

## GROWING HEALTHY FUTURES

### Oregon bans single-use plastic bags

Oregon is trying to protect our environment by banning single-use plastic checkout bags at all stores starting 1/1/2020. Stores will be required to charge at least five cents for paper bags.

This includes all stores where WIC participant shop for their benefits. Some stores may waive the paper bag charge for SNAP or WIC participants, but there is no way to tell which stores will or how that would work.

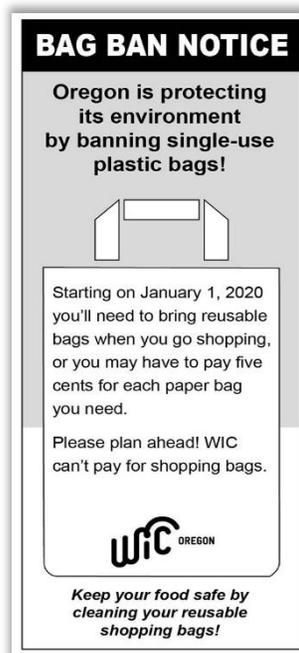
To help notify participants of this change we are providing bag ban notices. In December you will also get reusable shopping bags to distribute one per WIC family - while supplies last.

So, our messages to participants are:

- This change is good for the environment.
- This change is going to affect everyone.
- WIC cannot pay for paper or reusable shopping bags.
- Be prepared to take reusable bags with you when you shop.
- Keep your food safe by keeping your reusable shopping bags clean.

#### Tips for keeping food safe in reusable shopping bags:

- Wash your bags often in the washing machine or by hand with hot, soapy water.
- Put meat, poultry and fish in separate plastic bags before putting them in your shopping bag. These bags will still be available in stores.
- Keep a separate shopping bag just for fresh or frozen raw meat, poultry and fish.
- Be careful where you store your bags.



### Online WIC Interest Form

WIC has a new, fast way for partners to refer, and for potential participants to get connected! It is the **WIC Interest Form** located on the [State WIC page](#). Take one minute to link to this page and review the form.

We are averaging 5 to 6 inquiries a day. Half of these inquiries want to be contacted by email, and a quarter want to be contacted either by text or phone. Clackamas, Deschutes, Jackson, Multnomah and Washington WIC agencies have their own button linking to their own form where they can ask more specific, eligibility questions. This fall, we will take a closer look at how many of these inquiries are getting appointments and becoming participants.

Please share the **WIC Interest Form** referral option with your partners and participants so they know about this easy way to get connected!

# I'm Glad You Asked! "Designer" Vitamins Are they worth the hype?

Advertisements for personalized vitamin packages are popular on social media. Perhaps you've scrolled past them and seen pretty jars or pouches that say something like, "personalized for Zoe". In recent years several companies have started selling vitamins through a direct-to-consumer marketing approach — claiming that their vitamins are tailored for individual needs. They offer subscription plans that range from \$25 to \$45 per one-month supply. Many offer fun BuzzFeed type quizzes that end with a recommendation to purchase a specific personalized product. Many of these products are also promoted by social media influencers who claim the vitamins help with skin or hair problems. Here's a recent [Bustle](#) article showing examples of these products. This article is being shared for educational purposes and is not a product endorsement.

Are these designer vitamins worth the money? The quick answer is no. These products lack independent peer-reviewed scientific analyses and published results. Women generally get the nutrients they need by eating a wide variety of foods, including vegetables, fruits, whole grains, low-fat dairy and lean protein. According to the [Academy of Nutrition and Dietetics](#), a dietary supplement may be needed for women in some cases. For example, mineral and vitamin needs increase with pregnancy and while breastfeeding, so women may need to take a [prenatal vitamin](#). Dietary supplements may also be recommended if foods that provide important nutrients are lacking in the diet, or when a vitamin or mineral deficiency has been diagnosed by a health care provider. Prenatals and other vitamins available in pharmacies and stores meet consumer's needs and tend to be significantly less expensive than these designer products. To learn more about supplements, here are some resources: [Eatright.org](#), an [NIH article about dietary supplements](#) and [Choosemyplate.gov](#).



## American Academy of Pediatrics' Statement on Racism's Impact on Child and Adolescent Health

From CalWICA eNewsletter

The American Academy of Pediatrics has released "[The Impact of Racism on Child and Adolescent Health](#)," a policy statement to provide an evidence-based document focused on the role of racism in child and adolescent development and health outcomes. The AAP's hope is that acknowledging the role of racism in child and adolescent health, pediatricians and other pediatric health professionals will be able to proactively engage in strategies to optimize clinical care, workforce development, professional education, systems engagement, and research in a manner designed to reduce the health effects of structural, personally mediated, and internalized racism and improve the health and well-being of all children, adolescents, emerging adults, and their families. AAP has also published a new resource for parents and caregivers titled "[Talking to Children About Racial Bias](#)." The resource highlights strategies to help children deal with racial bias, and tips for talking about racial differences and racism.

# Using the new handout

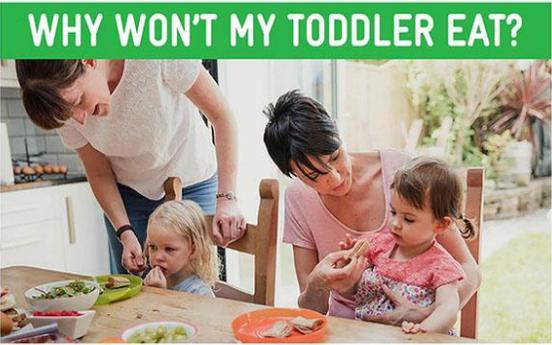
## Why won't my toddler eat?

You have heard caregivers express their concerns about how much their toddler is (or isn't) eating. A [recent study](#) showed that up to 60% of caregivers feel it is their job to decide how much a child should eat and 72% try to get their child to finish all the food they are served. They may not understand the developmental changes toddlers go through and how that impacts their eating and mealtime behavior.

The state and local WIC staff in the NEWs group (Nutrition Education in WIC) have used information from the [Understanding Toddler Behavior](#) course and experts like Jane Heinig and Ellyn Satter to develop a handout that will help you explain the six key reasons why their toddler won't eat.

- Their growth slows down.
  - They are learning to use their fingers.
  - They get better at remembering things.
  - They learn family routines.
  - Adults help babies and toddlers learn.
  - They want to learn and play.
- ✓ How can you share this information with caregivers?  
✓ What might those conversations sound like?

If you haven't seen this handout, talk to your coordinator about ordering them from Shopify.



**WHY WON'T MY TODDLER EAT?**

- 1 THEIR GROWTH SLOWS DOWN**  
As babies become toddlers their growth slows down. Slower growth means their appetites change from day to day. Watching for cues can help you know when your baby is hungry or full.
- 2 THEY ARE LEARNING TO USE THEIR FINGERS**  
Eating is hard work. Babies need to practice eating with their fingers and drinking from cups. Give them foods they can safely pick up and eat with their fingers. Touching and smelling foods helps babies and toddlers accept new foods.
- 3 THEY GET BETTER AT REMEMBERING THINGS**  
Babies' memories get better as they get older. They recognize familiar faces and places. They remember foods they have eaten before.
- 4 THEY LEARN FAMILY ROUTINES**  
Babies are learning about the world around them. They pay attention to what happens each day and begin to understand family routines, such as what should happen next, who does what, and when things happen. They like routines; it helps them feel safe.
- 5 ADULTS HELP BABIES AND TODDLERS LEARN**  
Babies and toddlers point at things as a way to learn. This does not always mean they want what they are pointing at. They like to hear your voice and see your face. You are their best teacher!
- 6 THEY WANT TO LEARN AND PLAY**  
Babies and toddlers practice new skills through play. Practicing skills like crawling, standing, and walking can be more interesting to them than eating or sleeping. Babies and toddlers that play and move during the day might sleep better at night.

 Materials developed by UC DAVIS Human Lactation Center, and adapted by the Oregon WIC Program. This institution is an equal opportunity provider. 57-748 (5/2019)

## State Staff comings and goings

There have been lots of changes at the state WIC office.

### Farewells

- Nhu To-Haynes (Outreach Coordinator) has left to start a food cart with her family. [FiMi Kingston](#)
- Becky Seel (Research Analyst) has taken a job with the [Oregon Community Foundation](#).
- Pi Winslow (Vendor Trainer) is now doing personal coaching.
- Caleb Henderson (Vendor Analyst) is working with OLCC.
- Azalea Thomson (VISTA) completed her year of service and took a job in Seattle.
- Bridget Abshear (Admin Support) has taken a job as a health educator with Legacy Health.

### Changes

- Jolene McGee (Outreach Coordinator) is now full time.
- Kelly Sibley (Breastfeeding Coordinator) is now half-time.

### Welcome!

- Yami Garcia (formerly of Clatsop WIC) is our new vendor trainer.

## News from the Web

- You shouldn't wash or rinse raw poultry! See the [press release from USDA](#).
- [How to support a loved one who's trying to be healthier.](#)
- [Tips for taking care of yourself physically and emotionally while breastfeeding.](#)

