

OSU Extension Connection

Resource for WIC Clients

Oregon State University (OSU) Extension Service has a new Web site (flyer with site attached) to help families find needed resources. Resources include: helping with finances, finding a job, finding housing, feeding your family (yes, WIC is listed here!) and much more. Soon, you will be receiving bookmarks so you can share this Web site with your WIC clients. More to come on this...

OSU Nutrition Education Program

One goal of the OSU Extension Nutrition Education Program (NEP) is to provide education to lower income Oregonians so they can make healthier food choices. The NEP also has a similar target audience---moms and kids! It makes sense that extension and WIC would be familiar with each other's program. More information at: <http://extension.oregonstate.edu/nep/>.

Partnering with Extension's Nutrition Education Program:

Promoting Fresh Choices:

- Offer to speak at your local extension meeting. This would be a great opportunity to share more detail about Fresh Choices (PowerPoint presentation available upon request, Jolene.mcgee@state.or.us or 971-673-0050). On March 3rd, Karen Bettin, Nutrition Consultant from Oregon WIC, presented the new food package changes at the annual meeting for Extension's NEP.
- Send your local extension a Fresh Choices flyer summing up the 2009 food package changes, in addition to WIC outreach brochures. Encourage them to remind their clients of these anticipated WIC food changes. Flyer and cover letter attached.
- Get creative with extension and come up with ways to get into grocery stores to promote healthy eating and the new WIC food package.

Unique Examples of an Extension/WIC Partnership in Deschutes County:

- OSU Extension staff hosts a table at the Deschutes *Quick WIC* class every month. At this table, extension does recipe demos and gives out recipes, handouts and information on healthy eating.
- Deschutes WIC offers space in their health department for extension to hold food demonstrations. OSU Extension uses this recipe demonstration area as an opportunity to train new volunteer staff.

Collaboration Corner ---

Head Start

Looking for new ideas on Working Together with Your Head Start High Risk Families? Check out the new tip sheet on the WIC Staff Web site. It's Tip #3 under the Best Practice Guide section.

[Click here to check it out.](#)

