



Memorandum

#09-122

TO: Regional Medical Directors for
Health Service Regions 4/5, 6 & 5 South, 9/10 and 11
WIC Local Agency Directors

FROM: Linda Brumble, Unit Manager
Nutrition Education/Clinic Services Unit
Nutrition Services Section

DATE: August 28, 2009

SUBJECT: *New Nutrition Education Materials*

The attached, *Your Guide to WIC Foods*, GW-000-07, and the *New WIC Food Package Discussion Guide* are now available in English and will be available on the website at: <http://www.dshs.state.tx.us/wichd/nut/gwlessons-nut.shtm>.

We will post the Spanish versions of these materials when they are available in early September. All clinics should be using the *Your Guide WIC Foods* group class lesson during the months of October to December.

If you have questions or require additional information about these materials, please contact Amanda Hovis, Nutrition Education Consultant, at (512) 341-4514 or amanda.hovis@dshs.state.tx.us.

Attachments

The New WIC Food Packages

Discussion Guide

Only for participants who do not attend the group class,
Your Guide to WIC Foods (GW-000-07)
You can use the GW-000-07 NE code if you use this discussion guide

Use this discussion guide for:

- Re-certifications
- New certifications - new participants should watch the video before you review the discussion points with them. The video will provide them with basic information on the new foods.*
- Participants who have completed the web lesson (WL-000-16). The web lesson will provide them with basic information on the new foods.*

* *You may want to have these participants complete the evaluation first to determine how much review you will need to do. Then tailor the discussion based on their knowledge level.*

Introduction

Provide handouts:

- *Your Guide to WIC Foods*, stock number 13-06-13178
- *Su guía de alimentos de WIC*, stock number 13-06-13178a
- The Texas WIC Shopping Guides, stock numbers WIC-34(A)(V), 34-1(A)(V), 34-2(A)(V), 34-3(A)(V)
- The participant's Texas WIC Shopping List (*We strongly recommend using the participant's actual Texas WIC Shopping List so that you can tailor your discussion to the foods she will be buying. If the participant's actual list is not available, you can use the sample WIC shopping list which appears on the last page.*)

Say something like: **"I am going to go over some important points about the new WIC Foods using your Texas WIC Shopping List. But first, do you have any questions about the new WIC Foods?"** Respond to participant's questions, and then cover the following talking points, using the participant's actual *Texas WIC Shopping List*.

1. Use the Texas WIC Shopping List and WIC Shopping Guides

- **Emphasize to the participant that it's important to take both the *WIC Shopping Guides* and her *Texas WIC Shopping List* (or ending balance receipt) to the store.** Also, when they're at the store, participants may see WIC Shopper signs and "Smart Choices, Healthy Families" signs that will offer more information about buying their new WIC Foods.
- **Clarify and explain the number of months on the participant's *WIC Shopping List*, and explain which month they can start buying their new WIC Foods.** Participants with current benefits will have four months of foods on their Shopping list; the first column will show the foods that are left for the current month. A participant *without* current benefits will have only three columns on her lists, and she can begin buying the new WIC foods during the current month.

2. Changes to WIC Milk and Juice Choices

Refer to the participant's Texas WIC Shopping List and point out the following:

- Lower-Fat Milk Choices - **The top line shows the lower-fat milk choices for women and children over age 2.** These groups can only choose fat-free milk, 1% milk, 2% milk, or low-fat buttermilk. Children between 1 and 2 years of age get whole milk.
- Quarts of milk - **“Quarts” of milk are new** (abbreviated as “QT”). **If your list shows two quarts, you need to get two individual quarts** (you can't buy a half-gallon instead.)
- Milk Substitutions - **If you or your child cannot or do not drink milk, WIC can substitute lactose-free milk, evaporated milk, nonfat dry milk, soy milk, and tofu for regular milk and cheese.**
- Juice (new amounts/new container sizes) - **The amounts of juice and container sizes are changing. Be sure to follow your Texas WIC Shopping List and get the container sizes that are listed for each particular month.** Explain that “CTNR” refers to containers.

3. Whole Grains

Note: POSTPARTUM WOMEN who use only formula do not receive whole grains in their food package. But after one year of age, their child's package will include whole grains.

- **WIC whole grains will be in 1-pound or 16-ounce packages. Your WIC Shopping List shows how many whole grain choices you get each month.** Review WIC whole grain choices. Stores will mark brands with the pink WIC sticker.
- **When the list shows a *choice* of items on the same line** (like for whole grains, or beans and peanut butter), **then you will make that choice *at the store, not at the clinic.***
- **When your list shows that you get two or more of the same kind of items, you can mix and match your choices.** Example: if a participant has three whole grain choices, she can get three loaves of whole wheat bread during the month, OR she can mix it up and choose three different whole grain foods.

4. Infant Foods

- There are two WIC Shopping Guides for infants: one for exclusively breastfed infants and one for formula-fed infants. Use the appropriate *Shopping Guide for Infants* and review allowed/not allowed foods. (*Participants who have completed the web lesson or watched the video will know some basics.*)
- Emphasize to participants that, just like all of their other WIC foods, they do not need to buy their baby's foods or formula all at one time.

5. Fruits and Vegetables

- Refer to *Texas WIC Fruit & Vegetable Shopping Guide*. **The Fruit and Vegetable shopping guide tells you everything you need to know about shopping for fruits and vegetables, so be sure to take it with you to the store.**
- Using the *Texas WIC Fruit & Vegetable Shopping Guide*, review the allowed/not allowed items. (*Participants who have completed the web lesson or watched the video will know some basics.*)
- **Your WIC Shopping List shows a certain dollar amount for fruits and vegetables. If you go over your dollar limit for fruits and vegetables, you'll have to return some of the items or pay for them separately. You can't just pay the difference.** WIC benefits that are left at the end of the month *do not* roll over to the next month.
- Ask participants what they can do to stay under the dollar limit for fruits and vegetables.
 - **Keep track** (total up all your fresh and frozen produce before you check out.)
 - **Weigh fresh produce** (show Fruit and Vegetable Shopping Guide Cost Chart)
 - **Keep it simple** (look for items priced by quantity like 4 grapefruit for \$1.00)
 - **Look for deals** – Buy items on sale, choose seasonal produce, and try frozen

6. Conclusion

To conclude, again emphasize that it's important to take both *the WIC Shopping Guides* and the *Texas WIC Shopping List* (or ending balance receipt) to the store. Ask what questions the participant has about the new WIC foods. Then provide information about the take-home DVD and texaswic.org

“Smart Choices, Healthy Families” Take-home DVD

- Give a copy of DVD to participant: **Before you go shopping for your new WIC foods, be sure to watch the first video on the DVD called “Shopping for WIC-Approved Foods.”** (If your clinic is showing the video in the waiting room, indicate that it's the same video they saw in the waiting room.)
- Point out other videos on the DVD. Recommend that pregnant women watch: “*WIC Food Package Information for Pregnant Women*” before their babies are born.

www.texaswic.org

The texaswic.org website has all kinds of information, recipes, and even web lessons that participants can do in place of WIC classes at the clinic. Participants can also print out extra copies of the *WIC Shopping Guides* from the website.

Then give the evaluation, either orally or in written form.

SAMPLE / MUESTRA

TEXAS WIC SHOPPING LIST

Next Appointment: Thursday, 00/00/0000

PARENT / GUARDIAN: Sample WIC Participant

00-00-2009

To report a Lost or Stolen card, call 800-942-3678

9:04 a.m.

For questions about benefits, call your clinic.

001-01

If the card does not work in the store, take it back to the clinic

000000012345-6

BENEFITS ISSUED FOR THE

SHOPPING LIST ITEMS:	<u>Current Month</u>	<u>Month 1 (next month)</u>	<u>Month 2</u>	<u>Month 3</u>
MILK/BUTTERMILK SKIM 1% OR 2%	10.00 GAL	7.50 GAL	7.50 GAL	7.50 GAL
CHEESE	4.00 LB	2.00 LB	2.00 LB	2.00 LB
EGGS-A OR AA LARGE/MED/SMALL	4.00 DOZEN	2.00 DOZEN	2.00 DOZE	2.00 DOZEN
JUICE 46 FL OZ & 12 OZ FRZ	10.00 CAN			
CEREAL	72.00 OUNCE	72.00 OUNCE	72.00 OUNCE	72.00 OUNCE
PEANUT BUTTER 18 OZ	2.00 JAR			
MILK SKIM 1% OR 2%		2.00 QT	2.00 QT	2.00 QT
JUICE 64 FL OZ &/OR 16 OZ FRZ		2.00 CTNR	2.00 CTNR	2.00 CTNR
JUICE 48 FL OZ &/OR 12 OZ FRZ		3.00 CTNR	3.00 CTNR	3.00 CTNR
DRY BEANS OR PEANUT BUTTER		3.00 LB/JAR	3.00 LB/JAR	3.00 LB/JAR
BREAD/TORTILLAS/RICE/OATMEAL		3.00 LB	3.00 LB	3.00 LB
FRUITS &/OR VEGETABLES		\$14.00 VALUE	\$14.00 VALUE	\$14.00 VALUE

Recipient Signature

For Staff Use Only

WICCAT/PRO/FOOD PKG

ACTUAL ISSUANCE: FMLA/QTY, FMLA/QTY, FMLA/QTY

	FDT2SP:	10/01/2009	11/01/2009	12/01/2009
	ISSUE TIME:	9:04 AM	9:04 AM	9:04 AM
CLIENT	ISSUE DATE:	10/02/2009	10/02/2009	10/02/2009

Sample Pregnant Woman		P/1/488	P/1/488	P/1/488
123456789101				

Sample 3-year-old		C/1/485	C/1/485	C/1/485
123456789101				

NE LESSON CODE GW-000-07

Your Guide to WIC Foods

LESSON DESCRIPTION

This class is designed to teach participants about the changes in their WIC food packages, with an emphasis on using the Texas WIC Shopping List and the Texas WIC Shopping Guides.

OBJECTIVES

Participants will be able to:

- Describe the basic changes in the new WIC food packages.
- Read and follow their new Texas WIC Shopping List.
- Name one new WIC food or new recipe featuring a WIC food that they will try.

MATERIALS

- Handouts (Provide handouts as participants enter the classroom).
 - *Your Guide to WIC Foods*, stock number 13-06-13178
 - *Su guía de alimentos de WIC*, stock number 13-06-13178a
 - Sample Texas WIC Shopping List (see page 13 of this lesson packet)
 - The Texas WIC Shopping Guides (4 separate guides)
 - (English) stock numbers: WIC-34, 34-1, 34-2, 34-3
 - (Spanish) stock numbers: WIC-34A, WIC-34-1A, WIC-34-2A, WIC-34-3A
 - (Vietnamese) stock numbers: WIC-34V, WIC-34-1V, WIC-34-2V, WIC-34-3V

(Note: if you have time to arrange handouts, place *the Shopping Guides* and *Sample Shopping Texas WIC List* in the front pocket of *Your Guide to WIC Foods*):

- Visuals
 - Take-home DVD, “*Smart Choices, Healthy Families*” stock number DV0530
 - Participant DVD Survey (take-home survey)
- Optional Visuals:
 - \$8.00 worth of fruits and vegetables (a colorful assortment of fresh and frozen items).
 - Potato display (a sweet potato and/or yam to illustrate approved potatoes and a variety of other potatoes like Russet, red, blue, and golden to illustrate potatoes that are not approved).
 - Quart size container of milk to show quarts.
- Other: Pre-Class Discussion for Classes with Infants (see pages 3 and 4 of this lesson packet)

Note about New Lesson Survey Forms:

The first few times a new lesson is presented, staff and participants need to complete the survey forms attached at the end of this lesson. Please note that the *Staff Survey Form* is different from the *Participant Survey Form*. Only 10-20 participant surveys need to be completed. Please mail completed new lesson surveys to:

Delores Preece
Texas Department of State Health Services
Nutrition Services Section
PO Box 149347 MAILCODE 1933
Austin, Texas 78714-9347

Important Background Information for Instructors

Review the following new materials prior to teaching the class:

- *Your Guide to WIC Foods*, stock numbers 13-06-13178, 13-06-13178a
- Texas WIC Shopping Guides, stock numbers WIC-34(A)(V), 34-1(A)(V), 34-2(A)(V), 34-3(A)(V)
- Smart Choices, Healthy Families DVD (stock number *DV0530*), video #1: “*Shopping for WIC- Approved Foods*”
- Texas WIC New Food Rules Frequently-Asked Questions:
http://www.dshs.state.tx.us/wichd/approved_foods/gen_faqs.shtm#juice1

Note: This lesson includes “Q/A boxes” with additional information to use as needed.

Pre-Class Discussion for Classes with Infants

(to be presented in conjunction with NE LESSON GW-000-07, *Your Guide to WIC Foods*)

During the transition to the new food packages, all breastfeeding women whose babies are *not* in their birth month will need to choose one of the following new WIC Food Packages:

- The Exclusively Breastfeeding WIC Package,
- The Mostly Breastfeeding WIC Package
- The Formula WIC Package.

Local Agencies need to explain the differences between the new food packages, answer participants' questions, and assist them in choosing a food package. We recommend doing this *before* starting lesson GW-000-07 so that staff will have time to issue benefits while the participants are in the class. Local agencies should schedule an extra 15 minutes for their infant classes to allow for additional discussion.

Handouts:

- Cash Value Comparison Chart /WIC Food Package Recommendations
- WIC Food Packages for Moms and Infants (stock no. 13-06-13124)

Visuals:

- The Laminated Teaching Tools (stock nos. 13-06-13125, 13-06-13126, 13-06-13127)
- WIC Mom and Infant Food Package Posters (stock nos. 13-06-13249, 13-06-13248, 13-06-13250)

Staff Resources

- Food package pre-screening questions (optional)

Discussion:

1. Hand out the Cash Value Comparison Chart. Explain that **the chart compares the approximate cash value of the three food packages, and shows the amount of formula available with each one.**
2. Explain that **women who breastfeed their infants at least once a day will need to choose a new food package.** Their choice depends on how often they breastfeed and how often they give formula to their babies. Women who use only formula and do not breastfeed at all will automatically receive the Formula Package.
3. **For some of you, the choice will be fairly easy.**
 - For those of you who do not feed any formula at all, or use just a little bit of formula on occasion, then the ***Exclusively Breastfeeding Package*** is the package for you! This is the largest food package for both the mother and the baby (The “Grand Deluxe” Package!) *and you will get foods until you baby is 1 year old.* (This package does not include any formula).
 - The ***Mostly Breastfeeding Package*** is probably the best choice for those of you who are using 2-4 cans of powder [or 3 to 12 cans concentrate] a month.

4. If you use 5 or more cans of powder formula each month [*for 13 or more cans of concentrate*], you will need to decide **between the Mostly Breastfeeding Package and the Formula Package**. Here are some things to think about:
 - **the Formula Package does not provide foods for the mother after the baby is 6 months old.** So if your baby is at least 6 months old or older, and you're using 6 to 7 cans of powder formula per month, you might benefit by choosing the Mostly Breastfeeding Package. Why? Even though you would need to buy two or three extra cans of powder formula on your own (at an approximate cost of \$29 to \$44), you *would continue to get approximately \$49 worth of foods each month until your baby is a year old* (refer to poster of Mostly Breastfeeding Package).
 - **What are your goals for feeding your baby?** Would you like to try to increase the amount you breastfeed? WIC would like to help you breastfeed more often so that your baby gets as much breastmilk as possible. Can you pump your breastmilk when you are not with your baby?
 - **Think about the foods in the Mostly Breastfeeding Package.** Do you think you would use all the foods? Women who would only use a small portion of their WIC foods wouldn't necessarily benefit by choosing the Mostly Breastfeeding Package.
 - **Have you received formula from any outside sources** (doctor's office, hospital, friends/family, etc)? Are you or your baby on any other type of assistance program that may be able to provide formula? Have you notified those programs that you've had your baby?
5. Emphasize that **WIC can help suggest which food package to choose, but the final choice is theirs**. Also explain that if their situation changes, they can come back to the clinic and WIC can change their food package (the new package would start in a new month where no benefits for that month have been used).
6. Answer any immediate questions as time allows. For participants who are sure which food package they want, write down their choice on a staff communication form. If participants are unsure (especially those who are in the group who use more than 5 cans of powder each month), explain that WIC staff can talk with them individually after class.

Icebreaker / Introduction (GW-000-07)

Start the class by introducing yourself. Find out which categories of participants are in the class, so that you can tailor information as you go through the lesson.

- Say something like: **I'd like for each of you to tell the group what your favorite fruit or vegetable is.** [In a large class have participants exchange their answers in pairs or small groups, and then collect various responses from the whole group.]
- **The great news is that WIC is adding fruits and vegetables to the program. So you'll be able to use your new WIC benefits to get your favorite fruits and vegetables. WIC is also adding whole grains and baby foods, plus, we're emphasizing lower-fat milk.**
- **In order to make all these changes, WIC *has* cut back on the amounts of certain foods you were getting. But overall, your new WIC foods will have more variety and better nutrition for you and your family.**
- **Today, we'll talk about these changes, and how to shop for your new WIC foods.**

Describe the handouts:

- “Your Guide to WIC Foods:” **This is called “*Your Guide to WIC Foods.*” It covers shopping tips, health benefits, and it has some great recipes featuring WIC foods.**
- Texas WIC Shopping Guides: **These are called the Texas *WIC Shopping Guides* and they will replace the purple *Texas WIC-Approved Foods Brochure* that you're using. There's a main shopping guide, plus separate guides for fruits, vegetables and infant foods.**
- Sample Texas WIC Shopping List: **This is a sample WIC Shopping List for a pregnant woman and her 3-year old child. We'll refer to this sample list later during the class, so keep it handy.**

DISCUSSION

1. Healthier WIC Foods – Have participants turn to page 2 of “*Your Guide to WIC Foods.*” Mention that you're going to skip around in this booklet, so they'll need to keep up with you.

Say something like: **The new WIC foods are based on the latest nutrition guidelines. This is the first major change that WIC has made in about 30 years. Your new WIC foods are low in fat, high in fiber, and they can help you reach and stay at a healthy weight.**

The types and amounts of foods that you get depend on your category (in other words, whether you're a child, a pregnant woman, a breastfeeding woman, etc.) WIC creates a list of foods for each category, and we call these the “WIC Food Packages.”

2. Whole Grains – Ask the class to turn to page 10 in *Your Guide to WIC Foods*. If you're teaching an INFANT class and you have POSTPARTUM WOMEN (formula-only moms) in the class, mention that their WIC food package doesn't include whole grains. But once their babies turn a year old, whole grains will be a part of their children's food packages.

- Say something like: **Your Texas WIC Shopping List will show how many whole grain choices you get each month. The picture at the bottom of page 10 shows the new whole grain choices:**

- Brown Rice,
- Oatmeal,
- Corn tortillas
- Whole Wheat Tortillas, and
- Whole Wheat Bread

- **What have you heard about health benefits of whole grains?**

Discussion Point: Whole grains contain the entire grain kernel, so they have all the fiber and other nutrients found in the “whole” grain.” Researchers have learned that whole grains can help lower your risk of heart disease, diabetes, and certain cancers. So instead of eating white rice, you're better off choosing brown rice. Instead of white bread, try whole wheat bread. And rather than regular flour tortillas, try either corn or whole wheat tortillas.

- **Whole grains taste great on their own, but they're also really good in recipes. Can anyone tell me about a favorite recipe they make at home that uses whole grains?**

Discussion Point: There's a *Chicken and Rice Casserole* on page 11. Also, the booklet includes recipes for *Spanish Brown Rice*, *Quick Black Bean Quesadillas*, and a recipe for *Apple Crisp* that uses oatmeal as an ingredient.

3. Fruits and Vegetables – Have participants turn to page 8 in “*Your Guide to WIC Foods*.” Say something like: **Each month, your WIC EBT card will have a certain dollar amount for fruits and vegetables, and that dollar amount will appear on your Texas WIC Shopping list. You'll be able to go to the store and choose any brand of fresh or frozen fruits and vegetables, including organic products.**

Have participants take out the green “*Texas WIC Fruit and Vegetable Shopping Guide*.” Say something like: **This guide tells you everything you need to know about shopping for fruits and vegetables with your WIC benefits. I'll hit some main points:**

- **You can get fresh and frozen fruits and vegetables, but Texas WIC does *not* offer *canned or dried* items.**
- **The only types of potatoes you can get are *yams and sweet potatoes*; no other types of potatoes are allowed.**

Why no potatoes? Research shows that Americans eat enough potatoes, and WIC wants to encourage families to eat a wider variety of fruits and vegetables. But sweet potatoes and yams are different because they're loaded with vitamin A.

- **Packaged items must contain just a single type of fruit or vegetable; no mixtures.** For example, you can get frozen carrots, but not frozen mixed vegetables.
- **Likewise, WIC doesn't allow items that have extra ingredients like sauces, pasta, or breading.** So plain frozen broccoli is fine, but not broccoli with cheese sauce. A bag of fresh spinach is allowed, but not a salad "kit" with spinach, dressing and croutons.

Why no mixed fruits or mixed vegetables? USDA has certain guidelines that the Texas WIC Program needs to follow, like no white potatoes or added sauces. So in order to follow the guidelines and make shopping easier, Texas WIC includes items with only one fruit or one vegetable and no extra ingredients.

- **WIC doesn't allow herbs and spices, like cilantro, parsley, and basil. Onions and garlic are allowed.** If needed, here are the items not allowed:

Anise	Cilantro	Mint	Tarragon
Basil	Dill	Oregano	Thyme
Bay leaves	Fenugreek	Parsley	Vanilla bean
Caraway	Horseradish	Rosemary	
Chervil	Lemon grass	Sage	
Chives	Marjoram	Savory	

- **Lastly, frozen beans, like soybeans and black-eyed peas, are allowed.**

Then say something like: **I know I'm giving you a lot of information, but just remember, it's all written down here in your Fruit and Vegetable Shopping Guide.**

Staying under the Cash Value Benefit: Now ask the class to turn to page 6 of *Your Guide to WIC Foods*. Say something like: **You need to be sure that you don't go over your dollar limit for fruits and vegetables. If you go over the dollar limit, you'll have to return some of the items or pay for them separately.**

- **Example:** Say you have \$4.00 left on your card and the total of your fruits and vegetables is \$4.25. You won't be able to give the cashier the extra 25 cents to make up the difference. Instead, you'll need to remove something (take out an apple or remove a bag of frozen peas) so that the amount is less than or equal to \$4.00.

If you have any fruit and vegetable benefits left at the end of the month, they don't roll over to the next month. So the key is to make the most of your benefits, without going over that dollar limit.

Discussion Question: **So how do you do that? Say you have \$6.00 for fruits and vegetables. What would you do to get the most items, but make sure to stay under \$6.00?**

- **Keep track** –Add up the cost for your fresh and frozen produce before you check out. Bring something to write with and keep track as you go.
- **Weigh it** – Weigh your produce, and figure out the cost *before* checking out. Some stores have electronic scales that can tell you the exact amount. **Also, there’s a cost chart on the back of the Fruit and Vegetable Shopping Guide to help you figure out the price of an item after you weigh it. Example: If you buy 2 pounds of apples that cost \$0.89 cents a pound, how much will they cost?** (Wait for response).
- **Keep it simple** – Look for items priced by quantity (like 4 grapefruit for \$1.00)
- **Look for deals** – Look for items on sale, choose seasonal produce, and try frozen fruits and vegetables, which are often less expensive than fresh produce.

4. What Should You Take to the Store?

- Ask participants to turn to page 4. Say something like: **What do you need to take with you to the store so that you’ll know which WIC foods you can buy?** (*Hint: they’re pictured on page 4*). **Right! With all the new changes, it’s really important to take your *WIC Shopping List* and the *WIC Shopping Guides* with you – don’t try to rely on memory and buy what you’ve bought before.**
- **What if you’ve already bought some of your WIC foods for the month, and then you go shopping again later that same month? What do you need to take with you?** (Wait for response.) **That’s right, you’ll need your most recent store receipt that has your “Ending WIC Balance.” That way, you’ll know what foods are left on your card for the rest of the month.**

5. Texas WIC Shopping List – Let’s look at the sample shopping list I gave you.

Using the sample WIC Shopping list, point out the following items:

- 4 months of foods - **Since most of you came to the clinic today with some benefits still on your card for this month, your new WIC Shopping List will show four months of foods, similar to this sample. The first column will show the foods that you have left for this current month, and the other three columns will show your new WIC foods that you’ll start buying next month.**

If you didn’t get any benefits for this current month, your WIC Shopping List will only show three columns, starting with this month. So your new WIC foods start this month.

- Lower-Fat Milk Choices - **The top line on the sample list shows the lower-fat milk choices for women and children over age 2. As of October 1st, these groups can only choose fat-free milk, 1% milk, 2% milk, or low-fat buttermilk. Children between 1 and 2 years of age get whole milk.**

Why lower-fat milk? Nutrition experts recommend switching to fat-free or 1% milk because these lower fat milks have just as much protein, calcium, vitamin A, and vitamin D as whole milk, but without all the extra fat and calories.

Quarts of milk - Halfway down the list you'll see milk listed again, but instead of gallons, this line shows *quarts* (abbreviated as "QT" on the list). Quarts of milk are another new item. If your list shows two quarts of milk, you need to get two individual quarts. You can't combine them and buy a half-gallon instead.

Again, I'm covering a lot of details, but just remember all this information will be printed on your *WIC Shopping List*.

Why quarts? USDA set a new limit on how much milk WIC participants can get, and here in Texas, we wanted to give you the most milk that USDA allows. And that meant giving you quarts of milk, in addition to gallons and half gallons.

- **Milk Substitutions - If you or your child can't (or don't) drink milk, talk to a staff person here at the clinic (specify who to talk to at your clinic). WIC can substitute lactose-free milk, evaporated milk, nonfat dry milk, soy milk, and tofu for regular milk and cheese.**

Note: Children need a prescription to get soy milk and tofu so that the child's healthcare provider is aware that the child isn't getting regular cow's milk and cheese. Women do not need a prescription.

- **Juice – Looking back at the sample list, under the line that shows quarts of milk, you'll see that the two lines for juice are highlighted. That's because the amounts of juice and container sizes are changing. But again, the correct container sizes and amounts will be printed on your Texas WIC Shopping List.**

Note: The new juice containers for women will be different sizes than the new juice containers for children (as shown on sample shopping list). Also, the "old" 46-ounce containers of juice will still be on store shelves with the WIC stickers through December. It will take a several months to get everyone switched over to the new food packages.

- **Whole Grains - Now move down the list where you'll see the whole grain choices, which are listed as BREAD / TORTILLAS /RICE / OATMEAL. WIC Whole grain foods will be in 1-pound or 16-ounce packages, so this sample family will get to choose *three* whole grain foods each month.**

And here's another change: when your WIC Shopping List shows a choice of items on the same line (like it does for whole grains, or for beans and peanut butter), *then you'll make that choice at the store, not at the clinic.* Also, when your list shows that you get two or more of those items, you can *mix or match* your choices. So the sample mom can get three loaves of whole wheat bread during the month, OR she can mix it up and choose three different whole grain foods.

- **Fruits and Vegetables - Lastly, you'll see "Fruits and Vegetables" on the sample shopping list. This family will get \$14 worth of fruits and vegetables each month.** Note: all the numbers on the shopping list refer to amounts, but the number for fruits and vegetables is a dollar value.

Ask if anyone in the class has any questions about the WIC Shopping List.

6. **WIC Shopping Guides** – Hold up the main Shopping Guide and have participants refer to their own copies. **Now let's look at the other WIC Shopping Guides, which are *just as important* as your WIC Shopping List when it comes to getting your WIC foods.**

- **For each food, the new guides show you whether you can choose "any brand," or if you need to choose the "store-declared-least-expensive-brand" marked with a pink WIC sticker.**
- **Refer participants to blue panel on the back of the main shopping guide. For example, when shopping for whole grains, the guide shows that you need to look for the brands with the pink WIC sticker. But what about peanut butter? Right, the guide says you can choose "any brand." Does that mean you can choose *any* size, and variety of peanut butter? Answer: No. Right again! For "Any Brand" foods, you need to check your *Shopping Guides* to see what package sizes and varieties are allowed.**

7. **Baby Foods** – **One more new food we haven't covered is baby food (hold up an infant shopping guide) From 6 months to 1 year of age, all babies get infant cereal and as well as baby fruits and vegetables. And exclusively-breastfed infants get baby meats as an extra benefit. If there are no parents of infants in the class, you can SKIP the information below and go directly to section 8 "Other Resources."**

- **There are two WIC Shopping Guides for infants: one for exclusively breastfed infants and one for infants who get formula. Use the guide that applies to you.**
- **For baby food, you can choose any brand of *plain* fruits or vegetables in 4-ounce containers. And for meats, you can choose any brand of single meats with broth or gravy in 2.5-ounce containers.**
- **Be sure to choose baby foods that contain just a *single* food – that means no mixed vegetables, and no meat combinations, desserts, or dinners. Also, choose foods without added ingredients like salt, sugar, or DHA. Also, WIC does *not* provide organic baby foods.**

- **Just like all of your other WIC foods, remember that you do not need to buy your baby's foods or formula all at one time.**

What is DHA? DHA is an essential fatty acid that's found in breastmilk. Studies suggest that it helps promote visual and mental development in infants. Certain brands of baby foods and formula now have DHA as an added ingredient. WIC does not allow products with added DHA

Why doesn't WIC give juice to infants anymore? This change was made to correspond with American Academy of Pediatrics (AAP) recommendations for juice and the 2005 Dietary Guidelines for Americans. Instead of juice, WIC now provides baby fruits and vegetables.

8. Reminder: Use Your WIC Shopping List and WIC Shopping Guides!

- **We covered a LOT of information, so just remember, when you go to the store, there are two items should you take with you. What are they? Right, the WIC Shopping Guides and your Texas WIC Shopping List** (or Ending Balance Receipt). Also, at the store, you may see WIC Shopping information and "Smart Choices, Healthy Families" signage that will help you shop for your new WIC Foods. Ask if anyone has questions.

9. Smart Choices, Healthy Families" Take-home DVD –

- **When you leave today, we're going to give you a free copy of this 6-part DVD. The first video on the DVD is called "Shopping for WIC-Approved Foods" and we'd like you to watch this video before you go shopping for your new WIC foods.** (If your clinic is showing the video in the waiting room, indicate that it's the same video they saw in the waiting room.)
- **The DVD also has some other great videos about cooking with WIC foods, shopping on a budget, starting solids, and feeding picky eaters.** Recommend that pregnant women watch the video titled: "*WIC Food Package Information for Pregnant Women*" before their babies are born.

10. www.texaswic.org – Lastly, be sure to visit WIC's website: www.texaswic.org (write this on the flip chart or dry erase board). **It's packed with all kinds of information, recipes, and even web lessons that you can do in place of classes like this one. You can also print out extra copies of the WIC Shopping Guides from the website.**

11. Evaluation - **To make sure I've done a good job explaining all this information, I'd like you to answer a few questions.** Then give the evaluation, either orally or in written form.

“Your Guide to WIC Foods” (GW-000-07)
Participant Evaluation

1. List three new WIC foods or other WIC changes that you learned about today.

2. Which of the following foods can you get with your new WIC benefits (check all that apply)
 Canned fruits vegetables
 Sweet potatoes
 Frozen mixed vegetables
 Baby red potatoes
 Frozen blueberries
 Fresh Red Bell Peppers

3. List two whole grain choices that WIC now offers.

4. True or False? Women and children over the age of 2 can no longer get whole milk with their WIC benefits.
 True
 False

5. Name two items to take to the store with you so you'll know which WIC foods you can get.

6. Name one new WIC food you will get with your WIC benefits, OR one new recipe you will try that uses a WIC food.

SAMPLE / MUESTRA

TEXAS WIC SHOPPING LIST

Next Appointment: Thursday, 00/00/0000

PARENT / GUARDIAN: Sample WIC Participant

00-00-2009
9:04 a.m.
001-01
000000012345-6

To report a Lost or Stolen card, call 800-942-3678
For questions about benefits, call your clinic.
If the card does not work in the store, take it back to the clinic

BENEFITS ISSUED FOR THE MONTHS OF:

SHOPPING LIST ITEMS: Month 3	<u>Current Month</u>	<u>Month 1 (next month)</u>	<u>Month 2</u>	
MILK/BUTTERMILK SKIM 1% OR 2%	10.00 GAL	7.50 GAL	7.50 GAL	7.50 GAL
CHEESE	4.00 LB	2.00 LB	2.00 LB	2.00 LB
EGGS-A OR AA LARGE/MED/SMALL	4.00 DOZEN	2.00 DOZEN	2.00 DOZE	2.00 DOZEN
JUICE 46 FL OZ & 12 OZ FRZ	10.00 CAN			
CEREAL	72.00 OUNCE	72.00 OUNCE	72.00 OUNCE	72.00 OUNCE
PEANUT BUTTER 18 OZ	2.00 JAR			
MILK SKIM 1% OR 2%		2.00 QT	2.00 QT	2.00 QT
JUICE 64 FL OZ &/OR 16 OZ FRZ		2.00 CTNR	2.00 CTNR	2.00 CTNR
JUICE 48 FL OZ &/OR 12 OZ FRZ		3.00 CTNR	3.00 CTNR	3.00 CTNR
DRY BEANS OR PEANUT BUTTER		3.00 LB/JAR	3.00 LB/JAR	3.00 LB/JAR
BREAD/TORTILLAS/RICE/OATMEAL		3.00 LB	3.00 LB	3.00 LB
FRUITS &/OR VEGETABLES		\$14. 00 VALUE	\$14. 00 VALUE	\$14. 00 VALUE

Recipient Signature

For Staff Use Only WICCAT/PRO/FOOD PKG

ACTUAL ISSUANCE: FMLA/QTY, FMLA/QTY, FMLA/QTY

	FDT2SP:	10/01/2009	11/01/2009	12/01/2009
	ISSUE TIME:	9:04 AM	9:04 AM	9:04 AM
CLIENT	ISSUE DATE:	10/02/2009	10/02/2009	10/02/2009

Sample Pregnant Woman 123456789101	P/1/488	P/1/488	P/1/488
---------------------------------------	---------	---------	---------

Sample 3-year-old 123456789101	P/1/488	P/1/488	P/1/488
-----------------------------------	---------	---------	---------

Your Guide to WIC Foods
NE LESSON CODE – GW-000-07
New Lesson Staff Survey

LA # _____

Date _____

1. Was the lesson easy to read and follow?
 Yes No

2. Was it adequate for explaining the changes to the WIC food packages?
 Yes No

3. What changes would you suggest for improving the lesson? _____

4. How was the participant feedback?
 Positive Negative Indifferent

5. Was the Spanish translation appropriate for your participants?
 Yes No

Comments:

Note about New Lesson Survey Forms:

The first few times a new lesson is presented, staff and participants need to complete the survey forms attached at the end of this lesson. Please note that the *Staff Survey Form* is different from the *Participant Survey Form*. Only 10-20 participant surveys need to be completed. Please mail completed new lesson surveys to:

Delores Preece
Texas Department of State Health Services
Nutrition Services Section
PO Box 149347 MAILCODE 1933
Austin, Texas 78714-9347

Your Guide to WIC Foods
NE LESSON CODE GW-000-007
New Lesson Participant Survey

LA# _____

Date _____

1. I am: (You may circle more than one)

- a. pregnant
- b. breastfeeding
- c. parent of an infant
- d. parent of a child
- e. family or friend

2. How much did you like the lesson?

- a. a lot
- b. a little
- c. not at all

3. Do you feel like you have a pretty good understanding of the new WIC food packages?

- Yes No

4. What is the most helpful thing you learned from the discussion today?

5. What kinds of things do you have questions about?

Thank you for your comments!