

Healthy kids, strong parents,  
WIC works wonders!

## Jarred infant foods for a child? Why?



Most children coming into our WIC clinics are excited and ready to sample the foods they see caregivers eating. So, the thought of a child needing jarred infant foods can seem puzzling.

It is important to remember eating is one of the most complex activities a child learns to do. When a child is not ready for advancing textures, perhaps due to being born prematurely or their skills for chewing are delayed, they may need feeding therapy and purees to help move towards more textured solid foods. A pureed diet is made up of foods that require no chewing. A common diagnosis provided with the request for infant foods is [dysphagia](#), which means difficulty with swallowing. Feeding risks for children with dysphagia or oral motor delays include choking, gagging, breathing problems and aspiration.

For this reason, providing a child's food package with jarred baby food requires approval from a Nutrition Consultant at the State office and a referral to your WIC Nutritionist. WIC can provide jarred infant fruits and vegetables in place of the Cash Value Benefit (CVB) for children who are already receiving formula (our bid or medical formula). Infant cereal can replace other cereals. The other foods in the child's food package can be provided if the Medical Documentation Form (MDF) from the child's healthcare provider or feeding team allows it.

### Before you issue jarred foods to a child

Here are some important considerations:

- The child must be receiving a formula from WIC.
- Medical documentation is needed for both the formula and foods.
- Assign Risk 362, Developmental, Sensory or Motor Delays Interfering with Eating.
- Your WIC Nutritionist most likely will be the one working with the family and will follow the child for high risk follow up.
- It is possible to offer this food package if the formula is paid for by Medicaid rather than WIC. To do this, contact your State Nutrition Consultant for guidance.

Learning Opportunity: Watch this video to learn more about dysphagia:  
<https://essentialpuree.com/wh-at-is-dysphagia/>



## I'm glad you asked!



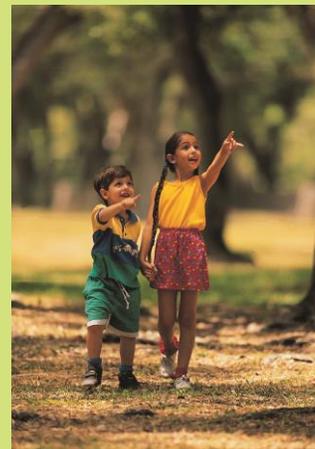
*“Can my food package include (toddler milk, next step milk, follow up formula or products like Enfagrow, Similac Go & Grow or Nido)?”*

Ah yes, we asked about trends you're hearing about, and you answered! Caregivers want what's best for their kiddos and big companies know how to tap into these fears and desires. Toddler milk is marketed towards picky eaters and anxieties of caregivers – a transition product marketed to be used after breastfeeding or the use of formula when a change to whole milk may feel like a big leap.

Here are some points to keep in mind:

- Have you ever walked through a grocery store and debated on getting a product even if you didn't know much about it? Advertising is powerful and plentiful in our daily lives. Parents are a prime marketing demographic target and this can have an impact on the foods they feed their families. This marketing can be misleading. To learn more about marketing and early childhood feeding please look at these [findings](#) from the University of Connecticut Rudd Center.
- This is an opportunity to practice those “explore, offer, explore” skills to check your understanding, and connect. What have they heard about these products? Are there concerns about the growth patterns of the child? If so, how can we offer support?
- If a family is concerned about transitioning their child to whole milk there is the option to continue to breastfeed. If a family would like to stay on an infant formula and their healthcare provider agrees, WIC can provide this option with a medical documentation form from the healthcare provider.
- The regulation of toddler milks is different than infant formulas. Toddler or next step milk can have more sugar, fat and sweeteners than cow's milk or infant formula. Many children consume lots of nutrients from milk products—so if they are drinking milk we hope it provides them with as many nutrients as possible. The American Academy of Pediatrics does not recommend serving “toddler formula,” stating that there is no evidence of advantages over whole milk for children ages 1 to 2.

## Adventure opportunities for Oregon families!



### [ParkRX Day](#)

There is a growing movement to prescribe parks and nature to improve health. What can we do to encourage WIC families to spend time outdoors?

Entrance to all National Parks are free on these days:

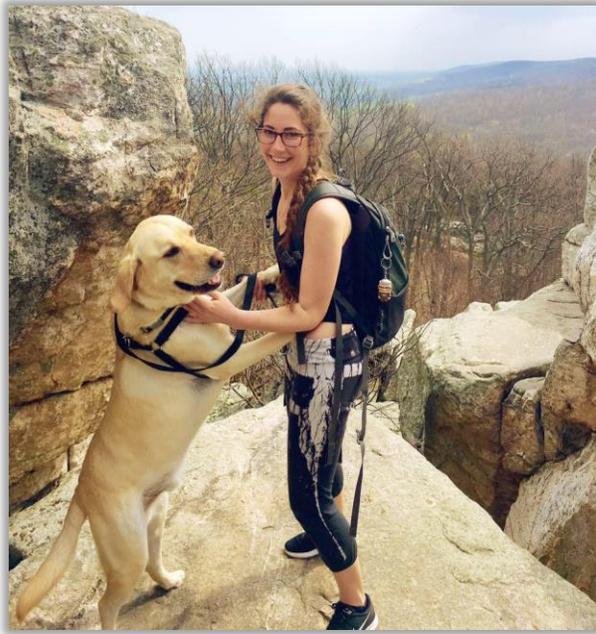
- April 21 - National Park Week
- September 22 - National Public Lands Day
- November 11 - Veterans Day

### [Museums for All](#)

This collaborative initiative ensures every child and family has access to a world-class museum experience by offering reduced admission.

[Participating museums](#) offer individual admission fees ranging from free to \$3.00 to individuals and families presenting an Electronic Benefits Transfer (EBT) card, such as an eWIC card, and a valid form of photo ID. *Museums for All* admission rates are offered for up to four individuals per EBT card, and the admission rate is available during all normal operating hours.

# Oregon WIC Welcomes Caroline and Bridget!



## Caroline Tydings is our new Nutrition and Local Services Administrative Assistant

Caroline Joined WIC from the Maternal and Child Health section of the Oregon Health Authority. She is a Certified Health Educator who strongly values nutrition education and services.

She is passionate about WIC because it provides services that improve the standard of living for vulnerable populations. She has seen the benefit of those services first hand.

Caroline serves as the Administrative Assistant to the Nutrition and Local Services Team. She will interact with local agencies through her work coordinating and tracking activities and documentation related to local agency reviews. She is very interested in becoming more familiar with local agencies so please feel free to reach out to her at [caroline.d.tydings@state.or.us](mailto:caroline.d.tydings@state.or.us)

In her free time, Caroline enjoys bike riding, attending theater performances, cooking, reading fiction, and traveling/exploring Oregon.



## Bridget Abshear is our new Business Team Administrative Assistant

Hi Bridget! What brings you to Oregon WIC?

I first met Sue when she came to speak at my Public Health Nutrition class at Portland State University. She shared a lot about the Oregon WIC program's successes and future goals, and I left the class thinking that WIC sounded like it would be a really neat program to work for. Fast forward a couple of years, and I'm lucky enough to be doing just that!

As a recent college graduate, I'm excited to learn from the dedicated and passionate people who are part of Oregon WIC. My first interaction with local agencies will be helping with registration for the upcoming Statewide Meeting.

What do you do for fun?

I read a lot of sci-fi and like to learn new things. Right now, it's birding!