

Pass It On!

Smart Choices, Healthy Staff

From the kitchen of WIC

Recipe for:

Smart Choices,
Healthy Families —
Pass it on!

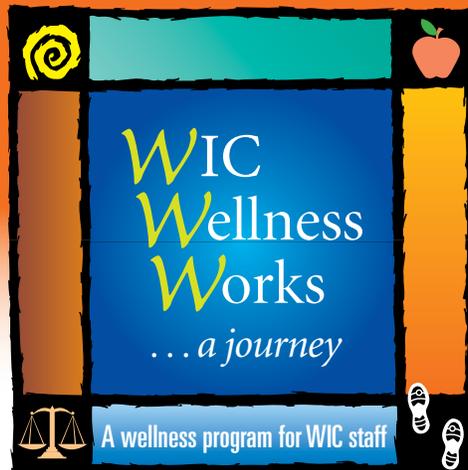


WIC Wellness Works



WIC Wellness Works

This program is brought to you by The University of Texas at Austin **WIC Wellness Works** program. If your clinic would like to join this program and receive wellness information on a regular basis, please contact The University of Texas Wellness Team at UTWellness@austin.utexas.edu or (512) 471-4494.



Smart Choices, Healthy Staff

a WIC Wellness Works program
focused on the new food package.

Pass It On!

Over the last three months, you and other WIC staff across Texas had opportunities to make the same healthy changes your WIC participants will make when the new food package rolls out in October. Hopefully, **Smart Choices, Healthy Staff!** provided you with the opportunity to try several fun and educational activities such as:

- Raid Your Pantry
- Fruity (and Veggie) Ideas
- ¡Licuados! drinks

Have you been able to:

- eat more whole grains?
- increase your fresh fruit and vegetable intake?
- switch to lower fat milk and dairy foods?

As the title – **Smart Choices, Healthy Staff!** – implies, you make decisions everyday that directly impact your health

and well-being. Embracing new foods and practicing new healthy eating habits takes time and may take several attempts before the healthier choices become part of your regular diet. Adopting healthy food choices provides a lifetime of benefits.

Looking Back

Take a moment to review what you have accomplished over the previous three months.

Use the worksheets in this packet to review your experiences in each of the 3 focus areas (whole grains, fresh fruits and vegetables, and low-fat milk and dairy foods). The worksheets include:

- Review Your Reasons
- Pat Yourself on the Back!
- Pass it On! – Sharing with WIC Participants

Go with the *Grain*

In this packet, you were asked to make most of your grain choices, “whole” grain choices. This meant choosing brown rice over white rice, using 100% whole wheat bread instead of white bread, and eating whole grain cereals instead of a low fiber, sugary one, as well as other whole grain options.



BELIEVE YOUR REASONS — Have you expanded the number of reasons you eat whole grains since you started the **Smart Choices, Healthy Staff Go with the Grain** program?

Review the benefits of eating whole grains again and put a check mark (✓) by the ones that most reflect your reasons for eating whole grains. Have you added more reasons to *Go With the Grain*?

Eating whole grains:

- keeps the digestive system running smoothly.
- reduces the risk of heart disease, stroke, and certain cancers.
- helps to reduce gum disease.
- helps with diabetes management.
- lowers blood pressure.
- helps control weight.
- helps me to be healthier.

Whole grains:

- are a healthier option for the whole family.
- are rich in vitamin B, iron, zinc, magnesium, and fiber.
- tastes good.
- Other: _____

PAT YOURSELF ON THE BACK

Which Whole Grain *Smart Choices* Did You Make?

What whole grain choices are you making now and which ones are you still working on? Put a check mark (✓) by the items you more frequently eat of the whole grain variety:

- | | | |
|---|---------------------------------------|--|
| <input type="checkbox"/> Sandwich Bread | <input type="checkbox"/> Muffins | <input type="checkbox"/> Cereal Bars |
| <input type="checkbox"/> Breakfast Cereal | <input type="checkbox"/> Crackers | <input type="checkbox"/> Pancake Mix |
| <input type="checkbox"/> Rice | <input type="checkbox"/> Tortillas | <input type="checkbox"/> Macaroni Pasta |
| <input type="checkbox"/> Rolls | <input type="checkbox"/> Oatmeal | <input type="checkbox"/> Spaghetti Pasta |
| <input type="checkbox"/> Hamburger Buns | <input type="checkbox"/> Pita Pockets | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Hot Dog Buns | <input type="checkbox"/> Snacks | |

List three new whole grain foods you are still considering or are beginning to incorporate into your diet:

1. _____
2. _____
3. _____



Making changes takes time and will require you to experiment with what you like and don't like. Remember, you don't have to choose whole grains all the time. But to reap the health benefits, try to make at least *half* of your grains whole.

How challenging was it to incorporate more whole grains into your diet? **Circle** the number that best reflects your effort.

1 = Easy as pie (whole wheat crust!)

4 = Difficult (hard to digest)

1	2	3	4
---	---	---	---

Review the following strategies and check (✓) the ones that may help you integrate more whole grain choices into your diet:

- ___ **Gradually** mix a whole grain product with your traditional white grain product (pasta, rice, etc.) until most, if not all, of the food is whole grain (cooking time for white pasta and white rice and whole wheat pasta and brown rice differ. Plan accordingly).
- ___ **Create** a mix of your crackers or snacks that have both non-whole grains and whole grains, gradually decreasing the amount of non-whole grain snacks in the mix.
- ___ **Choose** whole wheat or corn tortillas every other time until you gradually select whole grain tortillas all the time.
- ___ **Gradually** mix in whole grain flour to your baking recipes (muffins, pancakes, etc.).
- ___ **Choose** 100% whole wheat bread at least every other time you eat a sandwich, gradually increasing your whole wheat bread choices to be 100% whole grain.



BRIGHTEN UP!

WITH MORE FRUITS AND VEGETABLES

In this packet, you were asked to increase the *amount* and *variety* of fresh fruit and vegetables in your daily diet. This meant eating 2.5 cups of fruits and 3 cups of vegetables a day by choosing dark green leafy vegetables, a variety of berries, and many other colorful foods.

BELIEVE YOUR REASONS – Have you expanded the number of reasons you eat a variety of fresh fruits and vegetables since you started the **Smart Choices, Healthy Staff Brighten Up! with More Fruits and Vegetables** program?

Review the benefits of eating fresh fruits and vegetables list again and put a check mark (✓) by the ones that most reflect your reasons for improving your food choices. Have you added more reasons to **Brighten Up?**

Eating fruits and vegetables:

- lowers my cholesterol.
- helps me maintain a healthy weight.
- helps fight disease.
- aids digestion.
- may reduce heart disease, blood pressure, and some cancers.
- provides larger portion sizes containing fewer calories.

Fruits and vegetables:

- are low in calories.
- are convenient snacks.
- are rich in vitamins and minerals.
- are high in fiber and help fill me up.
- can be a low-calorie dessert or snack.
- taste good.
- Other: _____
- _____

List three *new* fruits and vegetables you are considering or are beginning to incorporate into your diet.

1. _____
2. _____
3. _____



PAT YOURSELF ON THE BACK

Which Brighten Up! Smart Choices Did You Make?

What fresh fruit and vegetable choices are you making now? List the fruits or vegetables you eat more frequently within each **color** category. **Circle** those you added during Brighten Up!

Blue/Purple: <hr/> <hr/> <hr/>	Green: <hr/> <hr/> <hr/>	White: <hr/> <hr/> <hr/>
Yellow/Orange: <hr/> <hr/> <hr/>		Red: <hr/> <hr/> <hr/>

How challenging was it to incorporate a greater variety of fruits and vegetables into your diet? **Circle** the number that best reflects your effort.

1 = Easy (Cool as a Cucumber)

4 = Difficult (Hot Potato!)

1	2	3	4
---	---	---	---



Making changes takes time and will require you to experiment with what you like and don't like. Remember, eat at least 2.5 cups of fruits and 3 cups of vegetables a day.

View the following strategies that may help you integrate more fresh fruits and vegetables into your diet. Check (✓) those you can easily integrate into your eating plan now:

- Eat at least two fruits with breakfast every day.
- Bring fresh raw vegetables to snack on at work every day.
- Eat a fresh salad at least every other day.
- Add chopped vegetables to pasta sauce when making spaghetti.
- Grill peppers, tomatoes, and mushrooms when grilling outside.
- Shred vegetables and mix them into meatloaf or soup.
- Include peppers and tomatoes as taco or fajita toppings.
- Drink fruity smoothies at least twice a week.





Mooving to Low-Fat Milk and Low-Fat Dairy

In this packet, you were asked to switch to a lower fat milk and select low-fat dairy foods. This meant drinking 1%, skim or fat-free milk and selecting yogurt and cheese products that were low-fat.

BELIEVE YOUR REASONS – How low were you able to go? Have you expanded your reasons for switching to lower fat milk and selecting low-fat dairy foods since you started the **Smart Choices, Healthy Staff Mooving to Low-Fat Milk and Low-Fat Dairy** program?

Review the benefits of eating low-fat dairy foods and drinking low-fat milk list again and put a check (✓) by the ones that most reflect your reasons for eating whole grains. Have you added more reasons for improving your food choices?

Drinking low-fat milk (1% or skim milk):

- contains less fat than 2% or whole milk.
- helps maintain healthy skin, eyes, and teeth.
- helps slow bone loss in adults.
- builds strong bones in children.
- sets a good example for my children.
- provides vitamins, phosphorus, and riboflavin.

Eating low-fat dairy foods:

- lowers cholesterol.
- reduces the risk of heart disease.
- helps maintain a healthy weight.
- Other: _____

PAT YOURSELF ON THE BACK

Which Low-Fat *Smart Choices* Did You Make?

List three new low-fat milk and dairy foods you are still considering or are just beginning to incorporate into your diet:

1. _____
2. _____
3. _____

How challenging was it to incorporate low-fat milk/low-fat dairy foods into your diet? **Circle** the number that best reflects your effort.

1 = Piece of cake (using low-fat milk and dairy) 4 = Difficult (hard to swallow)

1	2	3	4
---	---	---	---

Making changes takes time and will require you to experiment with what you like and don't like. Remember, you don't have to choose low-fat milk or low-fat dairy foods all the time, but to reap the benefits, select low-fat options most of the time.

Review the following strategies and check (✓) those that can help you integrate lower fat milk and dairy food choices into your diet:

- ___ **Gradually** mix your current milk choice (i.e. 2%) with a lower-fat milk choice (1 %) until most, if not all, of the milk is the lower fat option.
- ___ **Choose** the lower-fat cheese -- 2% and/or part skim mozzarella --for your favorite Mexican dish (tacos, enchiladas, burritos, fajitas).
- ___ **Gradually** mix in a lower fat milk instead of whole milk in muffins, cakes and brownies.
- ___ **Use** fat-free yogurt in place of high-fat sour cream or mayonnaise.
- ___ **Choose** low-fat yogurt instead of ice cream.



Key Questions

Take a moment to reflect on the changes you made with whole grains, fruits and vegetables, and low-fat milk. Think about what you learned about each of your food choices and what you discovered about your eating habits and your family's eating habits.

Of the three food areas, which was the *easiest* change to make?

- Adding more whole grains
- Increasing the *variety* of fruits and vegetables
- Switching to low-fat-milk
- Increasing the *amount* of fruits and vegetables.
- Choosing low-fat dairy foods

Why was this food area the *easiest* to change?

Of the three food areas, which was the most *difficult* change to make?

- Adding more whole grains
- Increasing the *variety* of fruits and vegetables
- Switching to low-fat-milk
- Increasing the *amount* of fruits and vegetables.
- Choosing low-fat dairy foods

Why was this food area most *difficult* to change?

Overall, what kind of benefits have you experienced with eating more healthfully? Check (✓) those that apply:

When I eat more healthfully, I feel...

- better about myself.
- more confident.
- like I'm respecting my body.
- like I'm setting a good example for my kids/family/WIC participants.
- like I'm giving myself the best nutrition possible.



to ask Yourself

What surprised you the most about changing your eating habits?

What specific strategies and support systems did you use to help you change your eating habits?

What other strategies and support systems can you use to make the changes you haven't made yet?



PASS IT ON....

In October, WIC participants are being asked to make the same healthy eating choices you have been asked to make. Take a moment and **think about what experiences you can share with the WIC participants** who might be hesitant to eat more whole grains, eat a greater variety and larger amount of fresh fruits and vegetables, and/or switch to low-fat milk and dairy foods.

What insight will you share with them and what tips can you offer them?

Just for fun, Pass it On...

SMART CHOICES, HEALTHY FAMILIES

Pat on the Back! Brag Board

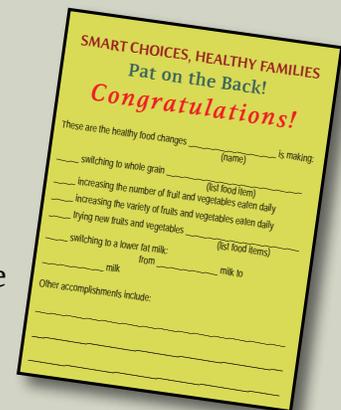
For your WIC Participants –



As your WIC participants make the move to the new food package foods, let them know how they are doing. **Brag about them and the changes they are making!**

Everyone loves a ‘pat on the back’ for changes they are making and sometimes it means even more when that effort is recognized in a public way. Here’s your chance to say ‘Way to Go!’ to your WIC participants and brag about them.

Each clinic has received a set of *Smart Choices, Healthy Families Pat on the Back! Brag Board* slips. Please use these ‘congratulatory’ slips in any way you want. We know you are working in very busy clinics with lots of changes associated with the new food package. But here is a fun activity to let everyone know about the healthy changes your WIC participants are making.



Simply remove the **Pat on the Back!** brag banner found in the back of this ‘Pass It On’ packet and post the banner on the clinic bulletin board for all WIC participants to see. Then begin using the **Pat on the Back!** slips (an extra **Pat on the Back!** template is included in this packet to be reproduced if needed) and post your WIC participants’ accomplishments on the board for all to see. These **Pat on the Back!** brag board slips serve as a positive visual, reinforcing good habits while inspiring other WIC participants to make an effort, too.

You and your clinic may have done a similar activity with the **Smart Choices, Healthy Staff** program this past summer. See the next page for suggestions on how to use the **Pat on the Back!** slips.

How you use the Pat on the Back brag board slips is up to you. Here are some suggestions.

Pat on the Back Ideas:

WIC Classes

- During a classroom lesson, as participants talk about the changes they have made in their diets, ask them to write out a few of these changes on the **Pat on the Back** slips. Ask everyone to post them on the clinic bulletin board at the end of class.

Front Desk

- Leave some **Pat on the Back** slips at the front desk and as they sign in, ask participants to fill one out identifying some ways they are improving their diets. Encourage them to post it on the bulletin board.

Counseling Session

- As participants talk about their food habits during a counseling session, listen for opportunities to recognize their positive food choices. Recognize their efforts by completing a **Pat on the Back** slip or ask them to complete it. As they leave the session, post the slip on the brag board.

Remember to let your WIC participants know that being a parent is rewarding and hard work. Use the **Pat on the Back** slips to tell them "keep it up." You can recognize a good effort by either checking off one of the predetermined areas (whole grains, fruit/vegetables, or milk) they are making progress in or make it personal by simply writing down what they are doing well.

Be an Example

- To encourage participants to post the **Pat on the Back** slips on the bulletin board, complete a few slips and post your own healthy eating accomplishments on the clinic bulletin board first.

Pat on the Back "Cheat" Sheet

What do I write down on these Pat on the Back slips?

Here are some examples of how to give your WIC Participants a **Pat on the Back**! Use these suggestions and make it as personal as possible or encourage your WIC participants to come up with their own.

Whole Wheat:

Way to *Go with the Grain* by

- Switching to whole wheat bread
- Switching to brown rice
- Switching to whole grain, high fiber cereal
- Switching to whole wheat tortillas
- Switching to _____

Fruits and Vegetables:

Way to *Brighten Up* by....

- Increasing the *number* of fruits eaten daily
- Increasing the *variety* of fruits eaten daily
- Increasing the *number* of vegetables eaten daily
- Increasing the *variety* of vegetables eaten daily
- Trying a new fruit: _____
- Trying a new vegetable: _____

Low-Fat Milk and Low-Fat Dairy Foods

Way to *Moove* by...

- Switching to a lower fat milk
- Switching to a lower fat cheese
- Switching to low-fat or plain non-fat yogurt

Or use these fun, general statements:

- Way to Go with the Grain!
- Great new choice!
- Fantastic food choice!
- You've Brightened Up! the day
- Way to go low!
- Great Smart Choice!
- 100% right on!
- You've done it!



Remember, your clinic received a set of **Pat on the Back** slips. However, if your clinic runs out, please make copies of the template found on the next page. 

Have fun while you 'Pass It On' to your WIC participants and continue making Smart Choices for yourself and your family.

SMART CHOICES, HEALTHY FAMILIES

Pat on the Back!

Congratulations!

These are the healthy food changes _____ is making:
(name)

_____ Switching to whole grain _____
(list food item)

_____ Increasing the number of fruit and vegetables eaten daily

_____ Increasing the variety of fruits and vegetables eaten daily

_____ Trying new fruits and vegetables _____
(list food items)

_____ Switching to a lower fat milk:
from _____ milk to _____ milk

Other accomplishments include:

SMART CHOICES, HEALTHY FAMILIES

Pat on the Back!

Congratulations!

These are the healthy food changes _____ is making:
(name)

_____ Switching to whole grain _____
(list food item)

_____ Increasing the number of fruit and vegetables eaten daily

_____ Increasing the variety of fruits and vegetables eaten daily

_____ Trying new fruits and vegetables _____
(list food items)

_____ Switching to a lower fat milk:
from _____ milk to _____ milk

Other accomplishments include:

Opciones Sabias, Familias Sanas

¡Felicidades, te mereces un aplauso!

Estos son los cambios en alimentos saludables que
_____ está haciendo
(nombre)

_____ Cambio a granos enteros _____
(lista de alimentos)

_____ Aumentar el número de frutas y verduras que come a diario

_____ Aumentar la variedad de frutas y verduras que come a diario

_____ Prueba frutas y verduras que nunca ha comido

(lista de alimentos)

_____ Cambio a leche con menos contenido de grasa:
De leche _____, a leche _____

Otros éxitos incluye:

Opciones Sabias, Familias Sanas

¡Felicidades, te mereces un aplauso!

Estos son los cambios en alimentos saludables que
_____ está haciendo
(nombre)

_____ Cambio a granos enteros _____
(lista de alimentos)

_____ Aumentar el número de frutas y verduras que come a diario

_____ Aumentar la variedad de frutas y verduras que come a diario

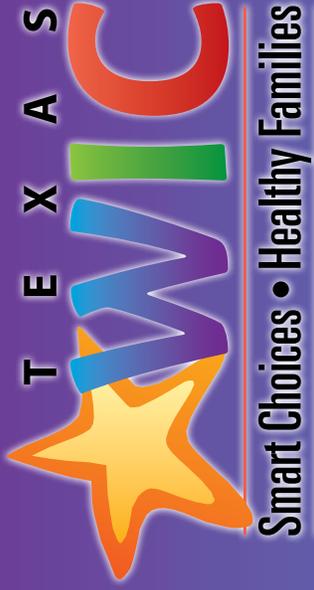
_____ Prueba frutas y verduras que nunca ha comido

(lista de alimentos)

_____ Cambio a leche con menos contenido de grasa:
De leche _____, a leche _____

Otros éxitos incluye:

Remove this banner from this packet and display on your clinic bulletin board.



Pat on the Back

*Check out the healthy food changes
our WIC participants are making!*



Remove this banner from this packet and display on your clinic bulletin board.



Opciones sabias • Familias sanas

*¡Felicidades, te mereces un aplauso!
¡Vean los cambios en alimentos saludables que
nuestros participantes de WIC están haciendo!*





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