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**Subject:** AK WIC Update July 29 In this addition More than blues webinar Save The Date; Civil Rights Posters; New Banana Policy;  
**Date:** Friday, July 29, 2016 11:45:41 AM  
**Attachments:** [Depression in Mothers webinar Aug 15.pdf](#)  
[Medical Mystery article.docx](#)

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Hi Everyone,

July has gone by so fast and we're quickly heading into August and back to school mode. Hope you are doing well and still enjoying the bounties of an Alaskan summer.

Kathleen

1. **SAVE THE DATE---Depression in Mothers More Than the Blues**

Attached please find a notification on an upcoming webinar on maternal depression. Here is more information:

- 1) There is no cost to register for the webinar.
- 2) Another email will be sent out with the registration link. **Registration is Mandatory!!**
- 3) Prior to the webinar, the login information (and instructions) will be sent to the email address submitted on the registration link.
- 4) If you would like to obtain a copy of the Toolkit, please click here <http://store.samhsa.gov/product/Depression-in-Mothers-More-Than-the-Blues/SMA14-4878>

2. **Bananas-**

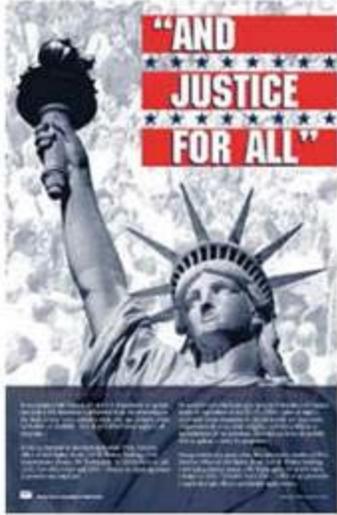
We're working on making the infant fruits and vegetable checks easier to use. One thing we're considering is dropping the choice to get bananas in place of some infant foods. Please send me your input on this- what are your thoughts? Are people substituting bananas for infant foods? We'll also be looking at check redemption data. Please send your thoughts to Jennifer at 465-8014 or [jennifer.johnson@alaska.gov](mailto:jennifer.johnson@alaska.gov)

3. **Resources**

We have some Chef Combos, and also some dolls and breasts for breastfeeding education. If you can use any of these resources, please contact Jennifer at 465-8104

4. **Civil Rights Posters:**

This is a reminder that it is a requirement to have the appropriate "And Justice for All" poster prominently displayed in areas where it may be read by customers. If you have questions about this, or if you need a copy of the updated poster (see picture), please contact Julie Walker ([julie.walker@alaska.gov](mailto:julie.walker@alaska.gov)).



**OLD POSTER**



**NEW POSTER**

Nice to know:

1. Attached is a very good article this week that highlights the critical importance of good nutrition for young children (attached) from the medical mystery column in the Washington Post (it also made it into the Anchorage Dispatch News)