

GROWING HEALTHY FUTURES

Kids in the Kitchen



Adolescents' Cooking Skills Predict Future Nutritional Wellbeing (From CalWICA eNewsletter)

A new study suggests that [developing cooking skills as a young adult](#) may have long-term benefits for health and nutrition. Adolescents from a study conducted in some Minnesota schools reported on their cooking skills at 18 to 23 years old. Data collected on their nutrition-related outcomes when participants were 30 to 35 years old showed that perceived adequacy of cooking skills predicted multiple indicators of nutrition outcomes later in adulthood, including greater odds of preparing a meal with vegetables most days and less frequent consumption of fast food. If those who perceived their cooking skills as adequate had families, they ate more frequent family meals, less frequent fast food meals, and had fewer barriers to food preparation. Researchers say that these findings reinforce that helping children and adolescents develop cooking skills may result in long-term nutrition benefits for individuals as well as their future families.

ChopChop has developed a series of cooking videos where kids teach viewers basic skills like cracking an egg, using a knife, and measuring ingredients.

Check out the series on their [YouTube channel](#).



Formula Contract Ends September 30, 2018 - October is a mystery

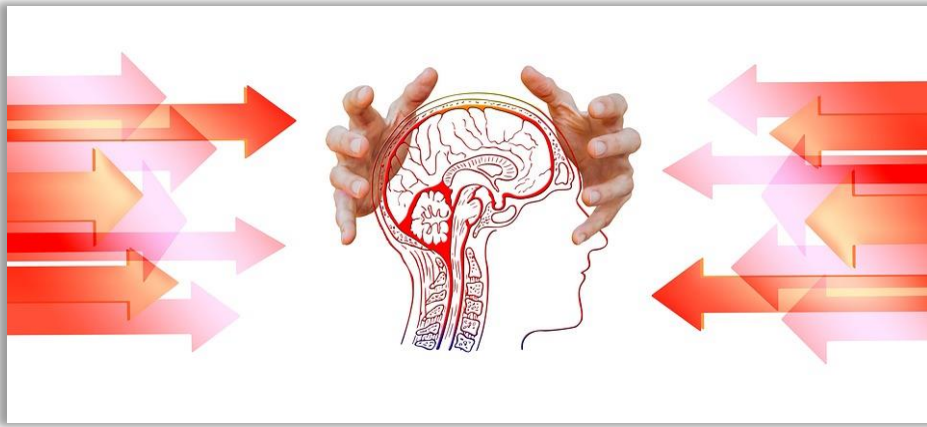
WIC has contracts with 2 formula companies which give us a rebate on certain formulas purchased by WIC families. These formulas are referred to as bid formulas. Bid formulas include:

- Similac Advance
- Gerber Good Start Soy
- Similac Sensitive
- Similac Spit-Up
- Similac Total Comfort

The contract for the current bid formulas ends 9/30/2018. Normally we know well in advance what are the new bid formulas. This year we don't. We won't know the new bid formulas until sometime in July. That is the mystery - the bid formula could stay the same - or it could change.

We will send out instructions on what to do as soon as we know, but until then - you have one thing to remember:

☆ Assign and forecast formulas as usual, but don't issue October bid formula benefits until you know the new bid formulas!



Check out these web links



How does your brain work?

Brain science can help us explain our behavior during stress, but can be complicated to understand. Dr. Dan Siegel provides a simple way to understand how our brain works. Watch these videos to learn more.

- Here is a [Dr. Siegel video](#) of the hand model of the brain “flipping the lid.”
- This video is Dr. Siegel explaining the brain model to a child at a [Ted Talk](#).
- If you like animations, this [3-minute video](#) is fun.



Food insecurity in Oregon

A [recent article](#) from the Oregon Center for Public Policy highlights how food insecurity is impacting Oregon families.

How can you use the information to support your efforts to decrease food insecurity with WIC families?



Everyday leadership

Drew Dudley’s world-famous TED talk shows us how each of us can make a difference in someone else’s life in unexpected ways. Watch this to learn about creating [lollipop moments](#).

Shopping Tip



Buying seasonal produce

We’re heading into summer which means all kinds of delicious, seasonal produce is available in stores. Seasonal fruits and veggies change constantly and it can be a challenge for WIC and stores to keep up with getting these foods added to the approved product list.

Remind WIC shoppers what they can do if they try to buy ANY produce item that is packaged and has a UPC, and it doesn’t ring up for WIC.

- They can take a picture of the package and UPC and send it to clinic staff or wic.upc@state.or.us.
- They can ask the store employee to submit the product UPC to the State WIC Office.
- Or they can submit the product information by using the “I couldn’t buy this!” feature in the WICShopper app.

It usually only takes 3-4 days for a newly added food to be available to buy at the store.





I'm glad you asked!

Baby Led Bottle Feeding/Paced Bottle Feeding

“Sometimes caregivers tell me their baby prefers the bottle! Why is that?” “I’ve heard bottle feeding can cause babies to eat too fast or too much. Is that true?”

Good questions! As you know families may choose to use a bottle for many reasons. If families choose to use a bottle, it’s important we provide education! Offer education about bottle feeding whenever families mention they are planning to bottle feed - whether it’s with pumped breast milk or infant formula.

The problem with conventional bottle feeding comes down to gravity. The baby is often placed in a fully or mostly reclined position. The bottle is upside down. Baby swallows and more milk is drawn into their mouth by the negative pressure created. The baby has no choice but to swallow again. It looks like the baby is hungry, gulping down their bottle when really, they are trying to protect their airway. This is stressful to the baby and they could end up eating too fast or too much. It can also lead to breastfeeding problems and even breast refusal because the baby becomes used to feeding passively.

So how do we do this better? Paced Bottle Feeding (also called Baby-Led Bottle Feeding). This feeding method gives the baby more control over the feeding. Here are key points:

- Hold baby in an upright position;
- Offer the nipple gently rather than forcing it into baby’s mouth;
- Let baby begin sucking on the nipple without milk before tipping bottle up;
- Pay close attention to baby for signs of stress such as splayed fingers, worried expression, baby turns head away, baby stops gazing at caregiver, or gulps, pants or makes gasping sounds; and,
- Respond to stress signs by tipping bottle down so baby is no longer getting milk.

Go to this link for a demonstration of [Paced Bottle Feeding](#).



270 days of pregnancy
+365 days of the first year
+365 days of the second year
The first 1000 days of life

What you do and eat in the first 1000 days makes a difference for the rest of your life.

Just like WIC, the [1000 Days](#) organization is devoted to supporting parents during this critical time in their baby’s life.

Check out their [video series](#) on helping parents navigate the what, when and how of infant and toddler feeding. Each video is less than 2 minutes and answers a single question.

How can you share this great resource with parents?



Step-by-step TWIST

Did you know you can find step-by-step instructions for how to do everything in [TWIST](#) on our website?

Make this page a favorite and a training manual will be a click away. The site includes job aids and videos on how to do the most common tasks.

Check it out!