



**Celebrating  
Moms and  
Dads**

# Celebrating Each of You

With Mother's and Father's day just around the corner, we dedicate this issue of the *Texas WIC News* to parents since they are the backbone of every family. They not only provide for their children, they also teach and influence them as they grow and mature.

As a program named for women, infants, and children, it may appear that WIC is no place for fathers, however that just isn't true. Because we know how important dads are, we've asked local agencies to tell us about the fantastic fathers they've encountered. On page 6 you can read their stories and letters.

While it may appear that women get all of the attention at WIC, in reality many find themselves not only responsible for carrying a child through pregnancy and breastfeeding, they may also have jobs, more children, and other responsibilities to take care of. With so many things to balance, many women struggle to focus on their own health. On page 12, read about National Women's Health Week, May 10-16, and how women can makeover their lives.

Let's not forget about parents as a unit. Parenting a child can be difficult, especially if the people caring for the children (mom, dad, grandparent, guardian, etc.) have different ideas. For co-parenting tips, whether they're for your family or for your participants', check out the WIC Wellness Works section to learn how you can handle co-parenting challenges in a healthy and communicative way.

While parents/guardians are the experts and ultimate decision makers for their families, we at WIC hope to be their friendly guide. One of our goals is to connect them with the resources they need. Read about one of these amazing resources on page 11, the Summer Food Service Program, a federally funded program that helps provide nutrition to Texans under the age of 18 during the summer months.

This May and June, I celebrate each of you. While you may or may not be a mother or father, you are all caretakers for our Texas families. Your support, guidance, and warmth are what keep our great state healthy.

## From the Texas WIC Director

- Lindsay Rodgers, M.A., R.D., L.D.





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If you would like to write an article, please request subject approval and our writer's guidelines prior to writing the article. Keep in mind that each Texas WIC News issue is planned five months in advance. Articles submitted will be considered, but not guaranteed for publication.



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# Celebrating Moms

## Angela Gil, R.D., L.D.

*Nutrition Education Consultant*

♥ My mother loves music. In fact, music and dance are a big part of our family history. Through her strength and resourcefulness, and no matter what our financial situation, she always found a way to give us what we needed especially when it came to music and dance. Growing up, my mom would take me to dance recitals and band concerts. She was my biggest supporter. She has spread this love of music to my children. It is for this reason that my mom has been a source of inspiration for me in many ways.



## Mandy Seay, R.D., L.D., C.D.E.

*Nutrition Education Consultant*

♥ My mom is a super woman to me, she has so many amazing qualities (many I'm still striving to adopt), but it was the way she lived a healthy lifestyle that has seemed to influence me the most. My mom's only food rules were no sugary cereals and we must eat dinner at the table as a family. As far as physical activity was concerned, she was an avid marathon runner, a triathlete, and a cyclist who often participated in the MS150. Sometimes I would join her when she did her Jane Fonda workouts and once we entered a 5K costume race where I roller-skated alongside her while she ran. My mom taught me that physical activity could be fun and I should do things that I enjoyed and found rewarding to keep my body healthy.



## Linda Zeccola, R.N., I.B.C.L.C. *Breastfeeding Training Specialist*

♥ My mother was a good role model always putting her children first. She made sure we had fresh air and sunshine and outdoor activity every day. Wholesome meals were very important to her. She took us all to the library early on and I had my own library card when I was four years old. We were exposed to all sorts of cultural things: museums, parks, and botanical gardens. The Bronx Zoo was our favorite hangout. In the winter we went ice skating at Central Park and in summer we went to the beach. Learning to swim was a big priority. I had dance classes; my brother learned to play violin. It wasn't easy for my mother to get us on subways and buses to do all these things. Just about everything we did was free; she was good at taking advantage of all that NYC had to offer. My mother pushed us to be the best we could be.



## Debbie Lehman, Ph.D., R.D., L.D.

*Nutrition Education Consultant*

♥ My mom always was, and still is, a giver. Always giving up things she needed or wanted so that I could have more. It wasn't until I was an adult that I realized she gave up buying herself new clothes or shoes so she could buy clothes or toys for me. Sacrifice without asking for repayment of time, resources, and unconditional love. Patient and tolerant. My mom nurtured just the way it should be done. Like the little things she did to show she cared, like having homemade cookies fresh out of the oven for me when I came home from school.



**Kelley Reed, R.D., L.D.**

*Nutrition Education Consultant*

♥ Until the teenage years, my mom was known as both mom and dad to my brother and me. Reflecting on those early years, I don't know how she managed to run a loving and supportive home, attend school and sporting events, drive us all over town, work full time, and meet the demands of two growing children on a single income. Somehow we never missed a hot meal and a cold glass of milk. Although milk was not my beverage of choice, looking back, I'm sure thankful it was hers!



**Jessi Cano, R.D., I.B.C.L.C.**

*Nutrition and Breastfeeding Specialist*

♥ My mom showed me how to stand up for what is right, work hard toward my goals, appreciate the little things in life and follow my heart. She taught me what true unconditional love is. She was a single mom miracle worker, balancing the budget, meals, school, all of our activities, and still showing me so much patience and love. She is everything I want to be for my girls now that I'm a mother and I am reminded everyday how blessed we are to have her as Mom and Nana. My mom is my best friend.



**Veronica Hendrix, L.V.N., I.B.C.L.C., R.L.C.**

*Texas Ten Step Program Coordinator*

♥ In March of 2014, my mother suffered a life-altering stroke. Initially, there wasn't much hope for her recovery, but over the next few months, I was constantly amazed by this woman who all of my life had been a fighter. With much hard work and with the help of great physical therapists, I watched her regain movement in both of her affected limbs. Eventually she was able to walk again, although for much shorter distances and with assistance. Growing up she was an avid gardener and very active, something I looked up to and appreciated more as I got older and had my own family. We just celebrated her 87th birthday. Thank you mom, for showing me what strength during adversity really looks like!



**Anita Ramos, R.D.**

*Clinic Services Training Specialist*

♥ I am the person I am today because of my mother, Maria de Jesus (Chita) Ramos. My mother was a strong but gentle and loving woman. She always made me feel I was important and I could do anything I put my mind to. She loved our family unconditionally and taught us to put God first. She and my father had and raised 17 children and I am the youngest. I saw first-hand how putting God first and giving unconditional love can keep a family close and strong. She passed away this year at 95 years old, and even when her health was failing, she still found ways to show her family love.



**Tracy Erickson, R.D., I.B.C.L.C., R.L.C.**

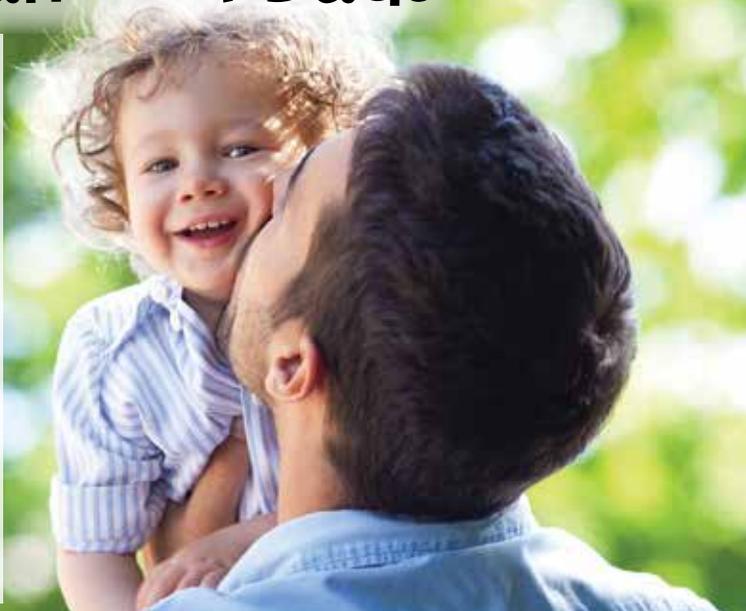
*WIC Breastfeeding Coordinator*

♥ The idea that the mind is shaped not just by the brain but also by the body was instilled in my siblings and me at a very young age. Both of my parents laid down the law with regards to limiting TV time, eating our veggies, and staying active, but my mom was our primary role-model for leading a healthy lifestyle. We were always encouraged to be active, through swim team, ballet, and school activities, and my mom was active right alongside us. At the age of 87, she still swims, rides her bike, walks, takes Zumba and Pilates classes, and she regularly plays bridge with friends to stimulate her mind and stay socially active. I have followed in my mother's footsteps with regards to staying physically and mentally active and eating responsibly and I know I have her to thank for my sound brain, body, and mind.



# The Importance of Dads

*Today's fathers are highly engaged and involved in raising their children. We know the roles men and fathers play are incredibly important when it comes to the family dynamic including support for mothers, how infants are fed, and the way children develop. That's why we're highlighting some of the amazing fathers that walk through your clinic doors every day.*



## **Involved Dad**

At Local Agency 30, dads of new breastfed infants are taking active roles assisting moms with breastfeeding. Here in Port Arthur, Texas, the men of all ethnicities are becoming more involved in the breastfeeding process. Of the many dads who do amazing things, we would like to celebrate one of our own, Joshua “Josh” Broussard, husband of one of our WIC staff, April Broussard.

Josh is an awesome help to his wife. Among the many things that Josh does (changing diapers, washing clothes, and preparing family meals) he assists April with hand expressing her milk, pumping her milk, and latching baby Josh to her breasts, making sure that her supply remains ample. April had several issues during her pregnancy requiring her to be in bed for several weeks. Josh was a great blessing to her and their other children. Thanks Josh, for being a great husband, father, and an excellent example to other dads. *(From Erika Flores, Submitted by Trina Ibarra, BFPC, LA 30, Bernadine Crockett, WIC Director)*

## **Knowledgeable Dad**

At a recent certification appointment, our peer counselor was very impressed with a soon-to-be dad. The peer counselor began to compare the components of breastmilk to those artificial components of formula and the dad interjected with, “Did you know 1000 years ago humans didn’t even drink cow’s milk?” The dad was so knowledgeable about the unnatural components of formula and very adamant that breastfeeding was the best choice. It was refreshing for the WIC staff to have such an educated dad present for the mother’s certification appointment—especially a dad educated on the subject of breastfeeding. The couple reported that both were breastfed as infants and are supported by many generations of breastfeeding advocates. *(From Katelin Kuhlwein, NE Coordinator, LA 126-01)*

## **Devoted Father**

Donald Wilson is the father of three children, two of which are still WIC eligible. Wilson has worked hard to maintain a loving and stable atmosphere for his children even when life gets complicated. When he has to work he has solicited help from his mother, who also works, to make sure he keeps his appointments. Donald Wilson, despite life’s challenges, is a loving and devoted father that Local Agency 46, in Freeport, Texas, would like to say thanks to. *(From Freeport WIC, Leola “Cissy” Waddy, Site Supervisor, Veronica Amador, Clerk )*

## Two Dads

During a recent certification appointment for a young pregnant teen, WIC staff was impressed by the two fathers present for the appointment. Not only did the teen bring her boyfriend to the appointment, but she also brought her own dad. We were really impressed with the amount of support she had from the men in her life. Both helped her fill out paperwork and attended the nutrition and breastfeeding counseling. Her boyfriend was vocal during the breastfeeding counseling with the peer counselor and stated that his mother breastfed him, and that he is fully supportive of his girlfriend's choice for their baby. As all of us at WIC know, moms are influenced most by family and partner. It is really comforting that this particular mom has both a dad and boyfriend that are present and supportive of her making the healthiest choices for her baby. *(From Katelin Kuhlwein, NE Coordinator, LA 126-01)*

## Supporting Dad

Ricardo Duran has been an active WIC dad since his first child, Angelic, was born eight years ago. Since then, he and his wife Angie have created a beautiful family of five with the addition of their son Ricky and daughter Amiee. Though Ricardo is very active in all aspects of his children's lives, from school to dance class to doctor's appointments, the contribution most notable to the WIC staff is how he supports his wife breastfeeding. Angie decided to start breastfeeding their son Ricky, now 6, and continued with their second daughter Amiee, who is now 4. She was so successful and passionate about breastfeeding that she was asked to become a peer counselor for our local agency. For six months now, Angie has been a huge asset to pregnant and breastfeeding moms at our agency. When Angie took the step to become a peer counselor, her family was also along for the ride. This role has transitioned her from being a stay-at-home mom to a mom that works up to 25 hours each week. Her husband Ricardo is fully supportive of her new role as peer counselor. Ricardo has taken on many of the roles Angie once filled within their family. From 3 to 6 each afternoon he picks the children up from both school and the babysitter, fixes ponytails for dance and cheer practice, does household chores, and prepares meals until Angie is home from her job. Without his contributions, it would not be possible for Angie to share her breastfeeding knowledge and passion with our clients at Faith Mission WIC Clinic. *(From Katelin Kuhlwein, NE Coordinator, LA 126-01)*

## Peer Dad

"This young lady would like to breast-feed," said the clinic peer counselor to peer dad Jonny Touaboy, "but the boyfriend won't let her do it!"

Jonny invited her to his office and asked her several routine questions. He then asked if he could contact her partner to discuss the topic of breastfeeding, to which she responded with a big "yes!" He called the man in her presence, and explained that he wanted to meet with him to discuss breastfeeding options for his unborn child. The expectant father asked Jonny how two grown men could discuss "anything" about breastfeeding. Jonny responded that he was the father of three children who were each breastfed for at least 16 months.

The expectant father warned that Jonny would not be able to convince him. Jonny's reply was that his job was not to convince people but to provide them with information. The father made an appointment for the next day. That night, Jonny realized he was feeling challenged by the boldness of this man who was basically curious to see if this peer dad could change his mind. Jonny settled on a strategy of approaching the man with this question, "What would you do if you knew your baby would be the next president?"

The next morning, when Jonny arrived at the clinic, the expectant father was already there. When he stepped into his office, Jonny formulated his first question, "Sir, do you know who your child will be in 35 years from now?" At first the father didn't understand the question so Jonny stated it differently, "Sir, if someone says to you at this moment with absolute certainty that in 35 years your unborn son will be the president of the United States, what would you do?" The father laughed out loud and said "No way, I have never dreamed that big!" Keeping his composure, Jonny told him that it could happen to any-

*(Continued on next page)*

## Peer Dad

*(Continued from previous page)*

one. Then the father said: "I will do anything to keep him safe!" Jonny asked how and the man said he did not know how he would do that.

Jonny offered to give him some suggestions as to how and what he could do. He gave him a piece of paper and asked him to write horizontally the first letter of the word he used to describe these suggestions. Before he got to the last letter, the man asked if the word was going to be "breastfeeding" which Jonny affirmed with a strong YES!

The expectant father put down the pen and said: "Brother, I am convinced! I didn't know what I was doing." Jonny went on to reaffirm that breastfeeding was a simple, easy, and natural way to feed and nurture the baby.

The expectant father called his girlfriend and asked her to come to the clinic to meet with Jonny. He proposed marriage to her in front of the peer dad! Since that first meeting, the expectant father has visited the WIC clinic regularly, and the baby is still being breastfed 20 months later. *(From Muswamba, LA07)*

Jonny's convincing strategy:

Boost his/her immune system that way he/she can fight against infection

**B**ond with your baby in order to have a good and lasting relationship

**R**educe episodes of common childhood illnesses (diarrhea, ear infection, respiratory illness) and the risk of several uncommon illnesses such as asthma.

**E**nhance your baby's health now and throughout his life

**A**rtificial food is something that you will ban out of your child's life!

**S**afe food that can save you money, make you stress free

**T**rust between you and your baby

**F**ood is a really important thing in life, for human beings, but the choice of food is what matters

**E**motionally impact your baby's whole life

**E**asy life, easy baby to comfort

**D**evelopment (physically, mentally)

**I**mprove developmental outcomes and lifelong health

**N**atural things around the baby

**G**ift of love, security and comfort

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## Real Life Peer Dad Support

Fidel counsels fathers in a WIC clinic. As a real life peer dad, Fidel demonstrates effective counseling skills, is very thorough, and exhibits enthusiasm for breastfeeding promotion. He has an amazing ability to shift a consultation from breastfeeding to parenting in one session. The following four father stories have one thing in common...the dads did not grow up with their own father. *(From Muswamba, LA07)*

## Absent Dad

Fidel asked Oscar if his pregnant girlfriend was planning to breastfeed and if his 3-year-old son was breastfed. Oscar broke out in tears before answering the question. He told Fidel, "Before the birth of my first boy, and until he turned 9 months old, I was incarcerated." His son was nursed for only a few weeks due to a lack of support. Oscar decided for the next child, that he wanted to be involved at all levels. Oscar has been present at all WIC appointments and prenatal visits. He's learned about the benefits of breastfeeding and wants his baby to receive all the benefits of breastfeeding. Oscar says he wants to give his girlfriend all the support she needs; he does not want to miss anything this time. *(From Muswamba, LA07)*

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## Emotional Dad

The session with Bruce was intensely emotional. Bruce shared that he witnessed his father drinking and being abusive to his mother. Eventually, Bruce's father left the family when Bruce was only 9 years old. His father asked him repeatedly to never follow his example.

Bruce came to the clinic with his expectant girlfriend. He confided to us that he does not want his new baby to go through what he went through. He wants a stable life for him and wants to be involved in the child's life. He is supportive of his girlfriend and was very glad to learn about the benefit of breastfeeding. *(From Muswamba, LA07)*

## Fatherless Dad

Charlie declared to us that he will do everything in his power to help his wife breastfeed and to never let his child grow up without a father. Charlie's father left the family when he was just a child. Charlie never understood why he was so rebellious and angry with his mother until he spoke with Fidel. Fidel comforted him. Fidel recommended that Charlie spend plenty of time with his baby, support his wife in breastfeeding, and shared with him relationship bonding techniques. *(From Muswamba, LA07)*

## Conflicted Dad

Paul is originally from India. He came to the United States to pursue higher education and has achieved his goal. He met a girl originally from Mexico and now they are expecting their first child. He shared that his family does not approve of his relationship with her. Paul was not sure what to do. On one hand, he wanted to be supportive of his girlfriend and the choice to breastfeed, yet on the other hand, he was still wondering if it was the right thing to do considering the disapproval of his family. Fidel explained the importance of the father's presence in the child's life in all cultures. He provided him with facts about the consequences of a non-present father, such as increased risk of drug abuse and dropping out of school etc. Paul left the WIC site with a renewed determination to support his girlfriend during pregnancy and in breastfeeding. *(From Muswamba, LA07)*



## Letters from Dads

### *Andres O. Cervantes* **A Dad Expresses his Gratitude**

*My wife and I are extremely impressed with the amount of help given to us. The staff has been nothing but excellent with the info provided to my family and I. As a father/provider, WIC has helped me out as well, relieving a lot of the stress in my life. WIC helped my mom out a lot when I was a kid. I have seen the amount of help WIC provides through both sides. WIC is an amazing organization and I will always be thankful for everything it has done for us.*

### *David Rosales* **A Dad's Experience with WIC**

*I really look forward to receiving our monthly WIC benefits. All of our basic needs such as milk, eggs, bread, and juice are met. I really enjoy the extra help. Every drop counts. As a father it is important for me to be a part of the process. Too many times the "process" only involves the mother. It's nice to know that there is a way for me to get involved. Thanks WIC.*

### *Bryan Bocanegra* **A Dad Speaks Out about Being Involved**

*Coming to a WIC appointment by myself has been a learning experience. I think dads should be more involved in the WIC program to have a better understanding of how kids develop and how their nutrition affects their development. It's definitely something I am not used to doing, but it has taught me a lot.*

# SAVE THE DATE!

## 2015 Texas WIC Nutrition and Breastfeeding Conference: *What's Trending in WIC?*

This year's conference will be held July 7-9 at the JW Marriott in Downtown Austin. The new JW Marriott is the talk of the town! It opened February 2015 and has state of the art technology, great restaurants, and a fifth floor pool area overlooking Lady Bird Lake, as well as an extensive, Texas sized fitness center.

Arrive early to hear interesting preconference sessions including: Digital Solutions for Millennial Mothers, Homegrown Food Straight from the Garden, and Gestational Diabetes: Nutrition Counseling from Diagnosis to Delivery and Beyond. The opening keynote will be provided by Kiran Saluja who is Deputy Director of the Public Health Foundation Enterprises, Inc. (PHFE) WIC, the largest local agency in the country. This agency serves over 23 percent of the California WIC population. Ms. Saluja will present WIC: Trending Success for the Future.

Sessions on Wednesday include, Feeding Infants Whole Foods: Baby-Led Weaning; Smok-

ing and Infant Mortality; Seven Things You Can Do to Increase Participation in WIC; Engaging Generation Y, and a Local Agency Panel for Power of Influence.

The conference will conclude with poster recognition, awards, and closing remarks. The closing keynote, given this year by Dr. Adolph Brown is called "Don't Judge a Book by Its Cover" and promises to be exciting. Dr. Brown has become one of the world's most popular speakers with his unique ability to communicate information in an entertaining fashion.

More information is available on the conference web page at <http://www.wicconference.com/>. We look forward to seeing you in Austin!



## Become a success story, apply to be a WIC Dietetic Intern!



**Texas WIC  
Dietetic  
Internship  
Application  
Deadline Is  
June 9, 2015.**

Refer to <http://www.dshs.state.tx.us/wichd/interns/intern-brochure.shtm> for more information and the application documents. Contact [Mary.vaneck@dshs.state.tx.us](mailto:Mary.vaneck@dshs.state.tx.us) with questions.

## Co-Parenting for Wellness

CONTRIBUTED BY DEBBIE LEHMAN  
WIC WELLNESS WORKS COORDINATOR AND CO-PARENT



If you are a mom, dad, caregiver, or guardian you've likely seen that your health and wellness is linked to your child's well-being. When our children struggle physically or emotionally, we hurt too.

This is especially true when it comes to parenting following divorce or separation. Although we're ripe with emotions and full of pain and hurt, doing everything we can to avoid unhealthy communications in front of our child is one of the best gifts we can give, although sometimes it can be difficult to do or we accidentally share more than we should. When moms and dads look beyond their personal struggles to co-parent for their child, the benefits have far reaching effects, not only on the child, but on the parents' lives as well.

It is important to note that even though these co-parenting tips are often shared in the context of divorce or separation, they are relevant tips for intact families as well. Parenting together with anyone can be a challenge.

- 1 Find someone who co-parents well and that you trust, or a counselor, to be your guide and check in often. Before you react, run your thoughts by your guide for a second opinion and filter. Most of us need assistance every now and then and throughout our child's growing years. Just when you think you've got it down, something new comes up.
- 2 Treat communication between yourself and the other parent as a job. Be to the point, and do not waste time with emotional arguments that only cause stress. Even if the other parent

doesn't parent the way you like, it may not be wrong — just different. Remember you both want what's best for your child.

- 3 Don't argue with the other parent in front of your child. Your child knows he/she is part mom and part dad, so hearing hurtful things about either parent, especially from a parent, can damage his/her self-esteem. Your child loves both of you and doesn't want to hear bad things about either parent. Also, your child is learning how to communicate by watching what you do.
- 4 What you say to your child during the split-up of their family will impact their memory of this time. Repeatedly stress how much you love your child and how you will always be there for them. Make sure your child knows he/she had nothing to do with the split. And let your kids be kids — resist telling your child about your troubles, find another adult for this, or excuse yourself for a few minutes to vent.

*"All children need the love and support of both their mother and father. Parents who live apart can still provide these things if they work together and put anger and conflict aside."*

Before you say or do something you might later regret, stop and ask, "How will this help my child?" Even though life may be different than you planned for your child, you can influence the future and your family's emotional well-being. If you'd like to read more on effective co-parenting, please visit the Office of the Attorney General's co-parenting guide at [https://www.texasattorneygeneral.gov/AG\\_Publications/pdfs/coparenting.pdf](https://www.texasattorneygeneral.gov/AG_Publications/pdfs/coparenting.pdf).

## Using Nutrition Phone Apps

CONTRIBUTED BY ASHLEY SCHMIDT, TEXAS STATE UNIVERSITY DIETETIC INTERN

Today you can find a phone app for just about anything, including nutrition! There are a variety of apps for recipes, food diaries, and food ratings. With so many apps out there it can be hard to know which ones to download. We went to the experts at the Academy of Nutrition and Dietetics to find some of the best reviewed apps. All of the following apps can be downloaded for free and some include extra features for an additional fee.

### Recipe Apps:



#### **Eating Well – Healthy in a Hurry** (available for iPhone and Android)

This app features tasty recipes that are not only nutritious but quick to make as well! Recipes can be searched by meal type, protein source, and how long the meal takes to cook. Nutrition icons indicate if the recipes are high in fiber, heart healthy, or help to maintain a healthy weight. Each recipe includes serving number, time to cook, ease of preparation, ingredients, directions, and nutrition information.



#### **Cook's Illustrated** (available for iPhone )

Uncertain how to prepare a dish? Cook's Illustrated offers many recipes and each recipe includes a step-by-step video. The recipes include an ingredient list that can be added to an in-app shopping list and built in timers for each step of the recipe. The app also contains recommendations for various ingredients and reviews cooking equipment and tools.

### Food Diary Apps:



#### **MyFitness Pal** (available for iPhone, Android, Blackberry, and Windows)

This amazing app combines food and exercise tracking into one streamlined application. The database of food items is extensive and allows you to add your own foods and recipes. You can also link the app to a variety of step tracking devices to see everything in one place. Unlike many other diet tracking apps, the app offers all features for free, is highly customizable, and allows you to invite friends to view and comment on your progress to reach your goals.



#### **MyPlate** (available for iPhone)

MyPlate is a user friendly app that tracks your food and exercise. The food diary includes colorful pictures and an extensive database of foods to choose from. Foods can be added to the database manually or by scanning the barcode of a food item.

*(continued on WWW — Insert D)*

## recipe

### Blueberry Waffles with Sauce — A Great Mother's Day Breakfast Idea!

CONTRIBUTED BY  
CITY OF DEL RIO (LA 44) STAFF —  
ELVA REYNA AND KELLY SOBIESKI  
Makes 6-8 servings

#### Ingredients

3 egg yolks, beaten  
1 ⅔ cups milk  
2 cups all-purpose flour  
2 ¼ teaspoons baking powder  
½ teaspoon salt  
1 tablespoon melted butter  
3 egg whites, stiffly beaten  
⅔ cup blueberries  
1 ½ cups blueberries  
3 tablespoons honey  
½ cup orange juice  
1 tablespoon cornstarch

#### Preparation

In a medium bowl, whisk together egg yolks and milk. Stir in flour, baking powder, and salt. Stir in butter, and set mixture aside for about 30 minutes. Preheat a lightly greased waffle iron. Fold egg whites and ⅔ cup blueberries into the mixture. Scoop portions of the mixture into the prepared waffle iron, and cook until golden brown. To prepare the sauce, in a medium saucepan over medium heat, mix 1 ½ cups blueberries, honey, and ¼ cup of the orange juice. Bring to a boil. Mix remaining orange juice and cornstarch in a small bowl, and stir into the blueberry mixture. Stir constantly until thickened. Serve warm over waffles.

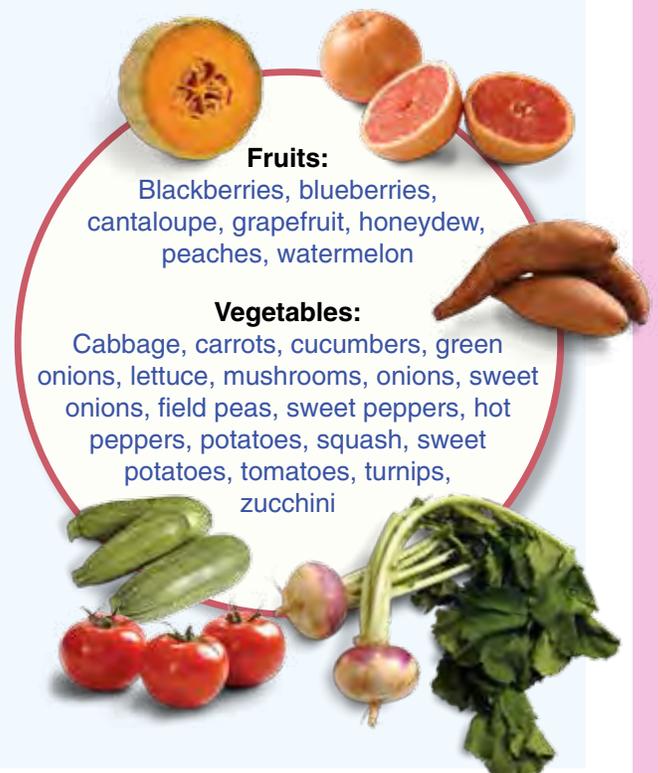
**Nutrition Information Per Serving** (⅓th of recipe):  
243 calories, 4 g total fat, 1 g saturated fat, 80 mg cholesterol, 346 mg sodium, 45 g carbohydrate (2 g dietary fiber, 13 g sugar), 8 g protein

\*Try making with whole wheat flour and topping with plain blueberries for an even healthier kick.



Share your wellness success stories for a chance to be spotlighted in Texas WIC News and inspire other WIC staff! Contact your State Wellness Coordinator, Debbie Lehman, at [Debbie.Lehman@dshs.state.tx.us](mailto:Debbie.Lehman@dshs.state.tx.us) or 512-341-4517.

### Texas Seasonal Produce



## Using Nutrition Phone Apps

(continued from page WWW — Insert B)

### Food Rating Apps:



#### Fooducate (available for iPhone and Android)

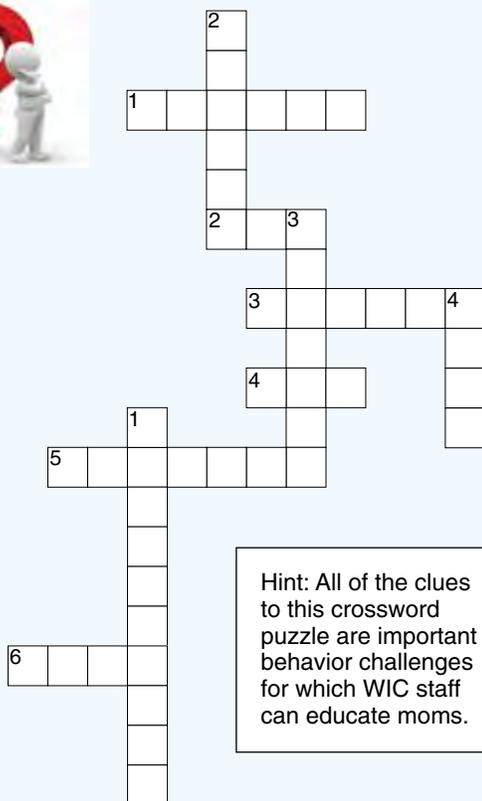
Wondering if that breakfast cereal is a good choice? Fooducate grades all types of foods based on the nutritional content and the ingredient list and all you have to do is scan the barcode! Each item includes nutrition information, ingredient list, an explanation for the grade it received, and better alternatives.



#### HealthyOut (available for iPhone and Android)

One of the best ways to stay on track with your health goals is to plan your meals ahead of time. However, it can be difficult to do this when you are eating out. HealthyOut provides healthy options for delivery, pickup, and dine out restaurants in your area. You can customize your search by filtering the type of meal you are looking for. The app also provides distance, address, ratings, and price information for the restaurants.

## Mind Games



Hint: All of the clues to this crossword puzzle are important behavior challenges for which WIC staff can educate moms.

### Across:

- Children under 2 do not need any \_\_\_\_\_ time.
- A common new mom breastfeeding concern is \_\_\_\_\_ milk supply.
- Sitting down and having \_\_\_\_\_ meals together is important.
- Moms should wait until at least \_\_\_\_\_ months to introduce solid foods to prevent allergic reaction.
- Hot dogs, whole grapes, and chips are \_\_\_\_\_ hazards.
- The parent decides \_\_\_\_\_ and when to offer foods. The child decides how much they want to eat.

### Down:

- \_\_\_\_\_ (the why to) is more important than the knowledge and skills (the how) to act.
- A common inappropriate bottle feeding practice is putting \_\_\_\_\_ in the bottle.
- \_\_\_\_\_ from the bottle can be hard for some.
- Helping moms breastfeed for the first \_\_\_\_\_ or as long as possible is a goal of WIC.

### Answers

Across: 1) motivation, 2) low, 3) family, 4) six, 5) choking, 6) what  
Down: 1) screen, 2) weaning, 3) cereal, 4) year

# Summer Food Service Program: Connecting WIC Families with Healthy Meals

by Angela Olige, Assistant Commissioner  
Texas Department of Agriculture, Food and Nutrition

Last year, more than 17 million healthy meals were accessed by Texas children through the Summer Food Service Program (SFSP), a federally funded program that helps bridge the gap separating young Texans under the age of 18 from the good nutrition they need during the long summer vacation. Organizations, such as private non-profits and schools, partner with the Texas Department of Agriculture (TDA) to serve meals at sites across the state. Many sites offer enriching activities and serve various combinations of meals including breakfast, lunch, snacks, and even supper.

SFSP is an important resource and the remarkable organizations operating meal sites deserve all the support TDA and partners like WIC can provide. Connecting the families served by WIC with the healthy meals of SFSP begins with distributing the resources available at [SummerFood.org](http://SummerFood.org) that can help families find an SFSP meal site.

WIC is an important partner in the effort to reach more children in need of nutritious meals during the summer. Working in the WIC program provides a unique vantage point to help raise awareness of the nutrition available through SFSP because the families served by WIC may not realize younger children are able to access the meals in the program.

TDA is working to connect the families served by WIC with the healthy meals of SFSP by working with WIC offices to distribute SFSP information. WIC directors will be able to order and receive postcards for distribution to families. These postcards provide families with information about SFSP and how to locate the sites most convenient to them. WIC staff can use these resources to encourage families in need of this additional assistance to take advantage of this program.

Locating sites in Texas is easy. TDA and its partners offer three ways to find a meal site. Families can dial 211 to speak to a live operator, visit the [SummerFood.org](http://SummerFood.org) website for an interactive map, or text FOODTX to 877-877.

WIC staff members are encouraged to learn more at [SummerFood.org](http://SummerFood.org) and to use the resources available there and distribute the materials that can be provided directly to WIC offices.



# National Women's Health Week

## May 10-16, 2015

by Tonia Swartz, R.D., L.D.  
Clinical Nutrition Specialist



Women are often known for putting the needs of others ahead of their own, sometimes at the cost of their well-being. Are you one of these women? Ask yourself this question, "When was the last time I took time to take care of myself?" If you can't remember then now is the time for a life makeover and to start taking care of you...it's "Me Time!"

### **National Women's Health Week**

Mother's day each year marks a week long observance led by the U.S. Department of Health and Human Services Office on Women's Health. The goal of National Women's Health Week is to "empower women to make their health a priority...and help women understand what it means to be well." Being well includes taking care of your body, mind, and spirit.

There are five recommended steps to help you start achieving your life makeover.

#### **1. Visit a health-care professional to receive regular checkups and preventive screenings.**

Do you remember the last time you went to see your doctor for a yearly well-woman exam, or to your dentist? According to the Centers for Disease Prevention and Control report, "Summary Health Statistics for U.S. Adults: National Health Interview Survey, 2012," only 14 percent of women surveyed reported visiting a doctor or other health-care professional in the last 12 months; and only 47 percent of women reported visiting a dentist in the last six months.

Health statistics show that for women in Texas, breast cancer accounts for 39 percent of reported new cancer cases, and the prevalence of cardiovascular disease is 7.4 percent and heart disease is 5.3 percent. This is why early intervention and preventative care are so important.

Preventive screenings help identify risks and catch diseases in their early stages. Early detection and interventions can improve the success rate of treatment, and help you and

your healthcare provider identify steps you can take now to stop disease progression.

#### **2. Get active!**

Part of your lifestyle makeover should include regular physical activity. The example you set now can have a positive life-long impact on the health of your family, even from generation to generation.

Being active doesn't have to mean exercise in the traditional sense. Besides running, walking, weights, etc., activity can include swimming, riding bicycles, playing frisbee, a dance class, hula hoop challenge with your kids, or taking a nature hike. Remember to:

- Find fun activities you love to do.
- Set short and long term activity goals that are realistic.
- Aim for a minimum of 2 hours 30 minutes for aerobic activities each week; and
- 2 days per week for muscle strengthening activities.
- Reward yourself for meeting your goals. It might be a nice time for a good massage or pedicure, or maybe a movie night.
- Always check with your health-care provider before starting any new exercise or physical activity routines.

#### **3. Eat healthy**

We all know that what we eat can have a big impact on the state of our health and our risks for disease. Make simple changes and set achievable goals. Here are some suggestions:

- Increase your fruit and vegetable consumption. It can be as simple as eating one additional fruit and vegetable per week than you normally include in your diet. Build up to a goal that half of your plate is fruits and vegetables.
- Smoothies made with low-fat yogurt and fresh or frozen fruits and vegetables are a good way for you to increase your daily healthy food consumption.



- Limit or avoid fried meats to cut down on unhealthy fat consumption.
- Reduce your salt intake. Instead of using salt during cooking, use fresh or powder seasonings. Limit or avoid processed foods that contain more than 140mg or 5% of sodium.
- Set aside a day to plan the upcoming week's meals. Start with just one meal, like breakfast or dinner. Try to also pre-prepare and freeze a meal or two. Both steps are big timesavers.

Make use of online resources, like [ChooseMyPlate.gov](http://ChooseMyPlate.gov), for additional information and tips. What about using your local agency resources like RDs and nutritionists?

#### 4. Mental health

Mental health is a piece of our health that is often overlooked. Think about when you are stressed, have little sleep, or depressed, how does it make your body feel? Do you often feel overwhelmed? All of this can impact your appetite and eating habits, activity level, social interactions, or your level of happiness or satisfaction in life.

- Don't let stress overtake you. Learn coping skills. Do activities that help you alleviate stress such as a yoga class, reading, listening to music, or meditation.
- Take time for yourself each day. It can just be five or ten minutes in a quiet spot, or maybe a nice hot bath.
- Don't isolate yourself. Participate in a class or club where others share your interests.
- Ask for help. Seek professional help if you are feeling overwhelmed and are having difficulty coping.

#### 5. Avoiding unhealthy behaviors

The last recommendation is to avoid unhealthy behaviors. Behaviors that can have a negative impact on your health can include poor diet habits, smoking, excessive drinking, and ignoring safety

recommendations like no texting while driving, wearing a seatbelt, or bicycle helmet.

#### National Women's Check-up Day, May 11

As part of National Women's Health Week, women are encouraged on this day to schedule their annual well-woman visit. Did you know that as part of the affordable care act, preventative services, like your annual well-woman exam, are free of charge (with in-network providers)?

As part of this visit, women should discuss with their health-care provider:

1. Health habits — such as eating, exercise, sleeping, etc.
2. Preventive screenings — such as breast cancer, cervical cancer, gestational diabetes, diabetes, cholesterol, oral exams, and more — can help identify health concerns and risk factors early.
3. Set health goals for the coming year.

WIC can be your guide and provide information on available community resources, as well as provide education to help women and families meet these goals. Make some room this year for a little “Me Time” and take care of your health needs.

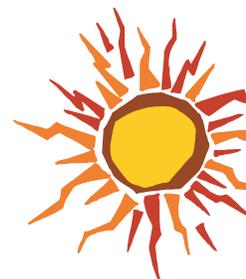
#### Web Resources:

- Office on Women's Health, U.S. Department of Health and Human Services; <http://womenshealth.gov/nwhw/>; accessed on 12/22/14
- Healthcare.gov, <https://www.healthcare.gov/preventive-care-benefits/women/>; accessed on 12/22/14
- Centers for Disease Control; [http://www.cdc.gov/nchs/data/series/sr\\_10/sr10\\_260.pdf](http://www.cdc.gov/nchs/data/series/sr_10/sr10_260.pdf); accessed on 12/22/14
- Texas Department of State Health Services <http://www.dshs.state.tx.us/tcr/statisticalData/2014FactSheets/Texas-Fact-Sheets-2014.aspx>; accessed on 12/22/14
- Texas Department of State Health Services; <http://www.dshs.state.tx.us/wellness/>; accessed on 12/22/14

# Traveling the State with Lindsay and Amanda

by Amanda Hovis, M.P.H.  
Director, Nutrition Education/Clinic Services Unit

*From December to March, Lindsay and I traveled the state of Texas to visit with WIC directors in each of the TALWD regions. This was an opportunity to get to know the directors in each region and to see some of the great work WIC staff are doing around the state first hand.*



**DECEMBER 3, 2014:** We scheduled the first leg of our trip to coincide with a meeting already scheduled in the Southern Region. After loading up on coffee (a travel must), we headed south to Laredo. One of the best things about this drive is that it is a straight shot down I-35 from Austin to Laredo and lucky for us, traffic was smooth most of the way. It was getting dark when we entered Laredo. While trying to locate the hotel we came within seconds of crossing the international bridge and almost ended up in Mexico. Google Maps helped us that night and several other times during our travels. We had dinner at our hotel with Christina Zamarripa, LA WIC director from Corpus Christi.

The next day, Nora Martinez, WIC director for Laredo, and her staff took us and the rest of the Southern WIC directors to tour three WIC clinics. Each site was in a different area of town and had a unique look and feel, but all were warm and inviting places for participants. You could tell the staff loved their jobs and their participants.

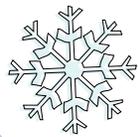
After the tour we had lunch at La India, a spice company and delicious restaurant, all in one. Following lunch we met with the directors. Even though we had an agenda for the meeting, our primary goal was to get to know the directors better, and to understand what challenges the staff are experiencing in each region.

**DECEMBER 11, 2014:** For the second leg of our trip we headed north to Tarrant County to meet up with the Northern LA WIC directors (coffee and Google map on board). We toured a clinic and call center and met with Andrea Urquidez, the Nutrition Education coordinator. Lindsay got an opportunity to sit in on an excellent counseling appointment with her. The next day we visited the City of Dallas, where we toured the Gaston Avenue clinic and viewed the Breastfeeding Lactation Center currently undergoing an expansion effort. The Gaston Avenue clinic received rave reviews during their recent audit and we could see why. The clinic is bright and friendly, and WIC Clinic Supervisor Danielle Ellebracht knows how to motivate her staff. Danielle's clinic

had a very clever WE ROCK door in their break room that was full of positive comments regarding the customer service they received at the Gaston Avenue clinic.



**PANHANDLE REGION**

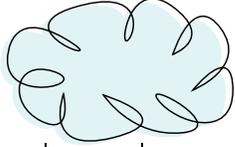
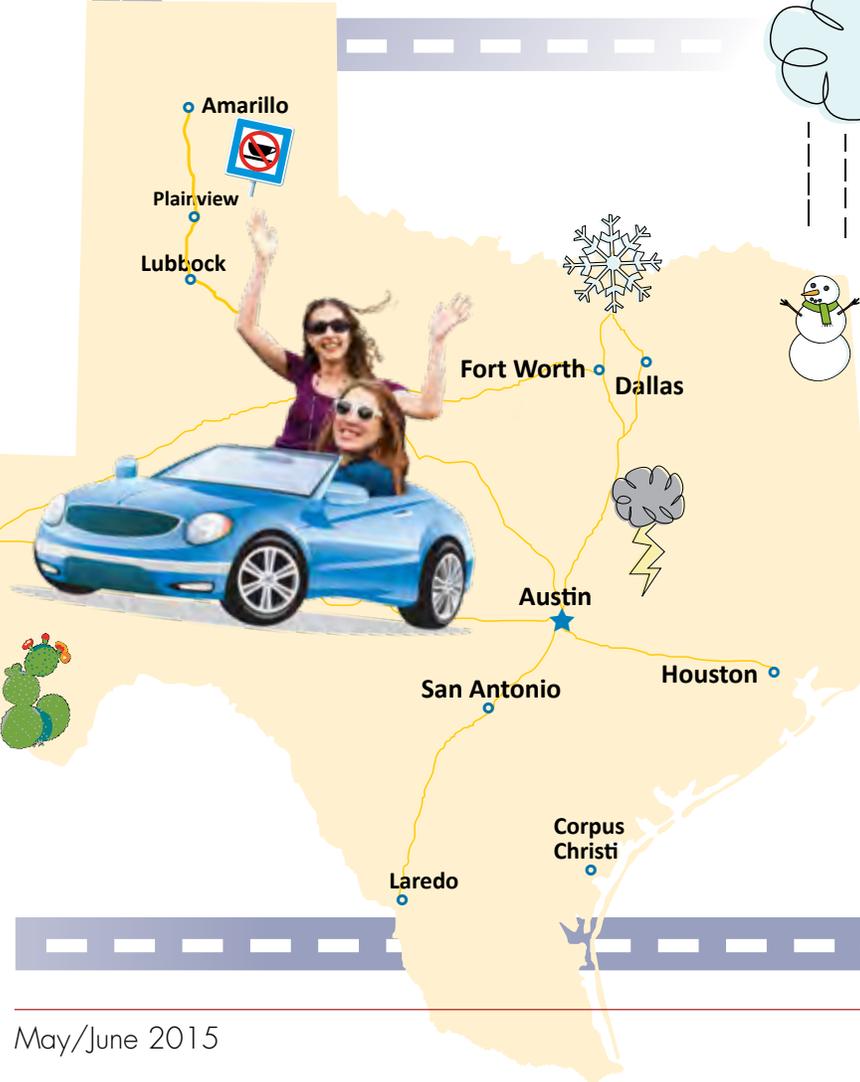


**JANUARY 15, 2015:** We hit the road again heading to the Panhandle Region. We decided we would visit the three WIC directors in the Panhandle Region separately since they are located so far apart. We arrived in Lubbock first, just in time to avoid the ice, but still see snow on the ground. We met with Eileen Mendoza, WIC director Local Agency 27, and her team in Lubbock and discovered how her staff from across the Panhandle and Western areas of the state found ways to work collaboratively using technology. We met with Barbara Kahleeq, WIC director LA 20, and learned about her upcoming kitchen classes and mobile kitchens. In Amarillo, we met with Margret Payton, WIC director LA 100 City of Amarillo, who filled us in on the details of her kitchen and the new greenhouse she is building.

We hit a snag between Lubbock and Plainview, and again between Plainview and Dimmitt, when we ran out of coffee with nothing but road between us and the next town. The staff in the break room at Plainview literally laughed out loud when Lindsay asked if there was a coffee place like Starbucks on the way.



**CENTRAL REGION**



**JANUARY 22, 2015:** It was pouring rain the day we met with the Central Region WIC directors in Austin. In spite of the weather, we had nearly all the directors at our lunch meeting. The Central LA WIC directors came prepared — each with a list of excellent questions for us to discuss. From breast pumps to formula to DNA testing to other services, we discussed it all. We originally planned to move our discussion to the Austin administration office after lunch but the restaurant was so cozy and it was so wet outside we ended up staying at the restaurant to continue our discussion.



**WESTERN REGION**



**FEBRUARY 12, 2015:** Next we headed to the Western Region where we met with the WIC directors in the El Paso area. This region of TALWD is really interesting because it combines the El Paso area with San Angelo. Since San Angelo is far away we had Gillian MacKenzie, WIC director in San Angelo, join us by teleconference. After our meeting we had lunch at The Green Ingredient, which was incredibly delicious and has to be the best vegetarian friendly restaurant in all of El Paso. After lunch we toured one of the WIC clinics at La Fe and several of the clinics at City of El Paso, as well as a local predominately WIC store. One of the things we admired about each of the El Paso clinics were the beautiful visuals on the walls displaying all different types of families. We also loved the breastfeeding spaces that were set aside in each of the clinics and in the administration office.




**SOUTHWESTERN REGION**



**FEBRUARY 23, 2015:** After our trip to El Paso we headed to San Antonio and almost ended up in a snow storm. We met at the Mad Hatter, an adorable restaurant and tea room in San Antonio. After lunch Norma Sifuentes, San Antonio Metro Health District WIC Director, gave us a tour of a clinic near their admin site. Since San Antonio recently rolled out the new Quick WIN system, it was an excellent opportunity for the other area directors to have a chance to see it in action. Everyone seemed to like the new features.




**GULF COAST REGION**



**FEBRUARY 26, 2015:** Shortly after visiting San Antonio, we headed to Houston. There we had a delicious lunch made by Karen Gibson from UT Health Science Center and met with the Gulf Coast directors. We toured the Lactation Foundation part of the UT Health Science Center system and met with Alicia Sanders, clinic director. We learned about two of the great things Alicia's team is working on: piloting distance based breastfeeding counseling using GoTo meeting and a new tablet based clinic app with breastfeeding moms. The following day we visited several of the clinics near Houston that are part of the University of Texas Medical Branch (UTMB) with their director Merry Jo Hopkins. At UTMB we met with several staff including their WIC wellness coordinator, Claudia Boyd, who over the past 3 years has lost 40 pounds!



**MARCH 4, 2015:** Our final trip was scheduled for the Eastern Region, unfortunately snow prevented us from traveling. Instead, we scheduled a live meeting using the new Texas WIC Training System! Through the advent of technology we were able to see and meet with all of the directors online. It wasn't the same as being there but



it was close and it gave the directors and us a chance to see each other and try out the new training system. Several of the directors had never used the cameras on their computers before, but had virtually no hiccups getting them turned on and working. While our visit was almost as good as being there, we still missed the in-person component and are already planning a trip to the Eastern Region when I'm back from maternity leave.

### **Valuable things we learned on the road:**

- Starbucks has not reached all cities in Texas.
- Winter weather in Texas is some serious stuff with ice, rain, snow and sleet.
- WIC staff love their jobs and see helping moms and babies as a calling, not just a job. We knew this already, but there is nothing like seeing staff in action helping participants to solidify what we already knew was true.
- Bigger doesn't necessarily mean better — there are some amazing clinics in small spaces that have a warm and inviting feel.
- WIC clients like cooking classes and real world demos. In many areas of the state class sizes are smaller than before and participants enjoy completing their classes online.
- The new Adobe Training System is going to rock — it is almost as good as being there in person!
- Being there in person is still better than being online — which is why we are already planning our next trip out to see the Eastern region in person.
- State staff can benefit from spending time in the clinics and talking with clinic staff and participants. In the future you'll see more of the state office staff in the clinics from time to time to make sure we understand your needs and WIC clients' needs so we can better meet those needs with the trainings, policies, and materials we provide.

TALWD stands for the Texas Association of Local WIC Directors. This is the group that the state agency turns to frequently before implementing policies or creating new materials or programs to make sure we have local agency input. The WIC directors divided themselves into 8 local regions around the state. The size of each region ranges from 3 to 12 local agencies and depends on geographical areas.

### **Caption Information**

#### **Southern Region:**

*1. Monica Elquezabal, Rebekah Alvarez, Nora Martinez, Linda Buck, and Karina Orozco. 2. La India Restaurant. 3. Elena Sanchez, Yolanda Gil, and Melissa Campuzano.*

#### **Northern Region:**

*4. Amanda Hovis, Christine Wiseman, and Darlene Irwin. 5. Danielle Ellebracht. 6. Back row: Barbra Beal, Janna Kaelin, Brandy Mobley, Bryanne Jones, Carolyn Steinmetz, Darlene Irwin, and Lindsay Rodgers. Front row: Ann Salyer-Caldwell, Cindy Griggs, Jeanette Cepeda, Amanda Brogden, and Annette Lerma.*

#### **Panhandle Region:**

*7. Dominique Molinar, Mary Preto, Maria Cavazos, Monica Solano, Alfred Castro, Rosie Zapata, Eileen Mendoza, and Roger Cardenas. 8. Barbara Khaleeq, Amanda Hovis, and Jenifer Gregory. 9. Sonia Garcia. 10. Amanda Hovis, Margret Payton, and Lindsay Rodgers. 11. Barbara Khaleeq, Chris Hartley, and Josie Garcia. 12. Keo Keophimphone.*

#### **Western Region:**

*13. Ana Fernandez, Amanda Hovis, Lindsay Rodgers, Bertha Amaya, and Erika Garcia. 14. Vanessa St. Pierre and Mariaelena Mendez. 15. Ana Fernandez and Erika Garcia .*

#### **Southwestern Region:**

*16. Back Row: Amanda Hovis, Linda Fillinger, Julie Granado, Norma Sifuentes, Kathy Majefski, Cindy McComber, and Lindsay Rodgers. Front Row: Melissa Guitierrez, Esmeralda Meza, Janet Sloop, and Lupita Fuentes.*

#### **Gulf Cosst Region:**

*17. Claudia Boyd. 18. Kristy Addison and Merry Jo Hopkins. 19. Alisa Sanders, Karen Gibson, and Marlene Wark. 20. Amanda Hovis, Jessica Neal, and Merry Jo Hopkins. 21. Perla Gutierrez. 22. Amy Rodriguez, Rebekkah Limon, and Lindsay Rodgers.*



Texas WIC Outreach Campaign —

# Understanding Our **WIC** Moms

by Angela Gil, R.D., L.D.  
Nutrition Education Consultant

**WIC** is launching a new outreach media campaign this summer to boost participation. To achieve our goals and objectives, we contracted with a marketing company that understands WIC moms and our target audience. The campaign was designed to engage, educate, motivate, and encourage WIC and WIC-eligible moms to enroll in WIC and to take full advantage of WIC benefits from pregnancy through the first five years of their children's lives.

In order to know how to engage and motivate our target audience, it's important to have

insights of our audience. Through informal interviews and past research with WIC and WIC-eligible moms, we were able to get a better understanding of WIC families. We've learned that WIC-eligible parents are busy people doing their best to make ends meet. WIC moms want to be assured they will get the help and benefits they need. Rather than just being told what they should do, WIC families want realistic and timely solutions. We also discovered women do feel welcomed at WIC. We also learned that pregnant women seek out moms like themselves for support and information. Lastly, some women felt five years seemed like



a long time to continue receiving WIC, especially when there is a reduction in food benefits.

Using these insights, the marketing company was able to develop campaign strategies and tactics. The campaign highlights how:

- WIC understands the challenges parents face daily.
- WIC wants to be a “partner” to moms.
- WIC provides help that is practical and can be used right away.

The campaign materials not only tell about the food benefits but also highlight how:

- WIC offers practical counseling and peer support in an aspirational and friendly tone.
- WIC offices will emphasize a supportive environment.

When women join WIC, they get a support team and the opportunity to connect with moms who are facing similar issues. Lastly, the materials will explain why it is so important to receive good

nutrition up to age five, and how WIC can help children’s futures.

The predominant message of the campaign will be “WIC is mom’s partner, helping her raise amazing kids from pregnancy to age five.” Like all moms, WIC moms are dealing with stressful challenges every day and with WIC’s help, they can worry a little less. WIC understands moms and can provide solutions that will work for them by using images and headlines that will give moms an emotional connection.

Texas WIC has not done a media outreach campaign aimed at increasing participation since 2006. This campaign utilizes television and radio public services announcements, digital ads, transit ads, and billboards. The digital ads will run in May and the television and radio ads will run June through August. The primary target audience will be women ages 17 to 34, prenatal and postpartum women with children under age five, and families at or below 185 percent of the Federal Poverty Level. Mom’s support system, like the baby’s father, grandparents, and other family members are our secondary

audience. The primary markets in which the campaign will target are Austin, Corpus Christi, Dallas/Fort Worth, El Paso, Houston, Rio Grande Valley, and San Antonio. The secondary markets are Abilene, Amarillo, Beaumont, Laredo, Lubbock, Midland/Odessa, San Angelo, Tyler, Victoria, Waco (including Temple-Bryan), and Wichita Falls.

Once the campaign ends, WIC local agencies can still continue their outreach efforts in their community. In addition to the media campaign, new materials and resources will be created and added to the existing Marketing and Outreach Toolkit. New resources will include brochures, posters, customizable templates for direct mail and events, and sample social media posts. We will produce and distribute incentives such as magnets and coloring placemats. Also in the works is a media toolkit that will include a comprehensive guide on how to secure coverage from local media outlets. It will include a template news release, media advisory, talking points and more. Training will be provided for WIC staff on all the new materials through webinars so staff can hone their skills and receive feedback. Other new and exciting items created just for the local agencies include a photo booth backdrop and game-show style spinning wheel to use at outreach events. Local agencies will also be provided with “Birthday Present” packets to give to moms of children turning one-year old to encourage recertification and staying on the program. The birthday packets will include coloring placemats and a bib with “I am an amazing kid” message on it.

Another new resource available to local agencies is the quarterly online sharing session. The first session was held in February and the response was positive. This sharing session will be a way for local agencies to bounce ideas off of each other, discuss successes and challenges and get updates from the state office. If you have ideas or need ideas, this sharing session is for you. It is open to anyone who does or wants to do outreach in their community. If you have a successful outreach idea, please log in to the next scheduled call and share with the others. This is a great resource for everyone!

These are just a few of the highlights of the 2015 Outreach campaign. There is so much more in store for Texas WIC!



WIC, Nutrition Services Section  
Department of State Health Services  
P.O. Box 149347  
Austin, TX 78714-9347

# PERIODICALS

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