

*texas*

**WIC**

*news*

May/June 2007

Volume 16, Number 3

# Naturally Good



Special Supplemental Nutrition Program for Women, Infants, and Children

# EBT Electronic Benefits Transfer

Converting local agencies (LAs) and their voucher issuance systems to Electronic Benefits Transfer (EBT) has produced three exciting and busy years for Texas WIC. So far, 14 agencies have converted, affecting 130,000 WIC participants. I would like to congratulate all the agencies that have successfully completed this transition. All your hard work has paid off and it has been a positive change for staff, participants and vendors.

Now is the time to start looking ahead to statewide conversion as rollout of EBT is scheduled to accelerate within the next year. A liaison from the Clinic Services Branch will be contacting WIC directors throughout the state in the rollout path to determine how state WIC can help you prepare for EBT. In addition, agencies will be assigned EBT mentors.

The mentors, who are retired WIC directors and state staff, will visit your agency, assess your clinic layout and flow, and help ensure your clinics' preparedness for the EBT environment. Both the state agency and mentors will be discussing scheduling changes and possible clinic flow rearrangement including the placement of EBT equipment.

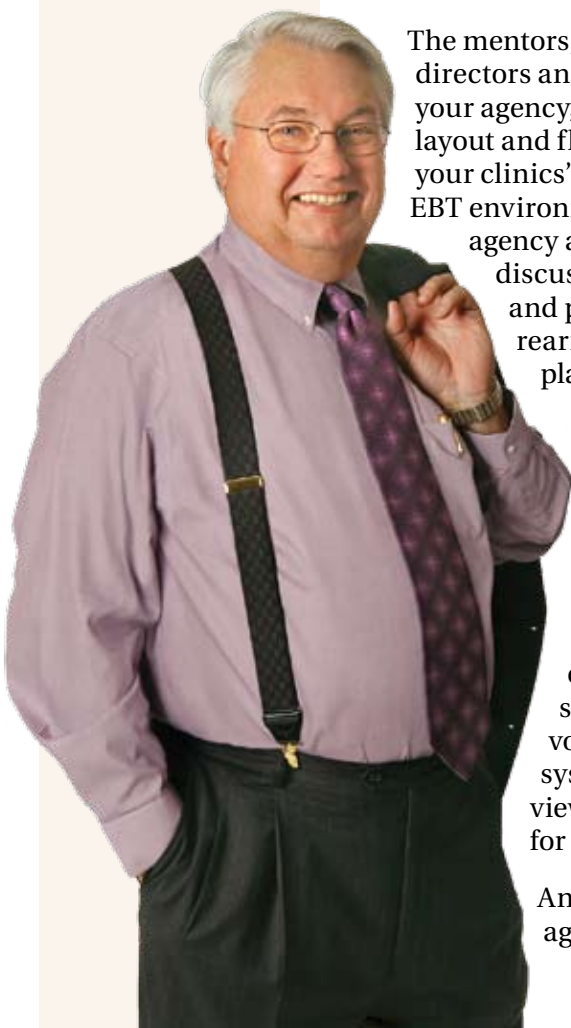
To introduce EBT to your staff, we have created several Interactive Distance Learning (IDL) classes. *EBT 101 – Introduction to EBT* is intended to educate staff on the differences and similarities between the voucher system and the EBT system. This class should be viewed now in preparation for EBT.

Another class that all agencies need to be viewing

is *EBT Scheduling 101 – Scheduling in Preparation for EBT*. This class initiates staff on how to start scheduling participants with existing vouchers. It is never too early for each agency to begin the scheduling change. *EBT Scheduling 102 – Scheduling During Transition* is designed to explain how participants should be scheduled during the transition period and when they will receive their EBT card for the first time. This class should be attended three to five months prior to EBT implementation. All three IDL classes will be offered throughout the year so check your IDL training calendar and plan to attend.

In addition to the above preparation activities, each LA director will be given an EBT checklist about a year before the agency converts to the EBT system. It is a step-by-step guide detailing what needs to be done to prepare for EBT. The WIC director will be asked to complete a checklist for each clinic site to assure that the clinic is ready for conversion.

I encourage your agency to start scheduling participants with vouchers/benefits in hand. Participants need to be scheduled for a visit to a WIC clinic for class or sub-certification, after the first date to spend and before the last day to spend their last set of vouchers. I also encourage you to begin thinking about your clinics' participant flow for EBT as soon as possible. Your turn to convert to EBT will be here before you know it!



*From the Texas WIC Director - Mike Montgomery*



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## In this issue

- 2 Texas WIC — EBT Electronic Benefits Transfer
- 4 Beans 101
- 6 Potential Barriers to Enrollment for WIC Families with Special Health Care Needs
- 8 VENA Training
- 9 Fruits and Veggies — More Matters
- 10 HHSC's New Outreach Materials
- Pull-Out Section** ▶ WIC Wellness Works
- 12 News to Use – New WIC Nutrition Education Materials
- 14 State Agency Spotlight: Formula Specialists
- 16 Eaton Right / Test Your Nutrition IQ
- 18 Local Agency Spotlight: Dallas Breastfeeding Promotion Fun Run

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# Beans 101

by Tiffany Brown, R.D., L.D.  
Clinical Nutrition Specialist

*Beans, beans — the musical fruit, the more you eat,  
the more you ... OOPS!*



“I don’t even know how to cook beans. How am I supposed to include more beans in my diet when I don’t have the slightest idea how to prepare them?” Believe it or not, this is a fairly common question among our WIC participants today. Read on to learn more about the health benefits of beans and why we should encourage our participants to eat more. Share the simple cooking methods listed below to remind our moms how easy preparing beans can be.

Since 2005, the USDA Dietary Guidelines for Americans have recommended that we consume at least three cups of beans per week. Not only are beans high in protein, virtually fat-free, low in sodium and full of fiber, they may also reduce the risk of heart disease and certain cancers. Beans are one of nature’s healthiest foods and come in several varieties including Red, Navy, Black, Pinto, Great Northern, Garbanzo, Kidney, Lima, split Green peas and Black-eyed peas.

**B**eans also provide lots of other nutrients including complex carbohydrates, minerals such as iron and potassium, and important vitamins like folic acid. Folic acid is a B-vitamin that is important for all women of childbearing age, particularly before and during the early months of pregnancy. Folic acid plays a role in proper cell development of the baby, which occurs rapidly during the early stages of pregnancy.

In addition, studies show that folic acid may help reduce the risk of neural tube defects like spina bifida, a potentially crippling defect in which the spinal cord is not completely encased in bone. The U.S. Public Health Service recommends that all women of childbearing age consume 400 micrograms of folic acid each day to reduce the risk of having a baby with a neural tube defect.



WIC encourages consumption of beans by giving women and children a supplemental food package containing dry-packaged beans, peas or lentils in one-pound bags. Dry beans belong to the family of plants called legumes. The shape of the bean distinguishes it from other legumes like peas and lentils. Beans are usually kidney-shaped or oval, peas are round, and lentils are shaped like flat disks. The first step in preparing delicious tasting beans is to inspect them and remove unwanted items, such as small stones, twigs or broken beans.

Next, soak them prior to cooking to help soften and return moisture to dry-packaged beans. Soaking also reduces cooking time. There are a couple of different ways to soak beans depending on the amount of time you have.

Remember, most beans will rehydrate to at least two to three times their



dry size, so be sure to use a large enough pot. Regardless of the soaking method used, you will always want to drain beans from the soaking water and rinse them well. Next, place beans in a large clean pot, cover entirely with fresh water and bring to a simmer. You may want to add a tablespoon of oil or butter during cooking to reduce foaming and boil-overs. In general, beans will take anywhere from 20 minutes to 2 hours to cook, depending on the variety (small lentils take much less time to cook than larger beans like red kidney or pintos). Check the bean packaging for specific cooking times and instructions. Try to keep the cooking water at a continuous simmer and stir beans gently to prevent split skins.

While beans are simmering, spice them up. Seasonings such as garlic, onion, oregano, parsley and thyme can be added to the pot while beans are cooking. Keep in mind that acidic ingredients such as tomatoes, vinegar, chili sauce, molasses, wine or citrus juices should only be added toward the end of cooking. Acidic ingredients added too early can prevent the beans from becoming tender. Since beans continue to expand as they cook, you may need to add water or broth periodically during

the cooking process to keep the beans covered with liquid. Stir beans occasionally as they cook to prevent sticking. Never add baking soda to beans at any time. Although our grandmothers added baking soda to soften beans, we now know that it destroys B-vitamins like thiamin. To test for doneness, bite to taste a few beans. They should be tender, but not overcooked. When cooling, keep beans in cooking liquid to prevent them from drying out.

When talking to WIC participants, encourage Mom to try beans over peanut butter. Remind her that the USDA recommends a minimum of 3 cups of beans each week for better health, not only for her, but for her children as well. If she seems hesitant, give her some cooking tips.

**Remember, beans are not only delicious, versatile and economical, but they are one of the healthiest, well-rounded foods you can eat!**

#### **Quick Hot-Soak Method:**

For each pound of beans, add 10 cups of hot water and heat to boiling. Let boil 2 to 3 minutes, remove from heat, cover and set aside for 4 hours. Hot soaking helps dissolve some of the gas-causing substances, making the beans easier to digest.

#### **Traditional Overnight Soak:**

For each pound of beans, add 10 cups of cold water and let soak overnight (at least 8 hours).





# Break Potential Barriers to Enrollment for WIC Families with Special Health Care Needs

by Catherine Plyler, R.D., L.D.  
Clinic Nutrition Specialist

*What would your clinic do in this situation: a foster mom was struggling to pay for special formula for her infant and knew she was qualified for WIC but couldn't bring the baby to the clinic? \**

Clinics may be surprised to learn that it's WIC's charge according to WIC Civil Rights Policy 07.0 to make special accommodations for special needs families. Travel and appointments for these families can turn into logistical nightmares; so it's up to the clinic to accommodate a family with special needs issues. This could be exempting and certifying a special needs child from appearing at the clinic, scheduling appointments during slow hours, or providing alternatives to gathering medical information. A child with special health care needs does not need a physical waiver certification from a physician—a verbal declaration from the parent is acceptable.

Another way WIC helps special needs families is to offer these accommodations *before* the family expresses a problem with the ability to:

- a) bring the child into the clinic,
- b) take recommended nutrition classes, or
- c) provide medical information.

Medical information can be gathered verbally from the doctor or by fax. A signed release may help in receiving this information

but is not required. A form is available on the WIC Website <http://www.dshs.state.tx.us/wichd/nut/pdf/releaseinfo.pdf>.

When it's not possible to measure weight and length for certification, clinics need to enter the code of 999 for weight and 99 0/8 for length. This code must be documented in the participant's record. Nutrition class code of SN-000-00 must be used if the mother of the child can't attend regularly scheduled nutrition classes.

Because feeding and eating problems are more common in children with special health care needs, one-on-one interaction would fill the nutrition education portion of the requirement. Many Early Childhood Intervention (ECI) dietitians work specifically with special needs kids less than three years of age and their interaction would substitute for the nutrition classes. The code SN-000-50 would be entered for someone receiving this one-on-one ECI counseling.

In some cases it may not be the child who is unable to attend the appointment but the caregiver or parent. In such cases, a proxy can assist these families by bringing the child to the WIC appointment with a note from the parent. With Electronic Benefits Transfer (Lone Star Card) taking the place of paper vouchers, families should be coached on

the process, and informed that cards will not be mailed like the vouchers. The family will have to assign a representative with a PIN number in hand to activate the Lone Star Card.

Many special needs WIC clients deal with many issues and problems such as sorrow, depression, and worry. Knowing that the clinic work with them can significantly improve their well-being and continued participation in the program for the benefits they need for survival.

*\*To answer the question from the first paragraph:*

*After the mom spoke to an Early Childhood Intervention dietitian, she contacted the clinic for help. She almost gave up on WIC and was surprised to hear that she could be accommodated.*

WIC clinics are helping Texans that need the most help. Let's make it easier for them.

*Reference:*

*Policy CS: 0.40 and 17.0  
Policy CR: 07.0  
Policy NE: 01.0 and 02.0*

# VENA Regional Trainings – Coming to a place near you soon!

by Mary Van Eck, M.S., R.D.  
Nutrition Education Branch Manager

Whether you have already been to a VENA training or are chomping at the bits to go, you have probably heard about VENA, read an article in WIC News on the subject, or attended a session at the National WIC Association Conference. So now you ask, what is all the hub-bub about?

## What is VENA?

VENA stands for Value Enhanced Nutrition Assessment. VENA is an initiative by USDA to enhance the client-staff interaction and positively impact behavior change.

In Texas we started VENA-type training years before we heard the acronym VENA. *The ABCs of Nutrition Counseling, On the Road to Excellence* and *Fit Kids* teleconferences were all forerunners to what is now called VENA. For many of you, IDL training has improved your service delivery skills.

Improving the delivery of nutrition services is what VENA is all about. One of the first things you will see in October 2007 are some risk

code and form changes. Gone will be the old dietary recall forms and diet assessments and instead you will see a more qualitative and behavioral type of nutrition questionnaire. Instead of asking, “How many peas?” — we will be discussing — in a positive way — eating behaviors. We will also be creating the climate for behavior change and improved family feeding relationships.

Research has shown that focusing on the positive is an effective tool for behavior change. Even if you discover a child is drinking three glasses of a sweetened beverage every day, the way that you talk to the mom will influence whether or not she decides to make a change. In VENA regional trainings — and follow-up trainings — we will be building the skill base for positive client interactions. These have the best chance of improving our WIC families’ nutrition.

VENA is for all staff, not just the CAs and nutritionists. We all know how critical the role of the clerical

staff is in creating a welcoming environment for our WIC clients — an environment where positive change is more likely to occur. From the person who answers the phone and schedules appointments to the Registered Dietitian providing high-risk counseling, there is a VENA component for you. That’s why all staff will be required to attend the VENA regional trainings. The VENA regional trainings are being held around the state this spring and summer. By September, each and every one of you will have a much better idea of what VENA means to Texas WIC, to your local agency, and most of all to your WIC participants. Stay tuned!



Upper right:  
Linda Brumble  
kicks off day two  
of the training.

Lower left:  
State staff  
entertain the crowd.

Lower Right:  
Local agencies  
engage in  
assessment  
activities.





# New Campaign, Similar Message: Fruits and Veggies – More Matters

by Mary Van Eck, M.S, R.D  
Nutrition Education Branch Manager

In March, the Center for Disease Control and Produce for Better Health Foundation (BHF) launched a national campaign with the message, “Fruits and Veggies – More Matters.” The new slogan replaces the old “5 a Day” Campaign, which dates back to the early ‘90s. Why the change? According to the latest food guidelines, adults need between 7 and 13 cups of produce daily to get all the health benefits of fruits and vegetables, including possible protection against obesity, heart disease, type 2 diabetes and cancer.

The new slogan was chosen after a year of testing and research according to the Produce for Better Health Foundation (PBH). They are hoping this new message will complement “My Pyramid” (that replaced the old Food Guide Pyramid and helped consumers better understand produce recommendations). Similar to “My Pyramid,” this new campaign describes produce

intake in cups instead of servings, and is intended to motivate people to eat more fruits and vegetables. Even if you are eating some now, more is better.

According to the PBH Foundation, this campaign is focused on “mom,” specifically moms of younger children. The research noted that moms remain the decision makers of the family when it comes to planning and preparing food. Moms realize the importance of good nutrition for their families.

PBH has hired a public relations firm to assist the launch of their new campaign. The design of a consumer web site titled “Fruits and Veggies – More Matters!” will assist consumers and provide insight into how moms can increase fruits and veggies in their family meals and snacks.



**For more information, visit [www.pbhfoundation.org](http://www.pbhfoundation.org)**

# New HHSC Outreach Materials

## **Your Benefits, Your Way**

The Texas Health and Human Services Commission (HHSC) has a simple new brochure available that puts the spotlight on benefit programs designed to help families in need. “Your Benefits, Your Way” provides basic information on Medicaid, the Children’s Health Insurance Program (CHIP), food stamps and Temporary Assistance for Needy Families (TANF). The information includes phone numbers and web addresses where people can start an application or get more information.

The English and Spanish brochures are available free of charge for distribution in WIC clinics. Visit <http://www.hhsc.state.tx.us/Programs/Programs.html> to place an order. Each box contains 1,200 brochures. WIC offices in Travis, Hays or Williamson counties, please call Geoff Wool at 512-424-6548.



## **CHIP/Children’s Medicaid**

Getting families the services they need often comes down to making sure they know what services are available.

The Texas Health and Human Services Commission (HHSC) has material that puts the spotlight on benefit programs designed to help families in need.

Free outreach materials on CHIP (Children’s Health Insurance Program) and Children’s Medicaid are available in English and Spanish at <http://www.CHIPmedicaid.com/cbo/order.htm>.

Core information about these two children’s health insurance programs can be found at [www.CHIPmedicaid.org](http://www.CHIPmedicaid.org). The website answers such questions as “What does it cover,” “Who qualifies,” and “What is the cost?” Those who are interested can fill out an application on-screen and find organizations in their area that can help with the application process. The site also has a search feature for finding the health plans in each area that deliver CHIP and Children’s Medicaid services.

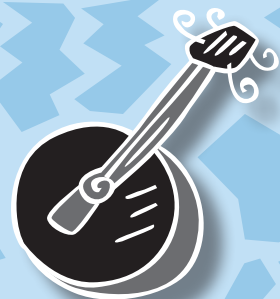
Texas health and human services agencies have a common mission to help families in need. Your organization and its affiliates are in a position to help get information about these programs to families who need the services. For more information on CHIP/Children’s Medicaid or the informational materials, please contact: HHSC State Office Contacts, Geoff Wool, (512) 424-6548, Windy Hill, (512) 424-6920; HHSC Regional Public Information Officers, Dr. Deborah Hill, Grand Prairie, (972) 337-6138, Renee Barrett, San Antonio, (210) 619-8006; J. Hoxi Jones, Houston, (713) 696-8007; and Dagoberto Garza, Edinburg, (956) 316-8236.



## Overcome Summertime Stress

**F**or most children, summertime brings up thoughts of long lazy days splashing in the pool, staying up late, and getting to play, play, play. But for both parents and children, summer can be stressful due to changing schedules and summer childcare issues. These transitions can lead to strained relationships between family members caused by transportation arrangements and/or new or different caregivers. Problems sometimes arise from reduced supervision for older children and teens.

The need for additional childcare during the summer can be expensive. Add the cost of a possible vacation or summer camp, and there can be an additional strain on the family budget. What should be a fun, relaxing time for children and parents can sometimes be just the opposite.





## Steps you can take to reduce or prevent summer stress:



- 1. Communicate early and clearly with family caregivers who will be helping with summer childcare so they are ready to care for your children when school ends. Provide a daily schedule so that caregivers understand what is expected of them. Express thanks to the caregiver with tokens of appreciation (take them to a movie, bring them dinner).**
- 2. If using a new childcare program, talk with your child about it before the first full day of attendance. Let them visit and ask questions. Keep the first day short, if possible.**
- 3. Check in frequently with older children if they are left alone. Make sure they have things to do that prevent boredom. Ask neighbors to keep their eyes on your home and children. Teach your child how and when to dial 9-1-1.**
- 4. Try to keep sleep schedules the same as during the school year.**
- 5. Make sure outings to potentially dangerous places (water parks, pools, etc.) are supervised by responsible adults with appropriate safety training.**
- 6. Remind children to drink water to prevent dehydration, and to come inside during the hottest hours of the day. Children should also wear hats and sunscreen to prevent sunburn.**
- 7. Encourage the caregiver to include some type of daily physical activity and healthy foods for your children in support of a healthy lifestyle.**
- 8. Talk to your children about rules inside and outside the home.**
- 9. Ask caregivers to get free or low cost first aid/CPR training from a local fire or police department, community center or hospital.**

### TRY THIS FUN, EASY, AND HEALTHY SNACK RECIPE WITH YOUR KIDS.

#### Happy Trails Mix

Make your own special trail mix by combining desired amounts of the suggested ingredients below.

- Chopped dried fruit: banana chips, apples, cranberries, apricots, raisins/yogurt covered raisins, dates, pineapple or peaches
- Granola, whole grain cereals, mini pretzels, popcorn
- Chopped nuts, unsalted peanuts, cashews, walnuts, almonds or macadamia nuts
- Sunflower or pumpkin seeds

Mix all ingredients and store in airtight container. Trail mix is good with yogurt and fruit salads or alone as a snack. Pack in small plastic bags for easy carrying for hiking, biking, snacking after school, at a ballgame, or on a road trip.

Small objects can cause choking in children under four.  
From Produce For Better Health Foundation



## Small Office Makes Healthy Changes

**“H**aving fun and feeling great” is the spirit behind the WIC

Wellness Works program at the Department of State Health Services Regional WIC administrative office in Tyler, Texas. Though the office has only two employees, they have joined forces with their colleagues at the local health department to create a giant impact on their health. The staff at the Tyler office joined the WIC Wellness Works program in the summer of 2006, and has already made strides in achieving better health.

Coordinator Beth Lloyd says, “We begin each monthly staff meeting with a physical activity. Our energetic nutritionist leads an activity with beach balls. We toss the beach balls around to beach music!”

Besides doing activities together once a month, the employees of the Tyler office found a way to get active during their lunch break without

leaving the building. They turned an extra office into a “Wellness Room,” complete with weights, various exercise machines, exercise balls, and stretch bands. To pay for the room, they used money from their office “wellness fund.” They raised this money by selling cookbooks several years prior. Not only have they set up a Wellness Room in their office, they also brought in a personal trainer for several one-hour sessions during their lunch break to show them how to get the most out of their exercise time. The cost was split to make it affordable for everyone.

Beth Lloyd says that she and her co-workers have been following the program suggested by the trainer for eight weeks, and have all reported losing at least 1.5 percent body fat. “Our clothes are fitting more comfortably and we feel stronger – it’s funny I feel like I want to flex my muscles now.”

The participants at the office support and encourage each other to eat healthy. “We like to share fruits and veggies we bought, which taste great *and* were on sale.” It just goes to show you don’t have to spend a lot of money to be and feel healthier.

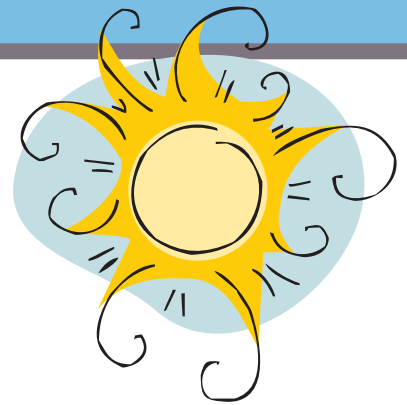
Beth says that she and her co-worker, Angela Miller, now begin each day talking about fitness and how good they feel. “The key to a successful wellness program is to be accountable to each other and to motivate each other,” Beth says. “It is also important to keep wellness alive by talking about it, making it part of your staff meetings, and a part of your daily routine.” Beth and Angela have shown how a small group of people can make a big change in their health by supporting each other to stay active and eat well.





## Summertime Activity Suggestions

For summer fun, there is a wide range of choices for children, parents, and caregivers that are easy and cost very little, or better yet – free. Best of all, the kids have a ball, and that makes everyone happy.



1. Start **“PARK DAY”** and visit a different park each week.
2. Visits to the **LOCAL LIBRARY** can offer puppet shows, story times, and crafts.
3. Many **MUSEUMS, ZOOS, AND SCIENCE CENTERS** offer free or reduced admission one day a week (although, bet on crowds).
4. Older children and teens can **VOLUNTEER** in the community for a full or half day. This makes them feel useful and exposes them to different career choices (a hospital, library, family business).
5. Tour a local **COLLEGE OR UNIVERSITY**. There are usually parks for younger children and interesting sites for older children and teens.
6. Some **CITY PARKS** offer free recreation programs that let caregivers drop children off for several hours of activity – free.
7. **RESTAURANTS** often provide a free kids meal with an adult meal certain days of the week. Partner a free lunch with a matinee movie, and you’ve filled a hot summer afternoon. (Ask friends and family where free meals are offered in your area or look on the Internet).

**8. CAMP INSIDE.** Make forts by throwing blankets and sheets over furniture. Even older children seem to enjoy doing this, especially when they can bring books, snacks, and games inside their “tents.”

**9.** Include **PHYSICAL ACTIVITY** options like skating, biking, swimming and outdoor family games (tag, kickball, etc.).



# Texas WIC News Reader Survey

**1. How often do you read the Texas WIC News? Check one.**

- Read every issue    Fairly regularly    Every now and then    Not very often    This is my first issue

**2. The WIC News has regular articles that you can count on, like *News to Use* or the *Local Agency Spotlight*. Please rate each article by how helpful or interesting it is to you. Check the response that fits.**

Montgomery Column	<input type="checkbox"/> always	<input type="checkbox"/> almost all the time	<input type="checkbox"/> sometimes	<input type="checkbox"/> hardly ever
Local Agency Spotlight	<input type="checkbox"/> always	<input type="checkbox"/> almost all the time	<input type="checkbox"/> sometimes	<input type="checkbox"/> hardly ever
Central Office Spotlight	<input type="checkbox"/> always	<input type="checkbox"/> almost all the time	<input type="checkbox"/> sometimes	<input type="checkbox"/> hardly ever
Eaton Wright	<input type="checkbox"/> always	<input type="checkbox"/> almost all the time	<input type="checkbox"/> sometimes	<input type="checkbox"/> hardly ever
Newsworthy Nutrition	<input type="checkbox"/> always	<input type="checkbox"/> almost all the time	<input type="checkbox"/> sometimes	<input type="checkbox"/> hardly ever
News to Use	<input type="checkbox"/> always	<input type="checkbox"/> almost all the time	<input type="checkbox"/> sometimes	<input type="checkbox"/> hardly ever
WIC Wellness Works	<input type="checkbox"/> always	<input type="checkbox"/> almost all the time	<input type="checkbox"/> sometimes	<input type="checkbox"/> hardly ever

**3. The Texas WIC News would like your opinion on how frequently the newsletter gets published. Please check the answer to the following question.**

The WIC News would be more helpful to me if it were published...

- Twice a year    Quarterly    Every other month    Monthly

**4. The Texas WIC News has feature articles on all topics. Here is a list of some of the general topics from several past issues. Check all of the topics that are helpful and appealing to you. Please write in other topics that interest you as well.**

- |  |  |
|--|--|
| <input type="checkbox"/> Breastfeeding   | <input type="checkbox"/> Children with Special Healthcare Needs  |
| <input type="checkbox"/> Electronic Benefits Transfer  | <input type="checkbox"/> Food Allergies  |
| <input type="checkbox"/> Changes to WIC Food Package   | <input type="checkbox"/> Alcohol in Pregnancy  |
| <input type="checkbox"/> Childhood Diabetes  | <input type="checkbox"/> Obesity Prevention  |
| <input type="checkbox"/> Promoting a Healthy Diet  | <input type="checkbox"/> Value Enhanced Nutrition Assessment   |
| <input type="checkbox"/> Special Formulas for Infants and Children   | <input type="checkbox"/> Food Safety   |
| <input type="checkbox"/> Dietetic internship promotion, acknowledgement                                    | <input type="checkbox"/> High Risk counseling Pilot Program  |
| <input type="checkbox"/> "What Works" — articles about innovative and successful programs at other clinics | <input type="checkbox"/> Health Care Referral Programs (Safe Riders, Texas Health Steps, Women's Health, etc.) |

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**5. Please offer any other suggestions for making the Texas WIC News more beneficial and interesting to you.**

\_\_\_\_\_

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Thanks for helping the Texas WIC program with this survey. Your assistance will help us make the Texas WIC News a better source of information for you and your clients. Return survey to: Clare Wolf, D.S.H.S., 4616 W. Howard Ln., Ste. 275, Austin, TX 78728, or fax to Clare at (512) 341-4406.

The Nutrition Education Branch at the state office has provided local agencies with a lot of new materials in the last six months. Check your clinic stock and make sure you have copies of the following materials.

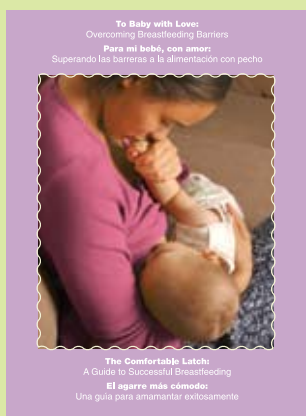
**What is So Big About Portion Size**, NR-000-15, is a general class lesson. It includes an activity in which mothers and children make rice bags to take home which are ¼, ½ and 1-cup portion sizes. The class also looks at two portion sizes for several foods. The clients guess the calories in each portion to see how serving size makes a difference in calories. A handout titled, **Healthy Foods for My Baby and Me**, stock no. 13-06-12495, is also needed to teach the class.

**Fit Families** is a 4-part DVD, DV0007, and 4-lesson combo.

- **Portion Control**, GN-000-16  
This lesson and video provide many different strategies for controlling or limiting portions. The lesson includes an activity that lets participants see how good they are at estimating portion sizes.
- **Grocery Shopping**, GN-000-18  
A grocery-shopping quiz is used in the video and lesson to allow participants' to evaluate their grocery shopping savvy and provide them with helpful shopping tips.

- **Effortless Exercise**, GD-000-06  
In this video and activity lesson, class participants learn strategies for incorporating physical activity into their daily routines and identify activities that their families can do together.
- **Smart Snacking**, GN-000-17  
Class participants learn about snacking strategies, especially for days when they're "on the go." Participants will evaluate their families' current snack habits and get ideas for healthier snack choices.

**I'm Not a Baby Anymore, Tips for Feeding Toddler** is a new lesson, CF-000-23, and video, DV0101, for parents of children, especially children 12-24 months. The video covers healthy food choices, mealtime dos and don'ts, introducing new foods, and beverage choices. The lesson explores common toddler feeding behaviors and provides parents with common sense advice to deal with the challenging situations related to feeding a toddler.



A new breastfeeding DVD that contains two breastfeeding programs — **To Baby with Love: Overcoming Breastfeeding Barriers** and **The Comfortable Latch: A Guide to Successful Breastfeeding**, in English and Spanish is now available.

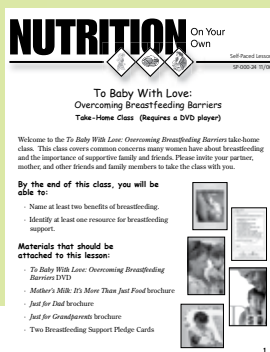
The DVD can be given to pregnant WIC participants to complement individual counseling during initial certification appointments. A take home lesson is

also available for both lessons. The take home lesson encourages participants to complete it with family members and other people who may be supporting them after their baby arrives.



Ask about our WIC Breast Pump Program poster, stock no. 13-186 and 13-186a (Spanish)

It has been revised and can still be ordered with the same stock number. (Note: the poster is no longer bilingual, however, each poster is smaller: 11" x 17")





*Let's Take a Tour of the WIC Approved Foods*, DVD 7780, has been updated to include the changes to the fiscal year (FY) 2007 WIC Approved Foods.

The changes include:

- least expensive brand cheese,
- purchase of cereals in 18 and 36 oz. packages only and
- clarification that specialty eggs, such as those high in omega 3 fatty acids and vitamin E, are not allowed.

*Please note that the updated DVD includes both voucher and EBT versions on the same DVD.*

Agencies implementing EBT should discontinue showing the old version included on DVD 7779 and begin using this new version on DVD 7780. The state office no longer provides a written lesson component or NE code to be used with this video.

*Keen Eye on the Small Fry* is a lesson, MN-000-14, and video, DV0098 or VHS7873, that covers a range of important topics during pregnancy from toxoplasmosis to safe foods and healthy eating. The lesson focuses on healthy food choices and weight gain during pregnancy.

*Let's Get Cooking* is a 2-part video, DV0037, with 2 lessons, *Let's Get Cooking with Fruit*, GN-000-19, and *Let's Get Cooking: Cooking with Vegetables*, GN-000-20. All your WIC participants will enjoy these videos and lessons. *Let's Get Cooking: Cooking with Fruit* shows participants how to prepare banana bread and a fruit crisp. *Let's Get Cooking: Cooking with Vegetables* shows participants how to prepare broccoli with garlic and a summer squash medley. Other materials that accompany the lessons include:

- Let's Get Cooking bilingual posters, 13-06-12413
- Bilingual, fruit recipe cards, 13-06-12404
- Bilingual, vegetable recipe cards, 13-06-1245

***Mealtime is Family Time: Mealtime Matters***

CH-000-20, is a new discussion lesson, in which parents learn about the division of responsibility as a technique to avoid common mealtime struggles such as picky eaters and food jags. The lesson includes sample situations to reinforce the messages in the lesson and encourages staff to develop additional sample situations. A handout with tips on handling common mealtime problems with young children is also included.



*Texas WIC Breast Pump Program: What Hospitals Need to Know*, stock no. 13-06-12480 (English only)

This is a new flier for hospitals and birthing centers describing the WIC breast pump program. It stresses the importance of calling the WIC office as soon as the medical provider knows that a WIC eligible mom needs a pump. This has already been sent to local area hospitals and birthing centers. Order more for other health care providers.



*Did You Know? Children Need*, stock no. 13-06-11550

This is a colorful poster that has been converted into a bilingual flier. The new flier shows the amount of juice, milk, and water recommended for children. The colorful flier appeals to families of all ages and can be posted on the refrigerator at home.

**Need to order copies of these materials?**

Copies can be ordered by completing the Texas WIC Materials Order Form and faxing it to the Publications Coordinator at (512) 458-7445.



## State Agency Spotlight — Formula Specialists

Shirley Ellis, M.S., R.D.  
Clinical Services Program Coordinator

The formula pager is a system for providing local agency staff with guidance and approval authority for non-contract formulas or special formulas. There is a long list of state agency dietitians and nutritionists who were and are involved in the approval of non-contract formulas.

Roxanne Robison, R.D., L.D., the state agency's Children with Special Health Care Needs nutrition consultant, remembers the early days of formula when only a few types of were available: milk-based, soy-based or elemental formulas. When Roxanne began working for the state WIC program in 1994, she became part of the state agency team of dietitians and nutritionists responsible for answering calls received on the formula beeper. Roxanne has also played a large role in establishing the current non-contract formula approval guidelines.

As the number of statewide WIC participants grew, so did the frequency and complexity of non-contract formula approval requests. This resulted in the need for a full-time formula pager position. In July 2002, Sandra Brown, M.S., R.D., was hired as a formula specialist responsible for responding to non-contract formula requests. Sandra held this position until August 2006. In her current position as the contract formula specialist, Sandra provides oversight of the formula rebate process and is responsible for the state's compliance to the federal regulations governing use of contract formulas.

These functions allow her the opportunity for continued involvement in the approval of non-contract formulas by helping to maintain and establish guidelines for formula approval.

Currently, the Clinic Services Branch is fortunate to have two talented formula specialists, Krista Neal, M.S., R.D., L.D., and Cathy Plyler, R.D., L.D., who are responsible for answering formula pager calls.

Krista, who has been in the position since April 2006, started her WIC career in Oklahoma City while attending graduate school at Oklahoma State University. She also worked for three of Oklahoma's county health departments where she provided prenatal/infant nutrition education, breastfeeding education and community education for several programs including WIC and Early Intervention. Her WIC experience includes working for a year as a certifying authority with the City of Austin WIC program, followed by working as a quality assurance nutrition consultant for the state agency WIC program. Krista's current position allows her to maintain telephone contact with local agency staff from all over the state. She really enjoys helping local agency staff to determine the most appropriate formula for meeting the needs of some of our most fragile WIC participants.

Cathy began her position as a formula specialist in October 2006. She brings to the position a wealth of experience including over ten years of WIC experience. Cathy worked five of those years as a clinic manager and breastfeeding coordinator with The University of Texas Health Science Center WIC program in Houston where she established the peer counselor program. Cathy also worked for a year with the City of Dallas WIC program as a high-risk dietitian. For the past six years, she worked as the Early Childhood Intervention dietitian for Tarrant County. Like Krista, Cathy enjoys communicating

with local agency staff throughout Texas. Her years spent in WIC clinics and working one-on-one with her Early Childhood Intervention clients give her a real understanding and appreciation for the work done by local agency staff.

Over the years the number of calls received on the formula pager has increased from just a few per day to between 30 to 50 calls per day. Occasionally Krista and Cathy need a break from answering the beeper calls. During those times they receive backup coverage from the following dedicated nutritionists and dietitians: Anna Garcia Brown, M.P.H.; Tiffany Brown, R.D., L.D.; Sandra Brown, M.S., R.D.;

Elizabeth Bruns, R.D., L.D.; Isabel Clark, M.A., R.D.; Shirley Ellis, M.S., R.D.; Patti Fitch, R.D.; Elaine Goodson, M.S., R.D.; Paula Kanter, R.D.; Anita Ramos, R.D.; and Roxanne Robison, R.D., L.D.

Through the continued dedication of many talented dietitians and nutritionists, the state agency is able to give local agencies the expertise and guidance necessary for providing WIC participants the most appropriate nutrition for meeting their needs. You can access the Texas WIC formula listing at <http://www.dshs.state.tx.us/wichd/nut/pdf/c-formula-listing.pdf>.



**Left to Right:**  
Roxanne Robison, R.D., L.D.  
Sandra Brown M.S., R.D.



**Left to Right:**  
Krista Neal, M.S., R.D., L.D.  
Cathy Plyler R.D., L.D.

### *Hello Everybody!*

by Eaton Wright, B.S., NUT  
Nutrition Expert

Eaton here to *Test Your Nutrition I.Q.* This time around we are going to talk about wonderful and delicious fruits and vegetables. Did you know the average American eats just three servings of fruits and vegetables a day? With various recommendations it can be confusing to know just how many fruits and vegetables you should eat. Just remember: when it comes to fruits and vegetables — more is better. Now, let's follow the fruit and vegetable rainbow to better health.

### Quiz

1. True or False - Filling up on fruits and vegetables instead of Funyuns, Kit-Kat and Yoohoo may help you lose weight.
2. Fruits and vegetables not only taste good, but they are also good for you. What benefits do colorful fruits and vegetables provide?
  - a. lower the risk of heart disease, stroke, and high blood pressure
  - b. prevent some types of cancer, like esophagus, colon, lung, and kidney
  - c. prevent gastrointestinal ailment, such as diverticulosis and diverticulitis
  - d. will clean the dinner table and do the dishes if you ask them nicely
  - e. protect against certain diseases of the eye, like macular degeneration and cataracts
  - f. all, except d
3. How can you eat more fruits and vegetables?
  - a. have a piece of fruit with breakfast
  - b. take along a piece of fruit or cut up veggies for a convenient snack
  - c. add vegetables into foods you normally cook (soup, pasta, pizza)
  - d. SUPERSIZE vegetable portions at lunch and dinner
  - e. all of the above
4. True or False – Fruits and vegetables contain natural chemicals that promote better health.
5. True or False – The Red Delicious apple is the tastiest, CRUNCHIEST apple of all time.



**About the author: Eaton Wright is a certified NUT based in Austin, Texas.**

# Answers

- True, but there is a catch.** You have to eat fewer calories than your body uses to lose weight. And substituting high calorie foods with fresh fruits and vegetables is an important part of any weight loss plan, but you have to replace the Twinkies, Big Gulp, and Fritos. Fruits and vegetables are lower in calories than many other foods, but they do contain calories. Substitution is the key.
- The answer is f.** First, the bad news. Dishes are just about the only thing fruits and vegetables won't do. Now, the terrific news. Want to lower your risk of heart disease, stroke and high blood pressure? The more fruits and vegetables that you eat, the lower the risk of heart disease. And, eating a variety of fruits and vegetables everyday may lower your risk of developing certain cancers. Fresh fruits and vegetables are naturally high in fiber. The skin on most fruits and vegetables, like grapes and apples are high in fiber. As fiber passes through your digestive tract, it absorbs water and expands. This helps to keep your digestive tract healthy. Last, but certainly not least, eating plenty of fruits and vegetables also keeps your eyes in good shape. Many fruits and vegetables contain vitamin A, which helps night vision. Dark green leafy vegetables, like spinach and collard greens also contain chemicals that protect the eyes from damage. A diet rich in fruits, vegetables, and whole grains may reduce the chances of getting diseases of the eye, like macular degeneration and cataracts.
- The answer is e.** Here are 25 ways to get more fruits and vegetables into your life:
  - add blueberries to a breakfast smoothie • add lettuce, tomato, or cucumbers to a sandwich
  - make a Waldorf salad, with apples, celery, walnuts, and low-fat dressing • keep fresh fruit on your desk at work • order a side salad instead of French fries • shred carrots or zucchini into meatloaf or casseroles • add chopped vegetables in pasta sauce or lasagna • order a veggie pizza with toppings like mushrooms, green peppers, onions, and jalapenos • include cooked dry beans or peas in chili • keep a bowl of cut-up vegetables, like broccoli, cauliflower, cucumber, or red pepper strips in a see-through container in the refrigerator • set a good example for children by eating vegetables with meals and as snacks • try one new fruit or veggie every month • buy fruits that are dried, frozen, and canned as well as fresh, so that you always have a supply on hand • top your cereal with bananas, berries or peaches; add blueberries to pancakes • bake banana or zucchini bread • try low-fat yogurt with fruit mixed in • include mandarin oranges or grapes in a tossed salad • allow children to pick a new vegetable to try while shopping • add fruit like pineapple or peaches to barbecue kabobs • have baked apples, pears, or a fruit salad for dessert • grill tomatoes, mushrooms, green peppers, and onions as part of a barbecue meal • frozen 100% juice bars make healthy alternatives to high-fat snacks • spread peanut butter on apple slices • choose raisins, apricots or other dried fruits instead of candy • start a garden; grow green beans, Brussels sprouts, peppers, mustard greens.
- True.** Fruits and vegetables come in many different colors. The varieties of colors provide a wide range of nutrients, such as fiber, folate, potassium, vitamins A and C. Fruits and vegetables also contain numerous phytochemicals, such as lutein, anthocyanins, lycopene, allicin, and carotenoids. Phytochemicals are special chemicals found in fruits and vegetables that give them color and smell and provide many health benefits.
- Much to Shellie Shores, Gail Gresham, and Rebecca Turnbow's chagrin the answer is true.** Originally known as the Hawkeye, the Red Delicious is harvested in September and October and available throughout the year. The Red Delicious originates from the 29th state in the union, Iowa. The state bird of Iowa (New Jersey too) is the Eastern Goldfinch.

**Remember: When it comes to eating fruits and vegetables — MORE is better!**

## Breastfeeding Promotion One Mile Fun Run/Walk in Dallas County

by Annette Alderete

The Dallas WIC Program sponsored their first breastfeeding promotion one-mile walk/run event on August 5, 2006, at Bachman Lake in Dallas, Texas. Nine employees from the Dallas WIC Program and 11 community volunteers organized and implemented the event to celebrate World Breastfeeding Awareness Month in August.

The objective of the one-mile breastfeeding walk/run awareness event was to invite women who support breastfeeding in the community to attend. One hundred ten people participated in the one-mile run/walk event. Of the 110 participants, 54 were women who had breastfed their infants, 25 were pregnant and planned to breastfeed their infants, and the other 31 participants indicated they supported breastfeeding in the community.

Breast milk is a complete form of nutrition needed for a baby's growth and development. Breastfeeding is an important factor in reducing the likelihood of obesity in children. In 2004, the breastfeeding initiation rate in Dallas County was 74.9 percent, which is comparable to the state rate of 74.5 percent. However, the breastfeeding continuation rate at 12 months for Dallas County was only 13.7 percent for Dallas County in 2004 compared to the state rate of 20.4 percent. For this reason the goal of this community event was to create awareness with the intention of increasing the number of breastfeeding women in Dallas County by promoting breastfeeding and its benefits.

The coordinators of the event were Dallas WIC employees, Deborah Parnell, L.D., I.B.C.L.C., breastfeeding coordinator, and Annette Alderete, a former Texas WIC dietetic intern. As part of her internship, Annette developed a community nutrition intervention project that featured this event. Community partners included City of Dallas Parks & Recreation, La Leche League, McDonalds, Fiesta Mart, Holister Inc., Curves, Hardy's Fruit & Vegetables, and radio station 94.7 KLTY.

To publicize the event, volunteers distributed fliers at various Dallas locations and radio station KLTY aired a public announcement which reached approximately 3,000 KLTY listeners.

The Dallas WIC Program provided various promotional items and prizes to participants in the run/walk event including bags, T-shirts, ribbons for winners,



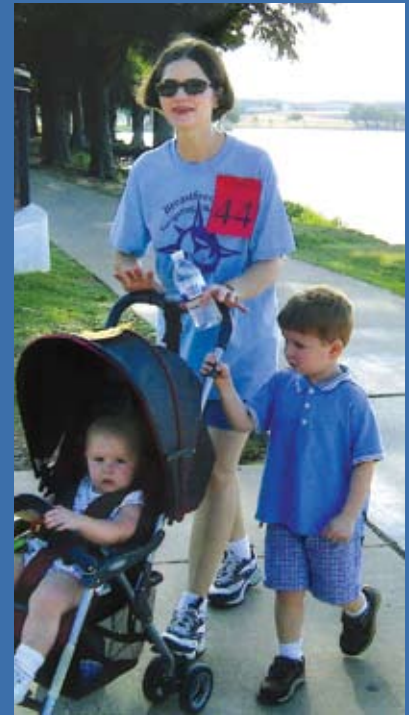
water bottles, breast shields, lanolin lotion and pamphlets on breastfeeding. Fiesta Mart donated fruit for the one-mile event. McDonalds donated Gatorade, cups, ice, and coolers for the event. La Leche League and the Dallas WIC Program set up booths to provide participants with breastfeeding literature, answer breastfeeding questions, and offer support groups in their area. The participants were given a 2005-2006 Dallas Area Breastfeeding Resource Directory to help them easily access breastfeeding support services in the Dallas area.

Annette Alderete said her experience in conducting a community nutrition intervention project taught her how to be patient and have good communication skills.

“Working with twenty volunteers was a challenge,” Alderete said. “Everyone works at a different pace and sees things differently. It was very important for me to keep in contact and have excellent communication skills with the volunteers and sponsors to have a successful project.”

Dallas WIC plans to have a walk/run event every year in August to help promote and encourage women to breastfeed in Dallas. The walk in 2007 will target current breastfeeding moms. They plan to have La Leche League consultants and leaders at the event to address the concerns of breastfeeding mothers and increase the length of time they breastfeed their infants.

“The first walk/run was a great way to increase public awareness of the importance of breastfeeding,” said Deborah Parnel. “I was pleased with the results, but would like to see more WIC participants in the next annual walk/run event.”



Coming next issue:

## World Breastfeeding Month



Texas WIC News is now available on the Texas WIC Web site!  
<http://www.dshs.state.tx.us/wichd/gi/wicnews.shtm>

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