

Healthy kids, strong parents,
WIC works wonders!

Eating Fish: What Pregnant Women and Parents Should Know

Ever since WIC started offering canned fish in our food packages for fully breastfeeding women, there have been questions about how much to eat and is it safe to eat all the fish WIC offers. Many of these questions come from balancing the concern about mercury contamination with knowing that fish is a good lowfat source of protein, omega-3 fatty acids, selenium, zinc, iodine, iron and other important minerals.

The US Food & Drug Administration and the US Environmental Protection agency answered that question when they published this easy to read advice chart in January 2017. This chart has the most current advice about how much and what type of fish to eat.



Share this info with Participants

Download the chart in English or Spanish and get answers to questions on the FDA [website](#).

Advice About Eating Fish

What Pregnant Women & Parents Should Know

Fish and other protein-rich foods have nutrients that can help your child's growth and development.

For women of childbearing age (about 16-49 years old), especially pregnant and breastfeeding women, and for parents and caregivers of young children.

- Eat 2 to 3 servings of fish a week from the "Best Choices" list OR 1 serving from the "Good Choices" list.
- Eat a variety of fish.
- Serve 1 to 2 servings of fish a week to children, starting at age 2.
- If you eat fish caught by family or friends, check for fish advisories. If there is no advisory, eat only one serving and no other fish that week.*

Use this chart!

You can use this chart to help you choose which fish to eat, and how often to eat them, based on their mercury levels. The "Best Choices" have the lowest levels of mercury.

What is a serving?

To find out, use the palm of your hand!



For an adult
4 ounces



For children,
ages 4 to 7
2 ounces

Best Choices EAT 2 TO 3 SERVINGS A WEEK			OR	Good Choices EAT 1 SERVING A WEEK		
Anchovy	Herring	Scallop		Bluefish	Monkfish	Tilefish (Atlantic Ocean)
Atlantic croaker	Lobster, American and spiny	Shad		Buffalofish	Rockfish	
Atlantic mackerel	Mullet	Shrimp		Carp	Sablefish	Tuna, albacore/white tuna, canned and fresh/frozen
Black sea bass	Oyster	Skate		Chilean sea bass/Patagonian toothfish	Sheepshead	Tuna, yellowfin
Butterfish	Pacific chub mackerel	Smelt		Grouper	Snapper	Weakfish/seatrout
Catfish	Perch, freshwater and ocean	Sole		Halibut	Spanish mackerel	White croaker/Pacific croaker
Clam	Pickering	Squid		Mahi mahi/dolphinfish	Striped bass (ocean)	
Cod		Tilapia				
Crab		Trout, freshwater				
Crawfish	Plaice	Tuna, canned light (includes skipjack)				
Flounder	Pollock	Whitefish				
Haddock	Salmon	Whiting				
Hake	Sardine					
Choices to Avoid HIGHEST MERCURY LEVELS						
				King mackerel	Shark	Tilefish (Gulf of Mexico)
				Marlin	Swordfish	Tuna, bigeye
				Orange roughy		

*Some fish caught by family and friends, such as larger carp, catfish, trout and perch, are more likely to have fish advisories due to mercury or other contaminants. State advisories will tell you how often you can safely eat those fish.

New State Staff



“Oregon WIC Program, this is Justin speaking” - The new voice on App Support

Many of you may have already talked to Justin Trautmann when calling the app support. You may have met him at the Statewide Meeting, which was his first week of work. You may have called him Jeff or Jim, but he doesn't mind. He is just happy to help get your questions answered as quickly as possible so you can get back to serving WIC participants.

When he isn't directing phone traffic, Justin works to make sure farmers and Farmer Market managers are signed up and ready to accept WIC Farm Direct Nutrition Program (FDNP) checks. He likes the idea of helping Oregon families take advantage of the bounty available from Oregon farmers.

When asked about what he likes about working in WIC, Justin said there is something magical about working with a group of people who really want to impact kids' lives. It isn't surprising when you consider that Justin comes to WIC after serving 8 years in the Navy as an Intelligence Specialist. He says that is where he learned the value of listening and using information to make decisions. Justin comes from a family with a tradition of service. His mother retired from the Navy, and his father, grandfather, and many in his extended family also served. He has some great “stories of the sea” he can share.

After living in many different places, he is enjoying re-discovering the Pacific Northwest and hopes to hike part of the Pacific Crest Trail this summer. That is, if he can find time away from his college studies in Business Administration.

Welcome back to Oregon Justin!

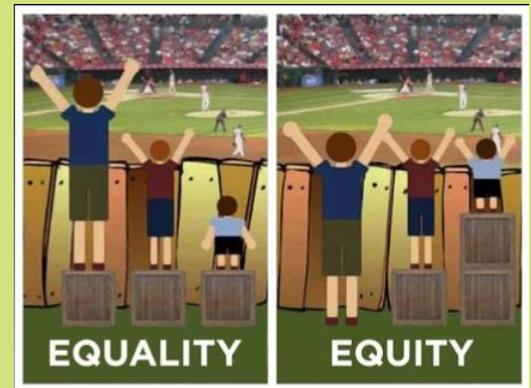


WIC Vroom tip cards – You want more?

Sample WIC-specific Vroom tip cards were sent to each local agency to go along with the [Vroom In-service](#). Since they were so expensive to print, each agency only got a few to use as examples of what a parent might see on the Vroom App.

We added the electronic files in [English](#) and [Spanish](#) to the in-service website, so you can print more if you want to hand out specific cards or use them in group education.

What is Health Equity?



Watch this powerful 3 minute video about [Jeff and Chad](#) to get an illustration of how our life situation can impact our health.

Check us out on  & 

Did you see the [shopping video on YouTube](#)?

New State Staff



What is a Vendor Program Analyst? Let's ask Caleb Henderson

Caleb says after 5 weeks at the state WIC office, he is still figuring that out. One thing he knows for sure is, as a member of the Vendor Team, he will help monitor vendors and farmers for compliance, and also answer their questions.

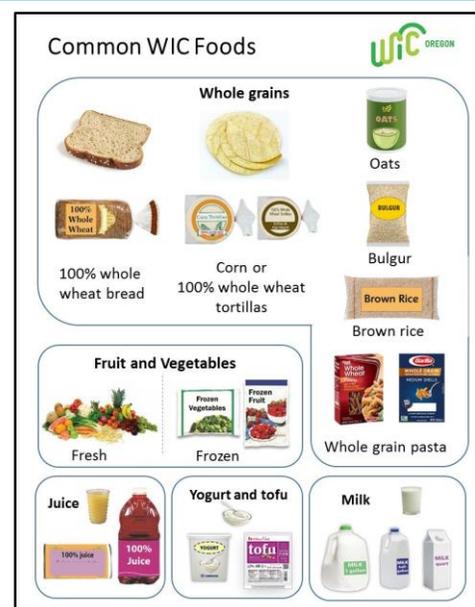
Another of his primary duties will be to investigate every complaint about a vendor and work to resolve it. To do that Caleb searches through information from our databases. Not only can he see every item that is purchased, but he can also see which store has sold the item. That helps him figure out if it is a shopper issue or a store issue.

Caleb will analyze all that shopping data to help identify any issues that participants may be experiencing. He can tell where WIC shoppers are shopping and what they are buying. Think of what we can learn from all that info!

Caleb brings a new perspective on vendors to the state WIC office, because he is the first state staff person to be hired from the grocery industry. He put himself through college (his degree is in Politics) working for the Ray's Food Place chain. After college he worked for the Coca-Cola Company and spent the last year managing the grocery department at a Target in Northern California.

Caleb says he fell in love with Portland on vacation last Fall. When the job in WIC came open, he knew it was a great fit. He'll be a true Oregonian soon as he already loves the rain, snowboarding, and eating out at Portland restaurants. All it will take to make it perfect, will be when his partner finally has the opportunity to join him.

Welcome to Oregon Caleb!



Which language??

Wouldn't it be nice to have every WIC document in the language your participant reads? But what do you do if the participant can't read? Knowing what to buy is the most important WIC skill and food labels and store receipts are all in English. What do you do in that situation?

Use the [Common WIC Foods](#) flyer to help participants with limited reading skills or who read a language other than what we provide. The picture combined with the English word may help them find what they need when they shop.



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from your
congressional
representatives?**

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