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**Subject:** January 15 WIC Update  
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Hi Everyone,  
Just three short items this week.

Have a great weekend.  
Kathleen

1. State WIC Offices will be closed on Monday, January 18<sup>th</sup>, in remembrance of Martin Luther King Jr's birthday.
2. **CPA Training:** This is a reminder that we're finally able to offer continuing education for all CPAs. This is a reminder we'll have our first quarterly webinar on Feb. 9 at 9:00 AM. We'd like as many CPAs as possible to attend. Danielle will be leading this session and we'll go over our plans, gget input, and share resources for CPAs. This teleconference was added to the most recent version of the teleconference schedule, which can be found on the Friday update Section f the state website. Call Jennifer Johnson with questions at 465-8104
3. **Baby Behavior Training:** I've been getting a some great feedback from people who've started the Baby Behavior Training. I'll be calling coordinators with encouragement to try and make sure we stay on schedule for a January 29 completion by all staff. Once we're all done, we'll be starting some webinars with Jane Heinig who developed the original research. Also, there is a guidebook if you'd like to get some more practice with your staff- please let me know. I apologize that when we pulled it form AZ, all the internal features did not come with it. Please let me know if you have any questions or need any assistance – also, I've added the number of CE hours it can count for to the certificate, and I'm in the process of adjusting that .– Jennifer Johnson 465-8104

Nice to Know:

Courtesy of the Canned Food Alliance:

## [10 Things You Need to Know About the 2015 Dietary Guidelines for Americans](#)

1. **All forms:** All forms of foods, including fresh, canned, dried and frozen, can be included in healthy eating patterns.
2. **Healthy diet:** Many recommendations stay the same, including more fruits and vegetables, legumes, whole grains and a variety of protein foods (including lean meat, eggs and seafood), and less salt, saturated fats and trans fats.

3. **New dietary patterns:** Healthy eating patterns were expanded to include Mediterranean and Vegetarian dietary patterns.
4. **Gradual changes:** Instead of specific nutrients to eliminate or include, the Guidelines focus on “shifts” to emphasize the need to make healthy substitutions rather than increasing intake overall.
5. **Added sugar:** For the first time, Americans are advised to limit sugar to no more than 10 percent of daily calories. Many canned food varieties are made with no added sugar.
6. **Cholesterol:** Dietary cholesterol is no longer on the list of nutrients to watch, but saturated fat is still a nutrient to limit.
7. **Meat:** Lean meats are recommended as part of a healthy eating pattern.
8. **Caffeine and alcohol:** Both appear to be safe in limited amounts.
9. **Sustainability:** Recommendations of the advisory committee regarding sustainability were not included.
10. **MyPlate:** The familiar MyPlate graphic remains, but with a new slogan: “My Wins.” Check out the [updated website](#)