groups said they believe lower fat milk is less nutritious for their family. Knowing this, how can we support them through this change?</p>	<p>Work with moms to identify strategies for introducing 1% milk. Facilitate discussions in group nutrition education contacts about low-fat and fat-free milk for kids.</p> <p>Changing behaviors related to child feeding practices can be challenging.</p> <ul style="list-style-type: none"> • Read about USDA client focus group findings (<i>page 40 Counseling on Food Benefits</i>) here: http://www.fns.usda.gov/sites/default/files/MessagePractice.pdf • Use the focus group findings to develop open-ended questions to identify challenges moms face when trying to change child feeding practices
<p>5.</p>	<p>SUPPORT & INFORM</p> <p>Give all clients a chance to learn about this change by including an appointment folder insert in each appointment folder.</p> <p>English insert & Spanish insert</p>	<ul style="list-style-type: none"> • Use <i>any resource</i> on this list. • Offer Nutrition Education in a group by using the TLC poster: <i>Top 10 Ways to Grow Happy Kids</i>. Number 5 on the list of 10 is: Serve lowfat milk to children over 2. Use the poster from TLC training or download and print at TouchingHeartsTouchingMinds.com. • Offer to share recipes or handouts from the table on the next page (page 3).

Resources for Supporting WIC Clients – A Change to Lower Fat Milk

RECIPES, HANDOUTS, AND POSTERS TO DOWNLOAD, PRINT, OR ORDER	
<p>USDA recipes: Milk, Yogurt & Cheese Recipes</p>	<p>Six pages of recipes and nutrition information. Each page includes a recipe and a nutrition message about using low-fat milk and yogurt. The description states: “Escape into the role of being your child’s first teacher by using this handout with a variety of flavorful and interesting milk, yogurt, and cheese recipes.”</p>
<p>USDA handout: There’s no power like Mom Power</p>	<p>This handout includes both why it’s important to switch to lower fat milk and tips for how to make the switch easier. The messages are similar to the appointment folder insert announcing the October change.</p>
<p>From the Dairy Councils Print a visual: Which Milk is Healthiest? And add a little fun to your 1% or less message with stickers and Moostaches from EatSmart.org.</p>	<ul style="list-style-type: none"> • From the National Dairy Council: Print this colorful visual of milk nutrition labels with the message: <i>All milk contains the same essential nutrients.</i> • From the WA State Dairy Council (EatSmart.org): Offer Moostache Stickers for trying lower fat milk, post a Milk poster to start the discussion or be creative with other nutrition education items featuring dairy and milk. <p>Note: Nutrition Educators can receive a \$20.00 allotment of materials each calendar year (including WIC staff who provide nutrition education). Some materials are available for free to download and print.</p>
<p>Power of Influence Consensus: people decide what they’ll do based on looking at what others are doing. Share testimonials from other moms about what worked for them. Create a bulletin board with client testimonials from the USDA Milk Messages. Find this reference here: http://www.fns.usda.gov/sites/default/files/MilkMessagesTipsAdviceforMoms.pdf</p>	<p>In focus groups, mothers consistently said messages that appealed to them tapped into their desires to teach their children new skills and to help their children have a better future. Moms also preferred tips that suggested an activity that would help their children learn, have greater self-esteem, or simply make them happy. Use the stories included in the pages following this table to convey some of these messages about 1% and fat-free milk.</p> <p>For a bulletin board:</p> <ul style="list-style-type: none"> • Title your board- <i>What Moms Say About Making the Switch to Fat-Free or Low-Fat (1%) Milk</i> or something similar of your choosing. • Print the stories in color – enlarge if your bulletin board area is larger. You’ll want clients to be able to read the stories from where they’re sitting. • Your clients may have their own stories to add.



One mom's story:

Using “Mom Power” for Good

As a mom, it's my job to make sure my family gets the foods they need every day – like milk. That's why I serve fat-free or low-fat (1%) milk to my kids. I also keep low-fat or fat-free yogurt and cheese in the house for healthy snacks. This helps my kids eat better, develop healthy habits, and grow strong.

When it comes to keeping it fun, here are some ideas that work for us:

- **Keep fat free or low-fat (1%) milk in the refrigerator for snacks.** A frosty glass of milk tastes great and is an easy way to refuel kids after play.
- **Make it special:** On cold days, we enjoy hot milk with cinnamon and a touch of vanilla extract.
- **Prepare snacks and meals together:** Once a week, the kids and I make smoothies. We blend together low-fat (1%) milk, their favorite fruits or 100% fruit juice, and fat-free yogurt.
- **Mix milk, cheese, and yogurt with other foods.** I put plain fat-free yogurt on baked potatoes. It tastes like sour cream and my kids don't know the difference. When I make oatmeal, I use low-fat (1%) milk instead of water for great taste and nutrition. Occasionally, I sprinkle low-fat cheese on foods like chicken, whole-grain noodles, and vegetables.



Fat-free and Low-fat (1%) Milk Are Healthier Than Whole Milk.

Who Knew?

Milk helps kids grow strong. So it's important to me that my kids get the milk they need every day. I used to believe that fat-free and low-fat milk were not as healthy as whole milk. Then I learned that they have the same calcium, protein, vitamin D, and other nutrients, just less fat. The saturated fat in other milk increases the risk of heart disease. So, my pediatrician told me that after age 2, kids don't need that fat. That's why I made the transition to low-fat (1%) milk. First I switched to 2% milk, then after a couple of weeks I switched to 1%. The kids didn't even notice.



Making the Switch to Fat-Free or Low-Fat (1%) Milk

My little girl is growing up so fast! She just had her second birthday. Last week, her doctor told me I should change her milk to fat-free or low-fat (1%) milk. He said that now that she is 2, the saturated fat in whole milk is no longer recommended, and that saturated fat increases the risk of heart disease. He explained that fat-free and low-fat milk have the same vitamins and minerals as whole milk – just without the fat. It's also the same milk she will get at school when she is older.



Since everyone in my family is 2 or older now, I'm buying 1% fat milk for the whole family. I'll try fat-free milk after we get used to drinking low-fat milk. I like knowing that fat-free and low-fat milk can help keep our hearts healthy. It also feels good to know I'm helping my daughter learn a healthy habit.

Fuel Their Day With Milk!



As a mom, I want to make sure my kids get the fuel they need to grow strong, stay healthy, and power their day. That's why I have fat-free or low-fat (1%) milk on hand. It gives everyone in our family the calcium, protein, and vitamin D we need, without the extra fat from whole milk.

Sometimes they like to mix it up, so I keep low-fat milk products, like fat-free yogurt and low-fat cheese, in the fridge, too. I like to think of low-fat milk, cheese, and yogurt as healthy fuel for my family.

Here are some ways we use it to fuel our day:

- Keep it quick and easy –
 - Pour fat-free or low-fat (1%) milk over whole-grain cereal. Or, melt a slice of low-fat mozzarella cheese on toasted whole-wheat bread for a quick and easy breakfast.
 - Keep fat-free or low-fat (1%) milk in the refrigerator. A cold glass of milk is a tasty way to quench your kids' thirst after play or school. And milk is a healthy way to replace some of the fluids lost during the day.
 - Pair their favorite fruit with low-fat cheese and whole-grain crackers for a quick and easy snack.



- Make it fun

Put out different kinds of low-fat yogurt, fruit, and whole-grain cereal on the table. Let your kids get creative and make their own combination. They'll love the healthy snack they made all by themselves and sharing the recipe with their friends. Cut up and put their favorite fruit in a bowl. Add low-fat milk with a touch of vanilla extract. Then add whole grain cereal on top for some crunch. Your kids will love this tasty and healthy snack.

Moms often ask:

How do I increase the amount of milk my child gets?

A. Here are some tips moms can use to get their kids to drink more fat-free or lowfat (1%) milk:



- Serve fat-free or low-fat (1%) milk with meals and snacks.
- Put fat-free or low-fat (1%) milk at eye level in the refrigerator, so kids are more likely to see and ask for a glass or to have it poured over whole-grain cereal.
- Add milk to some of your child's favorite foods, such as soups and oatmeal. For example, make creamy tomato soup instead of classic tomato soup by adding 1% fat milk.
- Occasionally, let your kids have some flavored fat-free or low-fat (1%) milk. Compare nutrition labels at the store and choose flavored milks with the least amount of sugar.
- Enjoy a glass of low-fat milk or yogurt with your child. Or, make a parfait together by layering low-fat yogurt, your favorite fruit, and unsalted nuts or cereal. There are many types of low-fat milk foods, so there is something for everyone to enjoy.



Alaska WIC Nutrition Program Enteral Nutrition Prescription Request Form

State of Alaska Department of Health & Social Services/Public Assistance

Please Fax to _____

Prescription must be completed by Health Care Provider (must be eligible to write prescriptions in AK)

Client Name _____ DOB _____

Parent's/Caregivers Name _____ Address: _____

Medicaid Eligible? No Yes Medicaid # _____ End date _____

Current Measurements (if available): Medical date _____ Ht = _____ in/cm Wt = _____ lbs/kg

<p align="center"><u>Infant</u></p> <p>FORMULA _____</p> <p>PRESCRIBED AMOUNT OF FORMULA: <input type="checkbox"/> MAXIMUM ALLOWABLE OR <input type="checkbox"/> _____ OUNCES (RD can calculate, based on current weight)</p> <p>Was another Formula Tried <input type="checkbox"/> Yes <input type="checkbox"/> No Formula Tried _____</p> <p align="center"><u>INFANTS 6-11 MONTHS</u></p> <p>Check foods to avoid:</p> <p><input type="checkbox"/> Infant Cereal <input type="checkbox"/> Infant Fruits/Vegetables</p> <p><input type="checkbox"/> PROVIDE NO INFANT FOODS, AND INCREASE FORMULA AMOUNT</p> <p>DURATION: <u>12 MONTHS</u> OR _____ MONTHS</p>	<p align="center"><u>CHILD/ WOMEN</u></p> <p>FORMULA _____</p> <p>PRESCRIBED AMOUNT OF FORMULA: <input type="checkbox"/> MAXIMUM ALLOWABLE OR <input type="checkbox"/> _____ OUNCES <input type="checkbox"/> WHOLE MILK IN ADDITION TO FORMULA</p> <p>FOOD PRESCRIPTION (check one)</p> <p><input type="checkbox"/> Allow Age appropriate WIC foods. Exceptions specify: _____</p> <p><input type="checkbox"/> No solid foods: offering solids is contraindicated at this time, provide medical formula only.</p> <p><input type="checkbox"/> Infant cereal <input type="checkbox"/> Infant fruits and vegetables <input type="checkbox"/> Allow WIC registered dietitian to prescribe supplemental WIC foods</p> <p>DURATION: <u>12 MONTHS</u> OR _____ MONTHS</p>
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CHOOSE AT LEAST ONE DIAGNOSIS OR WRITE IN SPACE PROVIDED
 (QUALIFYING CONDITION – MEDICAL DIAGNOSIS WITH ICD-9 CODE)

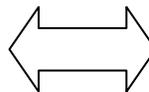
Growth issues	Medical issues	Development issues	
Failure to Thrive (783.41)	Severe gastrointestinal issue (536.9)	Developmental sensory/motor delays (783.4)	
Inadequate growth (783.40)	Malabsorption syndromes (579.9)	Fetal Alcohol Spectrum (760.71)	
Prematurity (765.10)	Genetic-congenital disorders (740-759)	Pregnancy issues	
Low birth weight (765.10)	Metabolic disorders/Inborn errors of amino acid metabolism (277.9)	Low maternal weight gain (646.8)	
	Food allergies (693.1)	Maternal weight loss during pregnancy (783.2)	
Blood issues	Celiac disease (579.0)	Multifetal gestation (783.2)	
Anemia (281.9)	Heart/circulatory/respiratory diseases (390-519)	Vegan diet	
	Persistent dermatological condition (692.9)	Vegan Diet	

Other medical diagnosis (some conditions may not qualify for special formula through WIC)

ICD-9 code _____

Signature _____ Date _____

Medical Provider Address & Phone



Medical Provider Name _____ Provider Medicaid ID # _____

WIC REGISTERED DIETITIAN/LICENSED DIETITIAN (RD/LD) & MEDICAID USE ONLY

Formula average daily calorie needs for _____ months = _____

Date _____ RD approved _____ CPA approved _____ Denied _____ Date Range approved: _____

Pharmacy use only Product _____ Size _____ Cans/day _____ Date _____

Pharmacist signature _____ XEROX use only Authorized Denied

State of Alaska WIC Program

Directions: Please complete the Enteral Nutrition Prescription Request (ENPR) form so that WIC can provide a Non Contract formula for your patient. This form can be provided to the WIC client or faxed to the WIC office. If measurements were completed during the medical exam please document the most current information. The prescription must be completed by a Health Care Provider eligible to write prescriptions in Alaska. Please include your Alaska License number or Medicaid Provider number. If the ENPR form is approved by the Local Agency Registered Dietitian, WIC will provide the Non Contract formula. If your client is currently participating in the State of Alaska Medicaid or Denali Kid Care program, WIC will apply to Medicaid for the Non Contract Formula. The Local Agency will assist the WIC family in the application process. If Medicaid approves the prescription the formula will be shipped directly to your patient's home. This process may take more than a month for completion, during which time WIC will provide the Non Contract formula for your patient.

Important: Medical documentation is federally required in order to issue special formula and some supplemental food to WIC women, infants and children who have qualifying condition(s) that require the use of the special formulas listed below. The program does NOT authorize issuance of special formulas for:

- 1). Non specific symptoms such as intolerance, fussiness, gas, spitting up, constipation or colic OR
- 2). Enhancing nutrient intake or managing body weight without an underlying medical condition.

WIC is a supplemental Food Program. Infants who are not breastfed may require more formula than WIC is able to provide.

ALASKA WIC STANDARD CONTRACT FORMULAS:

The following contract formulas **DO NOT REQUIRE MEDICAL DOCUMENTATION** for infants younger than 12 months, except when an increased formula amount is requested for infants 6-11 months:

- Similac Advance (milk based)**
- Enfamil Prosobee (soy based)**

NON CONTRACT FORMULAS: MEDICAL FORMULAS THAT MAY BE PROVIDED BY A PHYSICIAN REQUEST

Other Infant	Amino Acid Based	WIC-eligible Nutritionals for Children/Women
Good Start Gentle Plus	Neocate Infant	Pediasure
Good Start Soy Plus	Neocate Jr.	Pediasure with Fiber
Hydrolyzed Protein	Elecare	Ensure all Flavors
Similac Expert Care Alimentum	Premature Infant Post Discharge	
Nutramigen with Enflora	Enficare	Soy for Children
Lactose Reduced	Neosure	Enfagrow Toddler Transitions Soy
Gentlease	Added Starch	
	Enfamil AR	

ESTIMATED ENERGY AND PROTEIN REQUIREMENTS FOR INFANTS

	Age in Years	RDA Energy (kcal/kg)	Protein (g/kg/day)
Infants	Premature	120	2.2
	0-6 months	108	2.2
	6-12 months	98	1.6
Children	1-3 years	102	1.2
	4-6 years	90	1.1

Females Velocity of Weight Gain	gm/day	Males Velocity of Weight Gain	gm/day
Birth-3 month	24	Birth-3 month	28
3-6 months	19	3-6 months	21
6-9 months	14	6-9 months	15
9-12 months	11	9-12 months	11
12-18 months	8	12-18 months	8
18-36 months	5	18-36 months	5
3-4 years	5	3-4 years	5
4-5 years	6	4-5 years	6

Full Provisions of WIC Formula and Food for a month

Infants	Children and Women
<ul style="list-style-type: none"> ● 0-3 months of age: 26 ounces of formula/day ● 4-5 months of age: 29 ounces formula/day ● 6-11 months of age: 20 ounces formula/day* 24 ounces infant cereal 32 four ounce containers baby food fruit/vegetables <p>*Infants unable to consume baby foods may be eligible for up to 29 ounces formula per day.</p>	<p>Eggs 1 dozen Juice 1 gallon(children approx. 4oz/day)</p> <p>Fruits/Vegetables \$6-\$10 Whole grains 1-2 pounds</p> <p>Cereal 36 ounces Beans 1 pound</p> <p>Cheese 1 lb Peanut Butter 18 ounces</p> <p>Milk up to 4 gallons (children have a choice of</p> <p>(children 13-17ounces/day) beans or peanut butter)</p> <p>Exclusively Breastfeeding Women receive additional WIC foods</p> <p>Formula for Children and Women is approximately 29 ounces/day</p>

Final Rule- Alaska WIC Food Packages

- The Revision of the food packages in the final rule are designed to improve nutrition and health of WIC participants
- The revisions were developed to better reflect current nutrition science, dietary recommendations and the infant feeding practices of the American Academy of Pediatrics (AAP); promote and support more effectively the establishment of successful long-term breastfeeding; and provide WIC participants with a wider variety of food, to better accommodate cultural food practices.

Major changes in the final rule:

- The fruit and vegetable cash value voucher (FVV) for children increased from \$6 to \$8 per month (effective 5/2014)
- Whole grain options now include whole wheat pasta (effective 10/1/14)
- Fish options now include jack mackerel (effective 10/1/14)
- To be consistent with the Dietary Guidelines for Americans, the final rule requires that only 1% or non-fat (skim) milk may be authorized for children over two years of age, and women
- Whole milk is still the standard for 1 year olds. But to give more flexibility in prescribing milk for children age 12-23 months, and citing AAP policy, fat reduced milk can be prescribed to 1 year olds (effective 10/1/2014)
 - Children 12-23 months who are medically fragile enough to require Food Package III must receive whole milk unless the health care provider has specified a lower fat milk on the ENPR
- The WIC competent professional authority (CPA) in consultation with a health care provider (if necessary) is authorized to determine the need for milk substitutes (including soy-based beverage and tofu) for children and women. No ENPR is required (effective 10/1/2014)
- Four changes will take place at a later date:
 - Infants 9-11 months of age can receive a fresh fruit and vegetable voucher for the purchase of fresh fruits and vegetables in lieu of half of their infant jarred food fruits and vegetables (effective November, 2014 or later).

- Children and Women who are medically fragile can receive infant foods (128 oz for children, 160 oz for women) with an ENPR (effective November 1 or later)
 - Pregnant women who are fully or partially (mostly) breastfeeding an infant can receive Food Package VII (effective November 1 or later)
- ➡ Yogurt will be added as a partial milk substitute for children and women (effective 4/1/15)

WIC Food Changes: Effective October 1, 2014

WHOLE GRAINS

Whole Wheat bread must be 100% whole wheat. These whole wheat breads have been added to the existing allowed food list.

Whole wheat approved pastas must be 100% whole wheat.



Guerrero 100% WW Tortillas, 16oz



Mission 100% WW Tortillas, 16oz



Kroger WW Tortillas, 16oz



Carlita 100% WW Tortillas, 16oz



Ortega 100% WW Tortillas, 16oz



Simple Truth Organic WW Spaghetti, 16oz



Westbrae WW Spaghetti, 16oz



Bella Terra 100% WW pastas, 16oz



Simple Truth Organic



Fred Meyer 100% WW Hot Dog Buns, 14oz



Kroger 100% WW Hoagie Buns, 14.5oz



Fred Meyer 100% WW Hamburger Buns, 14oz



Country Oven 100% WW Hamburger Buns, 24oz



Country Oven 100% WW White, 24oz



Fred Meyer 100% WW Bread, 16oz



Save time, money & gas

Fred Meyer 100% WW Tender Twist, 24oz



Simple Truth Organic WW Rotini, 16oz



Hodgson Mill WW Pastas, 16oz



Racconto 100% WW Pastas, 16oz

CANNED FISH

Atlantic mackerel, Chub Pacific mackerel, or Jack mackerel are allowed. King mackerel is not allowed. **15oz sizes only.**

MILK

WIC checks will specify eligible types of milk

LEGUMES

Refried beans without added sugars, fats (fat free), oils, vegetables, or meats. Please choose low sodium varieties of beans, fruits, and vegetables when available.



Bearitos, 16oz cans



Bush's, 16oz cans



Casa Fiesta, 16oz cans



Fred Meyer, 16oz cans



Goya 16oz cans



Great Value, 16oz cans



La Preferida, 16oz cans



Ortega 16oz

INFANT FOODS

Bananas (up to 4) may be substituted for a portion of jarred fruits and vegetables.

Infant Food Quantities	
64 oz Infant fruits and vegetables	
No Bananas 	Sixteen 4 oz jars
	Ten 6 oz jars plus One 4 oz jar
	Sixteen 2 pks (3.5 oz) plus Two 4 oz jars
	AND Fifteen 4 oz jars
	or Ten 6 oz jars
	or Eight 2 pks (3.5 oz) plus One 4 oz jar
	AND Fourteen 4 oz jars
	or Nine 6 oz jars
	or Eight 2 pks (3.5 oz)
	AND Thirteen 4 oz jars
	or Eight 6 oz jars plus one 4 oz jar
	And Twelve 4 oz Jars
	or Eight 6 oz jars
	or Six 2 pks (7 oz)

FOODS NO LONGER ON WIC

Wheat tortillas allowed only if on this list. Please exclude previously authorized WIC tortillas

Cow's milk 1 cup (8 oz)	Whole (3.25% milkfat)	2% reduced fat	1% low fat	Fat free skim, nonfat	Soy Beverage 8 th Continent
Energy (kcal)	149	122	102	83	80
Protein (g)	8	8	8	8	8
Calcium (mg)	276	293	305	299	30% DV
Vitamin D (IU)	124	120	117	115	25% DV
Total fat (g)	7.9	4.8	2.4	0.2	2.5
Saturated fatty acids (g)	4.56	3.07	1.55	0.14	0
Cholesterol (mg)	24	20	12	5	0

Source for milks: USDA National Nutrition Database, <http://ndb.nal.usda.gov>
Source for soy beverage: www.8thcontinent.com/products