



Healthy kids, strong parents,
WIC works wonders!



In WIC, we know that income is a big determinant of health outcomes. Low income is a constraint that can make it hard for our participants to lead their healthiest lives if it means sacrificing nutrition or missing appointments.

Fortunately, the Earned Income Tax Credit (EITC) can reduce some of the financial pressure on our WIC families. The EITC is a tax credit designed to relieve the tax burden for low-to-moderate-income working Americans, especially those with children. Only 1 in 5 eligible workers file and Oregon ranks third-to-last in EITC participation, so even more Oregonians can claim what they've earned.

Because WIC interacts with eligible families on a daily basis, we are in the perfect position to promote EITC's economic boost and encourage participants to file their taxes to claim it. (We suspect that not filing taxes is why the redemption rate in Oregon for this tax credit is so low!) Fortunately, there are free tax preparation sites around the state, a map of which can be found [here](#).

To make EITC promotion a breeze, outreach materials are being compiled for you by our AmeriCorps VISTA, Olivia Percoco. From social media posts to flyers, you will have multiple ways to expand the reach of EITC and promote it to the people that need it most.

The EITC refund doesn't count as income for WIC or other federal assistance programs with resource limits *unless folks save their credit for more than 12 months*. Important info to share with families that file for EITC and Additional Child Tax Credit is they won't get their returns until after February 15th, even if part of that refund isn't related to EITC. While this is a challenge for some, we hope the benefits of the credit outweigh any barriers, as the extra cash can be helpful for paying for what families need most. Families can get an estimate of their EITC amount using the [Earned Income Tax Credit Estimator!](#)



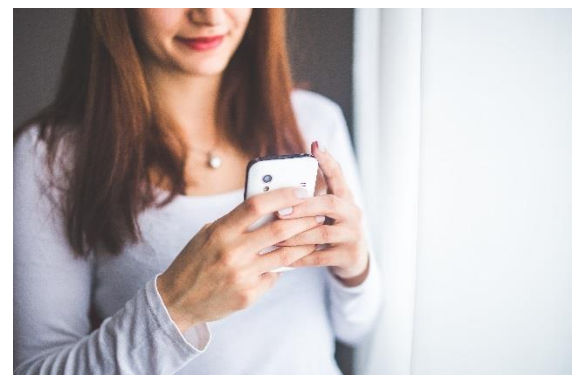
The app is easier to carry than a Food List!

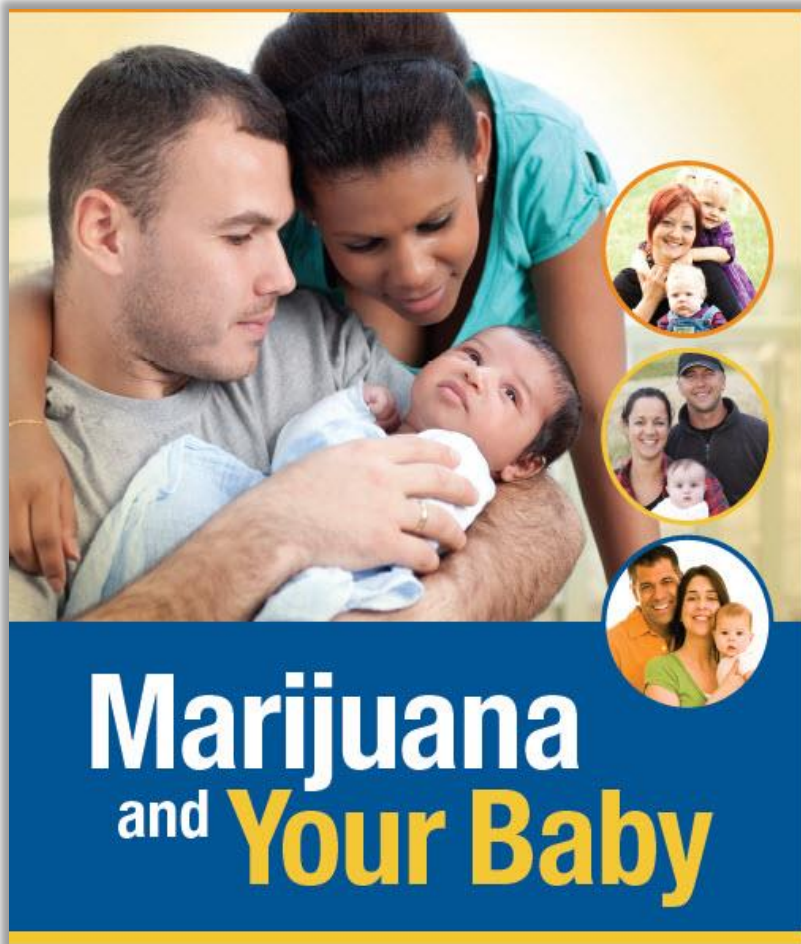
The WIC Food List had been available in the **WICShopper** app in English and Spanish since October. We have been working with the app company, and it's now available in [Arabic](#), [Chinese](#), [Russian](#), [Somali](#), and [Vietnamese](#).

Because we don't print the Food List in these languages, the app is a good solution for quick reference—particularly for shopper education and vendors.

TIP: If a shopper doesn't see the new translations, suggest they uninstall and reinstall the app, to get the most current features.

Please help spread the word to participants and vendors!





New Brochure Available in Shopify

The Public Health Division has developed a handout that might be useful when talking with pregnant or breastfeeding women, or with caregivers of young children about marijuana use.

[Marijuana and Your Baby](#) is not intended to be displayed in a waiting room brochure rack but rather used in conversation with a participant, parent or caregiver who may indicate that they use marijuana. The brochure includes precautions for pregnancy, lactation and for safety of young children. The brochure reflects the current state of research and science on this topic. We need to be careful about the messages we share with participants as there is a lot of information on this that is not scientifically supported.

Questions? Contact [Susan Greathouse](#).

Order English and Spanish versions from [Shopify](#). Will be available soon.

The Children and Marijuana Don't Mix brochure is still available on the [Marijuana and Your Health](#) website in English, Spanish, Russian, Vietnamese, Cantonese, Arabic, and Somali.

Are e-cigarettes safe for pregnant women?

You may have heard that e-cigarettes are safer than regular cigarettes or that they can help someone to quit smoking. Quitting can be hard—but if you're pregnant, quitting all forms of tobacco products, including e-cigarettes, is best for you and your baby.

Electronic cigarettes (also called electronic nicotine delivery systems or e-cigarettes) come in different sizes and shapes, including pens, mods (modified by the user), and tanks. Most e-cigarettes contain a battery, a heating device, and a cartridge to hold liquid. The liquid typically contains nicotine, flavorings, and other chemicals. The battery-powered device heats the liquid in the cartridge into an aerosol that the user inhales.

Although the aerosol of e-cigarettes generally has fewer harmful substances than cigarette smoke, e-cigarettes and other products containing nicotine are not safe to use during pregnancy. Nicotine is a health danger for pregnant women and developing babies and can damage a developing baby's brain and lungs. Also, some of the flavorings used in e-cigarettes may be harmful to a developing baby.

Information from the [E-cigarettes and Pregnancy](#) CDC webpage.



Boy, have we been dealing with weather or what?!!!

Crook County WIC staff have been doing what it takes to make sure participants can get to their office!



Send us pictures of how your agency is coping with our crazy weather, and we'll share them in future WIC Link newsletters.

2 things you should know about WIC's remote RD's



Meet RanDee and Abby, our remote Registered Dietitian Nutritionists (RDN)!

RanDee has a private practice with [Synergy Health and Wellness](#) located in Bend. She and fellow Synergy RDN, Abby Douglas, provide remote high risk nutrition services to Lake, Willowa, Columbia, Coos and Curry counties. RanDee provides onsite services to Crook County WIC.

The State WIC office has contracted with RanDee for process improvement of high risk WIC services in rural areas. The project timeline runs through May 2017 and will include exploration of new HIPAA compliant technology (texting, video chat, telehealth, etc.); methods to improve clinic operations for remote high risk services; policy recommendations and identification of best practices. This project will help strengthen quality nutrition services for WIC participants in rural Oregon.

New Templates in TWIST

ML-C-T and MW-C-T are templates for milk, cheese, and tofu - with no yogurt.