

## GROWING HEALTHY FUTURES

### Children get more fruits and veggies starting 10/1/2018!



Effective October 1, the monthly value of the cash value benefit (CVB) for children will increase from \$8 to \$9 in all standard food packages.

- TWIST will **not** automatically increase the amount in **existing** food package assignments.
- You will need to manually increase the CVB to \$9 on the *Modify* screen.
- You can wait to increase the amount until you are accessing the record for another reason (family appointment, NE, etc).
- It will take several months to get everyone changed over to the new amount.
- This change may be made by a clerk, since it is just a change in quantity, not foods.

The new substitution rate for Special children receiving jarred infant foods in place of the CVB because of a medical need is \$9 CVB = 144 ounces of jarred infant fruits and vegetables.

**Action needed beginning October 1**, as you see children (or their family members) for regularly scheduled appointments:

**Children assigned and forecasted benefits in September or earlier:**

1. Use the *Modify* Screen on the *Food Package Assignment* (FPA) tab to increase the fruit and veggie benefit to \$9.
2. Forecast the change in Module B on the FPA (this change can be forecasted since it is just a change in quantity, not foods).
3. Issue benefits on the *Family Summary* screen.

**Newly enrolled or children who are recertified:**  
\$9 CVB will be automatically assigned by TWIST.



September is [National Food Safety Education Month](#), and is observed each year to raise awareness of food safety education. This is a great opportunity for WIC staff to emphasize to participants the importance of practicing safe food handling principles.

You can find [food safety resources](#), many available in both English and Spanish, on the [WIC Works Resource System](#) (WIC Works) including:

- recorded [webinars](#), like “*Keeping Babies & Toddlers Safe from Foodborne Illness*”.
- [Human Milk Storage Guidelines](#) from USDA/HHS CDC (additional CDC guidelines for the [Proper Storage and Preparation of Breast Milk](#) are also available).
- Food safety apps, including [Ask Karen](#) that provides answers to food handling and storing questions 24/7, and [FoodKeeper](#) that helps users maximize the freshness and quality of items.
- Collection pages that provide [general food safety](#) information and materials as well as resources specifically for [Children and Pregnant and Breastfeeding Women](#).

# I'm glad you asked!

## Heavy metals and baby foods

*I'm seeing news articles and social media posts about heavy metals, like lead or arsenic, in baby and toddler foods. What do I need to know?*

WIC values healthy families, and these headlines caught our attention too! An article came out recently from *Consumer Reports* that looked at heavy metals (lead, cadmium and inorganic arsenic) in baby and toddler foods. You can read it [here](#). Infant's and toddler's bodies are set up to absorb nutrients and elements quickly. The fact that they absorb nutrients so quickly can be an advantage for their growth but can mean they absorb "bad" metals quickly too. Heavy metals can damage a toddler's or infant's brain development. We know that this isn't the end of the story. Children are resilient and there are steps caregivers can take. To learn more, the State WIC team reached out to Dr. David Farrer, a toxicologist at the Oregon Health Authority. Here's what we learned: (1) the research from the Consumer Reports appears to be trustworthy (2) there are things families can do.

Here's what families and staff should know:

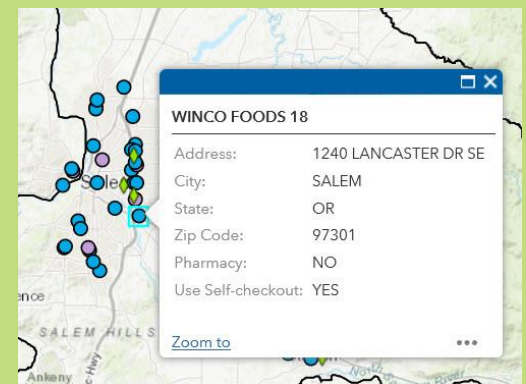
- Eating a variety of foods is the best defense against heavy metals and chemicals in foods. Encourage fresh, unprocessed food whenever possible.
- Children who are well nourished are resilient and their bodies can repair some of the damage done by heavy metals from food and other sources.
- Eating food rich in iron, vitamin C, and calcium, as well as protein from a variety of sources, reduces the body's absorption of heavy metals. Read more [here](#).
- Eating small meals or snacks throughout the day is protective for children against heavy metals in foods. Children with empty stomachs absorb more lead than children with full stomachs.
- Parents can take steps to prevent or reduce their children's exposure to heavy metals from sources other than baby food. OHA's website has some helpful information on lead [here](#).

[If there is concern about a child who has been exposed to heavy metals, please see this fact sheet.](#)

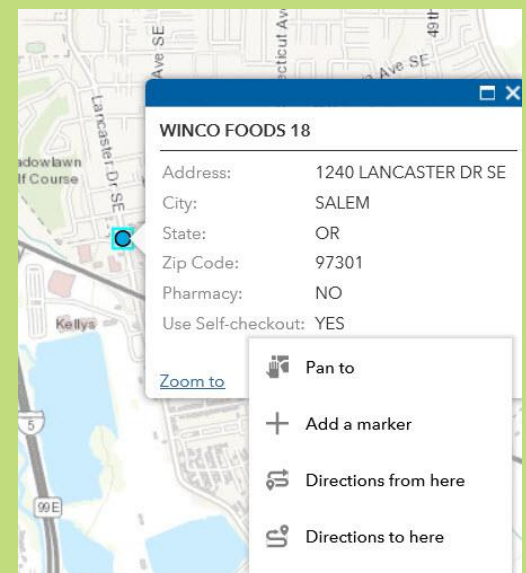


## Use the Map of Stores feature (App or [web](#))

Did you know that this feature allows participants to find out which stores have a pharmacy where they can find special formulas? It also shows which stores allow WIC at the self-checkout registers.



The [Zoom to](#) feature allows you to see the exact location of the store. And clicking on the 3 dots in the lower righthand corner allows you to get directions to and from the store.





From the  
CalWICA Flash  
e-newsletter

### Frozen Produce Often Just as Nutritious as Fresh

Frozen produce is often less-expensive than fresh produce, [and can be more convenient](#) for families who don't want to inadvertently waste food - the typical American family [tosses out](#) \$1,500 worth of food yearly. Increasingly, one can find healthier alternatives to prepared foods in the frozen food section, including veggie tots, cauliflower rice, and spiralized veggie "pasta." While most people tend to assume that fresh produce is better for them, researchers from UC Davis say that [frozen is usually as good as fresh](#), and in some cases better. Frozen produce does lose some nutrients during processing, when it's blanched or steamed, but part of the reason the nutrition holds up well in frozen fruits and vegetables can be explained by how quickly it's frozen after harvest - typically processing facilities are in close proximity to the area where produce is grown, so they are frozen very shortly after harvest.

### Parents Underestimate Sugar in Foods

In 2015, the WHO recommended that sugar intake be limited to less than 10 percent of all calories consumed daily. For young children, that's about 45 grams of sugar a day. A [recent study in the International Journal of Obesity](#) suggests that most parents are [not accurate in estimating](#) how much sugar is in some common foodstuffs. About three-quarters of the parents underestimated the total amount of sugar in the foods - in some cases radically, with the biggest divergences happening around foods commonly seen as "healthful." Parents with the largest underestimates of sugar content had children with the highest BMIs. Researchers suggest food labels include a "traffic-light system": a red dot for high sugar content, green for minimal sugar content.



Could you use some ideas for relieving stress and making mealtime more enjoyable for families?

1. Check out these proven [stress relievers](#).
2. Try these [6 Tips for Mindful Eating](#).
3. Watch a video from the Family Resiliency Center on [meeting common family mealtime challenges](#).
4. Review the resources available from CDC on [Infant and Toddler Nutrition](#). It provides basic guidance on feeding decisions for parents and care givers.

How can you share these resources and ideas with WIC families?



Our friends at Food Hero have developed a list of resources and [ideas for using Food Hero in your clinic](#). Using Food Hero can help promote the same nutrition messages as other programs such as SNAP-Ed.