

## GROWING HEALTHY FUTURES

### Celebrating National Breastfeeding Month!



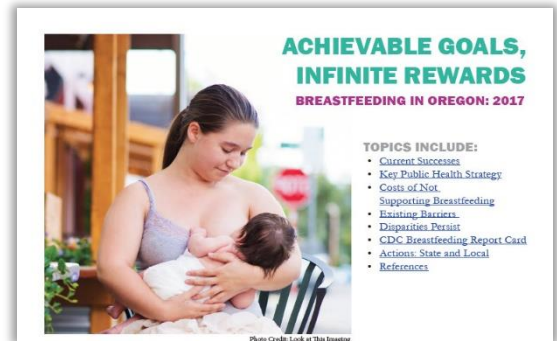
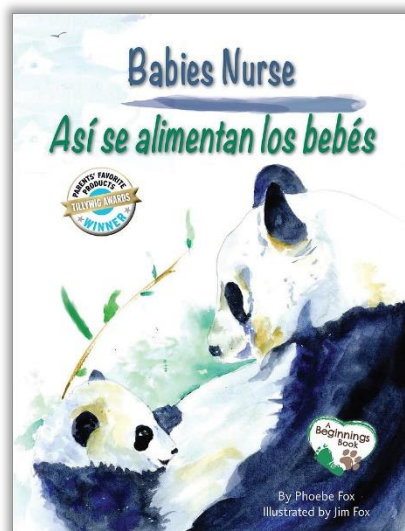
#### Look for breastfeeding in the news

Share any breastfeeding events or stories you see on your social media feeds. Here is a [press release](#) from the state about the breastfeeding law. And, here is a [news story](#) from Marion County about a woman whose doctor told her to cover up while breastfeeding!

#### Read a children's book

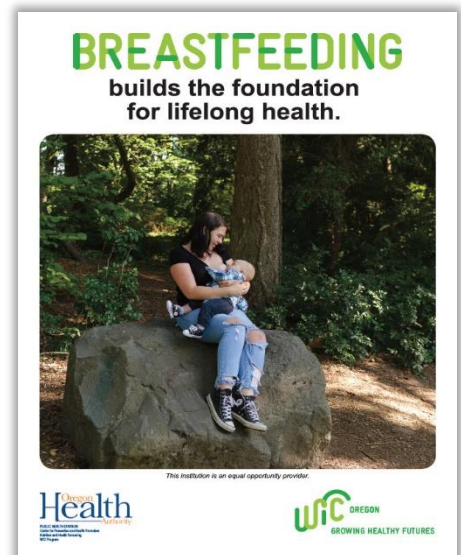
The [Babies Nurse](#) books have arrived! Each agency can order up to 30 copies from the state office, for clinic use. This book introduces the most natural and loving act—mothers nursing their young and gives children a glimpse into the worlds of 13 different mammal babies. Compelling childhood facts also broaden the reader's knowledge about each animal. The book's overarching theme of breastfeeding inspires conversations about parenting, biology, habitats, survival, and more, making this book an engaging choice for young children. Email [Diane Arnold](#) to order.

What is your agency doing to celebrate breastfeeding this month?



#### Review and share a report on breastfeeding as an important public health strategy

This [report](#) describes breastfeeding in Oregon and outlines actions we can take to support breastfeeding in our communities.



#### Print a poster

This [breastfeeding poster](#) features an Oregon family and can be displayed in your office or shared with partners. It is available on our [website](#).

# I'm glad you asked! Social Media Diets



*Fad diets are a popular topic at our clinic, such as Whole 30 and clean eating. Hash tags and recipes are posted across Instagram, Facebook, Snapchat and Pinterest. Could you provide some talking points for participants?*

Sure thing! Those hashtags are often paired with lovely photos of fresh healthy food. These are eye catching to many of us! Here are some quick facts about #trending diets right now:

- **Whole 30**: Elimination diet. Tough love approach. People can only eat foods from a specific list for 30 days. These foods include vegetables, fruit, unprocessed meats, nuts and seeds, some oils, and coffee. Foods people can't eat include: dairy, grains, legumes, alcohol, added sugars, preservatives.
- **Clean eating**: Avoiding preservatives and processed foods.
- **Keto diet**: Low carb (carbohydrate) high fat diet. No breads, grains, and some fruit. Focus on leafy greens, low starch vegetables, seafood and fish.
- **Paleo**: Lean meats, fish, fruits, vegetables, nuts and seeds. No breads, grains, legumes, dairy products, refined sugars, potatoes.
- **Intermittent fasting**: Not eating during certain time intervals.

Some of these diets have their origins in clinical practices to support specific health conditions. Research varies on the impact of these diets related to health conditions and weight loss. As some of these diets may be low in key nutrients, and could be harmful to pregnant women and young children, we highly recommend speaking to your agency's Registered Dietitian Nutritionist (RDN) if you have questions or want to learn more about any of these. Some agencies host in-services about these topics. For example, Washington County recently created an in-service about the Keto diet. Finally, linked [here](#) is an additional article you might enjoy about trending diets.

## Shopping Tip



## Where can WIC participants use self-checkout registers?

Only some stores can accept the eWIC card at self-checkout registers. These stores are Fred Meyer, QFC, and Winco. If a WIC shopper tries to use their eWIC card at a self-checkout register at any other store, the register will not recognize the card and will reject the purchase.

# URGENT

## Issuing Formula update

1. **DO NOT** try to issue bid formula benefits on the FSS for **October, November or later!** Call App Support if you forget and get the error.
  - Even if you click okay on the error pop-up and it goes away, it causes problems with this month's food issuance.
2. **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 when we find out the new formula.
3. The formula rebate contract has been delayed. We don't have a new date yet.



## What is the process for referring an overdue pump to the state office?

If a participant has not returned an overdue breast pump, even after calling, sending a letter, and changing the frequency of food benefits from **three** months to **one** month in TWIST, refer the matter to the state office. The state will pursue collection efforts, including billing the participant for the value of the breast pump. Here are the steps to follow.

1. On the *Breast Pump Issuance* screen in the participant's TWIST record, click the *Referred to State* box, and enter the date the pump was referred to the state office. This changes the status of the pump from *Issued* to *Under Investigation*.
2. Fax or email a copy of the letter mailed to the participant, and a copy of the participant's loan agreement to the state office.  
FAX 971-673-0071 or email [gregory.s.lavallee@state.or.us](mailto:gregory.s.lavallee@state.or.us)
3. If the participant contacts you about paying for the pump, refer them to the state office for payment arrangements.
4. If the participant returns the breast pump, notify the state office to stop recovery efforts. Ask the participant to sign and date the bottom of the loan agreement, and update the participant's TWIST record with the pump's date of return.
  - This changes the status of the pump to *Available*. The **red** box on the Family Summary Screen showing the overdue pump will disappear automatically once the return date is entered.
5. If a breast pump is determined to be *Unrecoverable*, state staff will indicate this in TWIST.
  - When an overdue pump is marked as unrecoverable, the **red** box showing the overdue pump on the Family Summary Screen will turn **turquoise** and stay that way permanently. This informs local staff that this participant was loaned a pump that was never returned, and is a reminder that the participant is NOT eligible for a WIC pump in the future.

See pages 20-23 in the [Breast Pump Handbook](#) for more information, including a Decision Tree.



## Local Agency News Curry County WIC hosts "Art in the Park" From Heather Serna

We piggy backed with the prevention team here to host "Art in the Park." We provided free dinner and the WIC kids did an art project while the older kids made posters about prevention themes. We did a little NE lesson about peanut butter. I took my laptop and handed out farmer market checks to anyone who hasn't received them yet! Every WIC participant received a gift bag when they left which included a free individual container of peanut butter with a little reminder about the benefits of peanut butter.



## "Sticky Note" Learning Tip From Molly Kellogg

Taking on new counseling skills and integrating them into your process takes time and patience. Here's a tip to make it easier. Each week choose one specific skill or concept and write it on a sticky note. Place the note where you will see it prior to each client session to remind you to focus on practicing that skill.