

GROWING HEALTHY FUTURES

Small Steps Matter

Talking about substance use with WIC participants can be a sensitive subject and one of the many vital conversations taking place in WIC clinics every day. A new resource, **Small Steps Matter**, is available to help normalize the conversation, support change, encourage families to take small steps to reduce the risk caused by substance use and know they are not alone.

The **Small Steps Matter** image and message is available in the form of an electronic image, large or small poster. It is a positive, strength-based message that raises awareness of substance abuse for all participants and the impact on their family. Agencies will be able to pre-order the materials through Shopify. This month's RENEW review provides several good resources to facilitate staff discussions including [Talking About Substance Use During Pregnancy](#)

Federal regulations require local agencies to demonstrate that substance use prevention resources and information are being provided to all WIC participants. This poster, along with a list of local referral sources in your service area meets this requirement. A resource that provides a listing of treatment programs specific to your area is the [Oregon Prevention and Treatment Providers Directory](#). Contacting a program on this list to speak with WIC staff will fulfill an activity on the newly released Nutrition Services Plan.

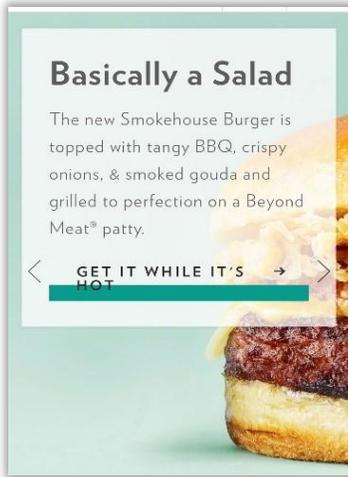


FDA Cautions Against Cannabis Use During Pregnancy, Breastfeeding

From the CalWICA newsletter

Studies show that a [growing number](#) of pregnant women in the United States are [using the drug](#), especially those with [severe nausea and vomiting](#).

The [Food and Drug Administration](#) recently issued a statement in which it "strongly" advised women not to use cannabis in any form - including CBD - when pregnant or breastfeeding, because it may pose "serious risks." The FDA pointed to research showing that THC, the main psychoactive component of cannabis, crosses the placenta and can affect fetal brain development, can be passed through breast milk and prenatal exposure to it increases the risk for premature birth.



I'm Glad You Asked: Let's talk about plant-based meat alternatives!

There's a new item on grills, menus and store shelves that is in the news—the meatless meaty burger. There are a couple brands that have been heavily marketed recently including the Impossible Burger and Beyond Meat. Fast food restaurants and grocery stores feature these items and the marketing implies that these items are healthy for people and good for the planet. Because of the marketing and buzzwords, a person might have the impression that these items are healthy, and that might not be true. This is called the health halo effect. More about the health halo effect [here](#). These products are marketed as being kosher, vegan and some are halal-certified—which doesn't necessarily make them healthy.

Are these plant-based meats healthy alternatives? Not necessarily according to experts. [Here](#) is an article from nutrition experts at Harvard. Although the Impossible Burger is fortified with various nutrients including fiber, which isn't found in animal meat, they are also higher in sodium. Based on available nutrition information these products are highly processed and tend to have about the same or similar amounts of calories, protein, and fat content as beef burgers. [Here](#) is a Washington Post article about the ingredients. [Here's](#) an article from NBC that looks at the product in terms of environmental impact. Bottom line: nutrition experts recommend reading the label and going for products with less processing, low levels of sodium, saturated fats and sugar. Following these criteria, the meatless burgers are not necessarily healthy, and we encourage critical thinking about products marketed with a health halo effect.

Shopping Tip



Late Formula Warehouse orders

Almost every month there are formula warehouse (FW) orders that fail when they are submitted on the last day of the month.

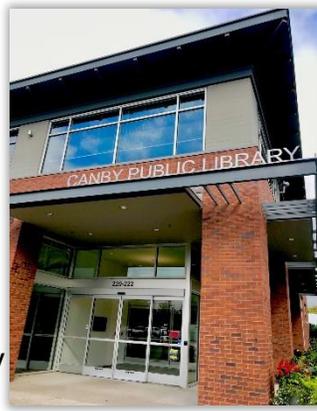
- Formula warehouse orders are processed by Providence the first work day after they are submitted in TWIST.
- If you submit a FW order on the last day of the month, it will expire at midnight that night and Providence will not be able to process that order the next day.
- This may happen because you are submitting FW orders for the following month and there are still FW-eligible benefits remaining for the current month. Providence will send them the following month's formula. But be aware that participants will not be getting the current month's formula if it is ordered on the last day of the month.
- New participants enrolled on the last day of the month are not a problem because they have 5 days to get their order processed.

If you have questions about formula warehouse orders call your nutrition consultant or app support.

WIC Staff News

Clackamas moves WIC clinic to Canby Library

After a rent increase, Clackamas was looking for a new location. They stumbled upon the library which did not charge rent and was in a central location near a grocery store and public transit. They were very excited about all the advantages of locating at the library such as story times, an extensive bilingual book selection and other promotional activities. The library was interested in reaching Hispanic/Latino clients who are not utilizing the library at the same rates as other populations. Since a large portion of the Canby WIC caseload is Hispanic/Latino, it was a mutually beneficial partnership. Both organizations hope the new location results in higher utilization of the library, improved kindergarten readiness, and a place for clients to receive WIC services.



It's a Circus at Washington County WIC!

It's always a little crazy at a WIC clinic, but Washington County really got in the spirit this Halloween! They have a great reason to celebrate with the move of their Tigard clinic into a new location. WIC is sharing the new space with Community Action, which serves over 26,000 low-income Washington County residents every year with services in early childhood development, energy assistance, family development and housing stability. Disability, Aging and Veteran Services also occupies space at the new location. Sharing space will allow all the organizations to serve people in a more holistic manner. Connecting individuals and families directly with other resources will be much easier to do at the new location.



New Tigard WIC Clinic ribbon cutting



Welcome back Yami Garcia



Yami is happy to be back at WIC and the state WIC office is glad to have her back. Some of you may know Yami from the 16 years she was a certifier/ clerk/FDNP coordinator/ BF educator at Clatsop Co. WIC.

When Yami moved to Portland she found a job working for Multnomah Co. Aging and Disabilities program, but it wasn't long before she was called back to WIC. This time Yami is excited to see "the other end" of the program as she works training WIC vendors.

Yami hasn't left her local WIC roots though. Now she is sharing her experience and participant-centered counseling skills by serving as a mentor for members of the Level 3 Certifier Academy. She is enjoying learning to support staff and loves to let "conversations go where they need to go" as she matches her mentees pace.

If you think you might be interested in being a mentor, talk to your coordinator or contact [Jameela Norton](#).

Citrix Server upgrade delayed.

