



Healthy Kids, Strong Parents
WIC Works Wonders!

PEANUT BUTTER UPDATE!



Starting March 1st, vouchers will read "Peanut Butter 16-18 oz only or 1 Lb Dried Beans or Peas". This means WIC shoppers will be able to purchase peanut butter in 16 oz through 18 oz sizes. This is a package size change only; reduced-fat, organic, and jelly/honey mixtures are still NOT allowed.

This change was prompted by the reduction in packaging size of Skippy peanut butter from 18 oz to 16.3 oz. With the cost of peanuts increasing, we anticipate other manufacturers will change their packaging sizes as well.

The message to WIC shoppers remains the same - only buy what's on the voucher. Due to multiple month voucher issuance, there will be some vouchers in circulation through May that still say "18 oz only". Vendors are being asked to refer those shoppers back to the WIC clinic to get a new voucher if they want to purchase peanut butter in the new size.

Please point out this change to participants when you handout FIs during March, April and May and to all new participants until the new food list is available.

Information on the changes will be sent to all WIC vendors the last week of February. The actual Food List brochure will be updated to reflect this change for the next printing. We're not sure when this will be since there are quite a few food lists left.

If you have any questions or concerns, please do not hesitate to call or email Michelle Aarhus at (971) 673-0052 or michelle.a.aarhus@state.or.us.

Introducing Kim Meyers



Kim is the Data Team lead and project manager for the new food package changes and other WIC projects. She is also the workgroup lead for the new food package TWIST workgroup.

Before coming to WIC, Kim worked at HealthGrades as a program manager for a set of interactive web survey tools for people with chronic conditions. Kim has an MPH degree from UCLA and has worked in the health care quality arena for more than 15 years.

Kim enjoys mountain biking, swimming, softball, and British mysteries. She is very excited about joining the WIC team and is enjoying learning about all the different features of the WIC Program.

\$\$ It's Your Money...Go Get It! \$\$

Recently, your clinic received brochures to support tax preparations entitled "*It's Your Money...Go Get It!*"

Please make sure to give these brochures to WIC participants throughout the tax season.

Did you realize that last year in Oregon over \$363 million dollars in Earned Income Tax Credit alone went to over 211,000 families? For tax year 2007, households with two or more qualifying children may get back up to \$4,716 from the Earned Income Tax Credit!

The IRS also estimates that 25% of those that are eligible do not claim the credit.

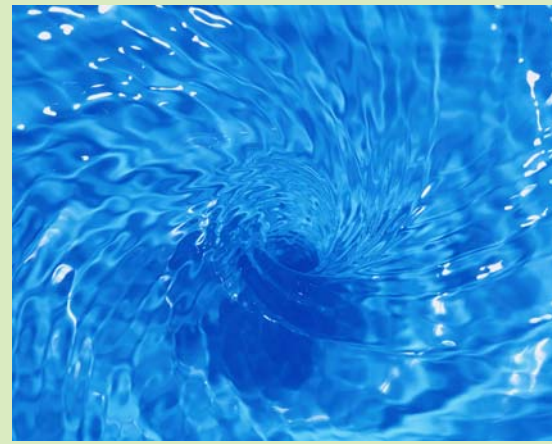
This is where WIC can help. As tax time approaches, you can make sure WIC participants know about valuable tax credits they may qualify for by referring them to a free tax preparation support site. For a location near you, call (888) 227-7669. The end result could mean more money in the pockets of WIC families!

The brochure "It's Your Money...Go Get It" can be found at this website:

<http://www.cashoregon.org/docs/CASHBrochureEnglish.pdf>

<http://www.cashoregon.org/docs/CASHBrochureSpanish.pdf>

Happy Tax Season!



These Times are a Changing

Peanut butter jars' size decreasing, new food packages...what's next? In the **ebb** and **flow** of life, we are surrounded constantly by changes. Change is not easy. Here are three reasons why...

1. *The devils you know* - while the status quo is familiar, change is unpredictable and can raise anxiety.
2. *Fear of failure* - people are scared that if they fail in their efforts to change, they will feel worse than before.
3. *Resistance to forced change* - threats to our personal freedom are not well received.

Participants, just like many of us, may feel ambivalent about making changes. The key is to allow ourselves, and others to figure out our own/their own solutions and to go with the **flow**.