



**Week ending issue: February 6, 2015 – Issue #240**

## **Policy**

### **From the WIC Services Policy and Procedure Manual – 340.35 Evaluating Breast Pumps - Electric Breast Pumps**

Electric pumps (including battery pumps) should be evaluated for safety, effectiveness, comfort, and convenience.

Electric and battery pumps and their collection kits should be:

- Easy to disassemble and reassemble,
- Easy to clean using common household detergents,
- Easy to convert to a manual pump, and
- Portable with a carrying case.

The milk collection container should:

- Be easy to remove with minimal spillage,
- Hold a minimum of four (4) ounces, and
- Be a container that can be used for feeding.

The electric pump should:

- Regulate the amount of suction control
- Alternate pressure setting during milk collection, and
- Automatically cycle at a minimum of 40 times per minute.

Print materials should:

- Include pictures or diagrams that support the directions
- Be available in languages other than English, and
- Be written at an appropriate literacy level.

Electric pumps should:

- Use a standard electrical outlet and
- Have a UL approved power cord and plug.

Note: Encourage mothers using battery pumps to carry extra batteries with them. Rechargeable batteries may save money spent on batteries.

## Information

### **FYI- Cheese and Food Package VII**

Can a participant receiving Food Package VII (the only food package that comes with a standard pound of cheese) substitute that cheese for milk? The answer is **NO**, it cannot be substituted for 3 qts of milk. A direct quote out of guidance we have received from the National office states a state can eliminate cheese as a substitute for milk in all food packages except Food Package VII (In Food Package VII it is a separate food category)".

## Thank you of the Week

### **Thank you of the week**

"To me and my family, WIC is worth a lot more than the \$100 it saves us on groceries every month. It has laid the foundation for healthy eating habits for years to come. At times, it forced me to get creative with beans and rice and I am grateful for that. Whole wheat bread was never something I would voluntarily buy and now if I'm out of WIC checks I still only buy 100% whole wheat bread. If I find myself in the position of needing to buy juice I will settle for nothing less than 100% juice. What I'm saying is that these eating/purchasing habits are bound to continue even past the period of time my family is receiving benefits. That's what it's all about."

– WIC Participant, Iowa

*\*We would love to hear from you! If you have a comment or story about how WIC has made a difference for you and your family we'd love to hear it! (We won't use your name!) Please send it to us in a pm and you could be featured in our next "Thank you of the Week" post!*

## Participant Centered Services

What is the spirit of Participant Centered Services?

- Genuinely warm and respectful, with both sides bringing something to the table.
- Accepting and understanding even if you don't agree.
- Individualized and emphasizes freedom of choice
- Collaborative, walking side-by-side rather than one pushing or pulling the other along.
- Dancing vs. wrestling

## Save the Date

### **Maternal Nutrition Workshop & Breastfeeding Workshop**

Please see the information for the Maternal Nutrition & Breastfeeding Workshops on March 24 & 25, 2015 at the end of this Friday Facts.

## Find Us on Facebook



<https://www.facebook.com/IowaWIC>

## Dates to Remember

**2015** \*\*\*\*note highlighted dates and topics indicate a change from the usual\*\*\*\*

### New Employee Training Go-To Meeting

- NETC Go-To- Meeting (All New Staff) – March 12, from 8:30-11:30
- NETC Go-To-Meeting (Health Professional) – March 19, from 8:30-11:30
- NETC Go-To-Meeting (Support Staff) - March 26, from 8:30- 11:30
  
- NETC Go-To- Meeting (All New Staff) – May 14, from 8:30-11:30
- NETC Go-To-Meeting (Support Staff) – May 21, from 8:30-11:30
- NETC Go-To-Meeting (Health Professional) - May 28, from 8:30- 11:30
- \*\*\*\* Please note changes in order of trainings for May
  
- NETC Go-To- Meeting (All New Staff) – July 9, from 8:30-11:30
- NETC Go-To-Meeting (Health Professional) – July 16, from 8:30-11:30
- NETC Go-To-Meeting (Support Staff) - July 23, from 8:30- 11:30
  
- NETC Go-To- Meeting (All New Staff) – September 10, from 8:30-11:30
- NETC Go-To-Meeting (Health Professional) – September 17, from 8:30-11:30
- NETC Go-To-Meeting (Support Staff) - September 24, from 8:30- 11:30
  
- NETC Go-To- Meeting (All New Staff) – November 12, from 8:30-11:30
- NETC Go-To-Meeting (Health Professional) – November 18, from 8:30-11:30
- NETC Go-To-Meeting (Support Staff) - November 19, from 8:30- 11:30
- \*\*Please note the dates in November.

### Core Trainings

- Maternal Nutrition: March 24, 2015
- Breastfeeding Nutrition: March 25, 2015
- WIC Contractor In Person Meeting: August 25, 2015
- Infant/Child Nutrition: September 1, 2015
- Communication and Rapport: October 28, 2015

## Available Formula

Product	Quantity	Expiration Date	Agency	Contact
Vanilla Pediasure 1.5 Calorie w/Fier	3 cases (24 cans/case)	2/2015	MICA	Sierra Meyer 515-232-9020 x105
Pediasure Peptide 1.0	16 containers	7/2015	NICAO	Janelle Pansegram 641-423-5044 x35
Powdered Nutricia Neocate Infant DHA/ARA Amino Acid Based Infant Formula w/iron	5 cans	8/2015	North Iowa Community Action	Carla Miller 641-432-5044 X24
Similac PM 60/40	1 can	1/2016	Broadlawns	Kathy Flagg 515-263-5660
Calcilo XD	1 can	2/2017		

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