

From: [Wayne, Kathleen A \(HSS\)](#)
To: [HSS DPA WIC Coordinators](#); [Bennis, Don](#); [O'Gara, Kathy \(HSS Sponsored\)](#); [Welch, Scooter \(HSS Sponsored\)](#)
Cc: [HSS DPA WIC Anchorage](#); [HSS DPA WIC Juneau](#); ["Danielle Rybicki" \(afdr@uaa.alaska.edu\)](#); [Olejasz, Aimee M \(HSS\)](#); [Butcher, Clay \(HSS\)](#)
Subject: WIC Update March 11 In this issue: WIC Text Eligibility & RD working group
Date: Friday, March 11, 2016 4:49:35 PM

Hi Everyone,
WIC and SNAP ED are in the news this week. Enjoy!
Kathleen

1. [Why 'eating a rainbow' of veggies is good for you](#)

FDNM, Adrian Kohrt: FAIRBANKS — People love rainbows. They are beautiful, with an array of colors that capture the eye and the imagination. Because they are amazing and beautiful, why not capture them in your own home on your own plate? Eating an assortment of colorful vegetables is not only pleasing to the eye, but to the palate, too. And, most importantly, helps provide the wide assortment of nutrients you and your children need to be healthy.

http://www.newsminer.com/features/our_town/cooperative_extension/why-eating-a-rainbow-of-veggies-is-good-for-you/article_399fc6e0-e69d-11e5-8e7d-2b7901cf2e70.html

2. [Families can now send a text to check eligibility for WIC program](#)

KTVA, Lauren Maxwell: ANCHORAGE – Finding out eligibility for assistance programs has just gotten easier.

Following a similar text-eligibility program for Supplemental Nutrition Assistance Program benefits, there's a new way for people to see if they are eligible for the Women, Infants and Children (WIC) food and nutrition program — and it's as easy as sending a text message. <http://mrelief.com/alaskawic>

The Anchorage Department of Health and Human Services partnered with the State and a local nonprofit to create a user-friendly text-based eligibility screener.

3. **RD Working Group Meeting:**

Our Next RD working group meeting is coming up on **March 17 at 8:30**. Our speaker will be Laura Thomas, of Samuel Simmonds Memorial Hospital Diabetes Prevention Program, speaking about "Knowing, Growing and Eating Plants at the Top of the World". There is a long history of plant use on the North Slope, both for food and for medicine. In recent times, some of this wisdom from plants has been forgotten as people turn to commercial

food sources and a more westernized diet. The Senior Center in Barrow is developing a Tundra Garden to provide a place for people – especially elders – to interact with tundra plants to rediscover the importance of plants in our daily lives. We do this by removing barriers to accessing tundra plants, and helping people reconnect with plant knowledge from both a wellness and cultural perspective.

Contact information will be sent out closer to the webinar. Please contact Jennifer Johnson with questions or suggestions at Jennifer.johnson@alaska.gov

Nice to know:

How to get kids to kick their sugar habit

[https://www.washingtonpost.com/lifestyle/wellness/how-to-get-kids-to-kick-their-sugar-](https://www.washingtonpost.com/lifestyle/wellness/how-to-get-kids-to-kick-their-sugar-habit/2016/02/29/b6106ab8-db08-11e5-891a-4ed04f4213e8_story.html?hpid=hp_hp-cards_hp-card-lifestyle%3Ahomepage%2Fcard)

[habit/2016/02/29/b6106ab8-db08-11e5-891a-4ed04f4213e8_story.html?hpid=hp_hp-cards_hp-](https://www.washingtonpost.com/lifestyle/wellness/how-to-get-kids-to-kick-their-sugar-habit/2016/02/29/b6106ab8-db08-11e5-891a-4ed04f4213e8_story.html?hpid=hp_hp-cards_hp-card-lifestyle%3Ahomepage%2Fcard)

[card-lifestyle%3Ahomepage%2Fcard](https://www.washingtonpost.com/lifestyle/wellness/how-to-get-kids-to-kick-their-sugar-habit/2016/02/29/b6106ab8-db08-11e5-891a-4ed04f4213e8_story.html?hpid=hp_hp-cards_hp-card-lifestyle%3Ahomepage%2Fcard)

The **5th Annual Healthy Lunchtime Challenge**: Kids Chefs is now open. The challenge invites kids ages 8-12 to join a parent or guardian in creating an original recipe that is healthy, affordable, and delicious. One winner from each U.S. state, territory and the District of Columbia will be selected and have the opportunity to attend a Kids' "State Dinner" at the White House where a selection of the winning recipes will be served. Learn more submit your recipe by April 4 here:

<http://www.pbs.org/parents/lunchtimechallenge/home/>