

GROWING HEALTHY FUTURES



Summer Fun with Vroom!

If you're looking for fun, brain-building activities for families to try this summer, suggest giving the free VROOM app a try! VROOM has over 1,000 science-based activities for parents of children ages 0-5 that are perfect for creating fun moments at the grocery store, farmers market, or just about anywhere. VROOM has created a whole set of activities in partnership with WIC that deal with food and playtime, available in English [here](#) and Spanish [here](#), all of which can be easily accessed by downloading the VROOM app today. Check out the activity below and see how a trip to the grocery store or farmers market can be used to help kids think like scientists! The VROOM app is available for free on Android and iPhone and can also be accessed on the VROOM website at www.vroom.org. Everyone has what it takes to be a brain-builder and VROOM can help!

 <p>Comparison Shopping</p> <p>The grocery store can be a great place to build your child's brain on the go. Give them a banana and an apple to hold. "Which is heavier? Which is larger? Which is softer?" You can do this with any items, in any aisle. Or even in any store!</p> <p>Ages 3-4 vroom.org</p>	 <p>Brainy Background powered by Mind in the Making</p> <p>Games like these help your child to think like a scientist because they're observing the world around them and making guesses about how things compare or fit together. Repeat the game a few times with different foods for them to compare. Remember, repetition is how we learn!</p> <p>For more activities like these, check out the free Vroom app! #257</p>
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Learn more about Vroom and WIC [here!](#)

Summertime Resources

[Summer Meals Map](#)

There are over 800 summer meal sites in Oregon with free meals for kids ages 1-18. These summer meal programs are open to all families without paperwork or signing up - kids can just drop in. Many programs offer fun activities so kids can stay active. Check out the many meal sites in your county.

[Farmers Markets Matching SNAP](#)

Many Oregon farmers markets are offering a SNAP match. This map tells you which markets offer SNAP match programs, their match amount, and their hours and locations.

[Farmers Market Cooking](#) with Chef Garrett Berdan

Share 7 videos featuring Oregon produce recipes with participants.



I'm glad you asked! Online Information



“How can you tell if information found online is accurate and up-to-date?”

Ah, the wonderful and complicated internet. Information, research, opinions and ads are at the tip of our fingers. There's a lot coming at us online! It can be difficult to determine what is credible. Here are some tips to navigate information online:

1. **Ask yourself questions about what you are reading.** What is the source of this information - website, blog, social media post or ad? Who is the author - a health care professional or a famous personality or an author with no known professional credentials? Does the information encourage or discourage conversations with medical professionals? Is research cited? Is the research from a marketing firm or from a peer reviewed journal? Reliable information is most often found on sites that do NOT use sensational language or make health promises.
2. **Think about what you already know about the topic.** Does the online information support this or are warning bells going off in your mind? Does the information seem out-of-date or does it contradict standard health practices?
3. **Find and bookmark some trusted websites.** Five possible choices are: (1) Academy of Nutrition and Dietetics - Eatright.org, (2) Centers for Disease Control (CDC) sites on [Breastfeeding](https://www.cdc.gov/breastfeeding/) (<https://www.cdc.gov/breastfeeding/>) or the [Division of Nutrition, Physical Activity and Obesity](#), (3) U.S. National Library of Medicine [Medline Plus](#) (4) Harvard's [The Nutrition Source](#) and (5) [Kids Health](#) from Nemours with articles in English/Spanish/Audio translations. Take a moment to check out these websites, especially regarding common topics like anemia or Vitamin D.

Shopping Tip



WIC shoppers are allowed to use **coupons, discounts, and store loyalty cards** during WIC transactions. When using coupons or discounts, shoppers should be aware of how those will be applied to their transaction.

- Discounts for fruit and vegetables will be applied to the item so that the WIC participant saves benefits. For example, if a bag of Spinach is \$3.99 and the shopper has a coupon for \$1.00 off that item, only \$2.99 of their CVB will be used. This is a savings to them!
- Discounts for other WIC foods that are not CVB fruit and vegetables are processed after the payment request is sent to our bank. For example, a box of Honey Bunches of Oats is \$4.99 and the shopper has a coupon for \$1.00 off that item, the discount comes off their total purchase price, not the individual box of Honey Bunches of Oats.
- Some discounts and coupons are tied to a specific UPC and will be applied to just that product. On the other hand, some discounts are more of a general savings off the whole order and a percentage of the savings is applied to each item in the transaction. For example, say a shopper has a coupon for \$10 off the order when they buy a bag of diapers. If they do a mixed basket eWIC transaction and use that coupon, the discount will be split among all items, including the WIC foods. In this scenario, the shopper might want to do their WIC transaction separate and use the coupon with their other non-WIC items.

Check out these web links!



[Did you know there are 5 levels of listening?](#)

Listening is fundamental to understanding participant needs. How well do you listen? Read to find out if you:

- Listen for the gist;
- Listen to rebut;
- Listen for logic;
- Listen for emotion; or,
- Listen for their point of view.



[What is your county's health ranking?](#)

Where we live matters to health. This report from the Robert Woods Johnson Foundation shows the differences in some key indicators like birthweight from county to county.



[Alcohol in breastmilk](#)

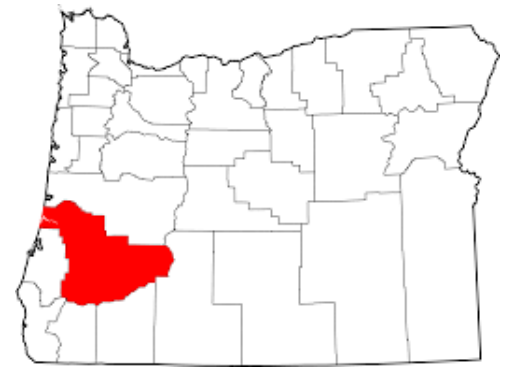
The Centers for Disease Control and Prevention (CDC) website answers questions about alcohol in breastmilk and other subjects. Use the left navigation bar to explore other breastfeeding topics.



When we can learn from children

Watch these 3 videos and think about what you can learn from the children in each one.

- [Remember when making friends was child's play?](#)
- [Would you rather be rich or happy?](#)
- [What assumptions do kids make about each other?](#)



Nutrition Adventures in Douglas County

The WIC program in Roseburg was [in the news](#) talking about one of the ways they provide quarterly nutrition education.

Calling it an adventure is a great way to market group nutrition education. Way to go, Douglas!

URGENT

Formula update

1. The formula rebate contract has been delayed until August.
2. **DO NOT** try to issue bid formula benefits on the FSS for October or later! Call App Support if you forget and get the error.
3. **DO ASSIGN** bid formulas as usual on the FPA for October or later so the state knows the type and amount of the new bid formula to issue later.