

Save More at the Grocery

1. Look for coupons on your receipt.
2. Search for coupons on the internet.
3. Look for savings in the newspaper.
4. Join your store's loyalty program.
5. Buy when foods are on sale.
6. Find out if the store will match competitors' coupons.
7. Stay organized so coupons are easy to find.
8. Find a coupon buddy.
9. Compare brands.
10. Stick to the list.

For more information see DG Tip Sheet No. 37. U.S. Department of Agriculture

www.choosemyplate.gov



Reflecting on 40 Years of WIC	P. 3
WIC Coordinator Update Webinar	P. 4
WIC Training Video	P. 4
Dietitians Involved with Board of Health	P. 5
WIC Vendor Management	P. 6
Farmers' Market Program	P. 7
Fair Hearing Poster Revised	P. 7
Conflict of Interest	P. 8
WIC Internal Review	P. 8
WIC Program Integrity Compliance	P. 9
Issuing Benefits for Late Pick-Up	P. 9
Immunization Screening and Referral	P. 10
1% Milk for Children and Women	P. 10
Resources	P. 11
From the Academy of Nutrition & Dietetics	P. 11
Research of Interest	P. 12
In the News	P. 12

40 Years of WIC Celebration

Submitted by:
Knox County Health Department

The Knox County Health Department celebrated 40 years of WIC on July 22, 2014, with activities and fun for all.

A huge banner between the two large columns on the entrance of the building announced the WIC celebration and the dates. Another large banner was placed at a busy intersection in Barbourville. Nutritionist, Suzann Satterfield, wanted

the community to understand that the WIC Program is still going strong in Knox County, offering families a variety of food choices. In addition, the event was an opportunity for families to learn the advantages of the WIC Program and to determine if they qualify. It was also a great opportunity for families to learn of the many services that are offered by the health department, such as the immunizations and well child physicals.

(Continued on page 2)



(Continued from page 1)

Of the many activities that day, one very popular event was the demonstration of how to properly place a car seat in an automobile. Several law enforcement officers were on hand at the car seat safety program to assist and answer any of the parents' questions. Parents could also take advantage of the representatives from "Kynect" to determine what insurance plan was most affordable for their family.

Suzann created fun nutrition activities such as a touch box of fresh fruit and vegetables, where children had to guess what vegetable or fruit they touched. The children and parents learned about a variety of fruit and vegetables that they could purchase with their EBT card and prepare for their family. Parents asked questions about how to

prepare these foods.

Another activity was a food pyramid labeled "Healthy Snacks". For this, the nutritionist prepared a variety of foods in different ways to show parents how to assist their children with healthier food choices. Examples included bread shaped into a



Suzann Satterfield prepares the milk-tasting table

Christmas reindeer and a tulip formed with a carrot and cucumber on a stick. A strawberry mouse was even running after a piece of cheese.



*Examples of healthy snacks
(Due to choking hazards, some examples may not be appropriate for very young children.)*

Other tables and activities were: milk-tasting table, breastfeeding information, breastfeeding support messages, WIC information, and promotional material about other health department services. The participants went home with stress balls, portion plates, fly swatters, dental floss, coolers, and copies of the WIC recipe book.

Our health department employees who worked on this event thought the event was educational for the families and very successful. Over one hundred people participated in the WIC 40 Year Celebration.



Employees, Karen Jamerson and Erin Hammond, play "Guess That Food"

Reflecting on 40 Years of WIC

Submitted by:

Gail (Davis) Hacker, Dietitian (Retired)

The WIC Program started as a federal grant in 1975 with Bell County as the first site in Kentucky, at what is now the Bell County Health Department. From that initial grant, the program developed into what it is today.

I, Gail Hacker, started in January 1976 in Clay County where we started the program. We had four-part letter-sized copy paper “vouchers” that we used to fill in the amounts of food each participant received for the month. Two copies went to the recipient, and the other two stayed at the office until a store representative brought in the store copy for payment. The store kept one copy for its records. Upon receipt of the copy from the store, it would be matched with the copies we retained, and then the store’s copy and one of our copies were mailed to Frankfort for payment (we kept the other copy for our records). Upon receipt of the check from Frankfort, we matched our receipts, marked them paid, and then sent the check to the store. It was a VERY confusing process. If there were any alterations on the voucher, it would not be paid until it was clear the participant received only the correct amounts. This was done in Knox County as well when I started here and we began the program for the first time.

Participants were required to return monthly for voucher pickup in the beginning. As time progressed, we went to a smaller version of the vouchers with certain vouchers for certain ages. With better technology and the use of computers, we were able to electronically transmit payments to the vendors. In the beginning, the acceptable foods were basic things such as milk, cereal, and juice. I served on the state committee to approve specific foods, and it was a fight to get dried beans and peanut butter on the program.

Years of developing computer technology has transformed the once-cumbersome task of issuing/

paying WIC vouchers into the new technology of simply swiping a card at the local grocery store— instantly receiving food and paying the vendor for the service.

When I began in public health, it was a common occurrence to see severely anemic children, children on the bottle and/or pacifier to well over six years of age—causing baby bottle mouth decays, obesity, rickets, failure to thrive, and basic malnutrition. People at that time had limited transportation and resources. If an infant was on formula, but later developed an intolerance to it, most of the time, the infant was placed on whole milk or watered-down milk. Special formulas had to be obtained with a physician’s order at the pharmacy. Usually, they had to be ordered, and they would take as much as a week or more to arrive. Over the years, with increased knowledge regarding the benefits of nutrition, these problems have seen a dramatic reduction. The WIC Program has been the fundamental root to this reduction because without the availability of specific nutritional foods, no amount of education would have helped. People ate what they had, and back in the early 1970s, most of it was grown on the farm, and only the bare basics were purchased.

Breastfeeding was not popular because of the lack of knowledge regarding its importance. Continued education over the years has enlightened the new generation on the benefits to the infant as well as to the mother, and breastfeeding is now seeing a steady growth pattern. I believe this is because of the continued education of the WIC Program and other public health programs. Dental problems have also decreased over the years. No longer do you see baby bottle mouth decays and deformities caused by the bottle.

Nutrition is a health field that sees no instant gratification, but the results can be seen over a period of years. Health education is an ongoing process, and it often takes years to see a difference in the lives of those we serve.

WIC Coordinator Update Webinar

The recording of the WIC Coordinators Webinar originally conducted on September 24th is now available for viewing online.

The WIC Coordinators Webinar discusses the following topics:

- Nutritional Risk Code Updates
- USDA Final Food Package Regulations
- KY WIC Approved Food List 2014-2015
- WIC and Nutrition Manual Changes
- Nutrition Education Materials/Pamphlet Library Update

To access the webinar, please go to: kynutrition.adobeconnect.com/wiccoordinatorsupdate/. If you need assistance with your login ID or password, contact the WIC Helpdesk for assistance at WIC.Helpdesk@ky.gov or 502-564-3827, option 1.

A PDF copy of the webinar slides as well as resources for the new protocols were sent to each WIC coordinator via email on September 24, 2014.



Please email Angie Grasch at Angie.Grasch@ky.gov if you would like the materials resent.

This is a very important webinar. All WIC Coordinators and WIC staff should view the webinar at their earliest convenience.

WIC Training Video

The WIC Program has added a new training video to TRAIN. "Save the Children—The History of WIC" was developed by the State of Maryland to provide valuable insight into the history of the WIC Program. To access the video, log on to TRAIN and enter course ID 1052630. The video captures how the Program has advanced from a pilot study, which originated in Kentucky, to a nationwide program that has influenced lives of the many participants that have been served.

The training video should be viewed by all new and any current local health department staff that provides WIC services.

We anticipate viewing of "Save the Children—The History of WIC" will provide staff a better understanding of the foundation and purpose of the WIC Program, an increased understanding of the participants served, and the health outcomes of the Program. The State WIC Office recognizes the efforts and dedication of staff is invaluable to the continued success of the WIC Program.

If you have questions, please contact the Program Management Section at (502) 564-3827.

Registered Dietitians Get Involved with Local Board of Health

Earlier this year, dietitians from the Lincoln Trail District Health Department became involved with a local board of health meeting.

Mechelle Coble, MD, RD, CDE; Jessica Bickett, MBS, RD, LD; and Josey Crew, RD, LD, CLC prepared a healthy meal for the evening and included nutrition information for each menu item. During the meeting, the dietitians gave a short presentation on the many community wellness projects and initiatives they provide as public health dietitians while still providing medical nutrition therapy (MNT) in all the counties served by the Lincoln Trail District Health Department.

The dietitians highlighted the following projects:

- The diabetes program and its offerings for people in the community with diabetes;



Board of Health members and attendees enjoy a nutritious meal provided by Lincoln Trail District Health Department



Dietitians from Lincoln Trail District Health Department attend local Board of Health Meeting

- Involvement in helping Marion County offer healthier options at its school concession stand;
- The WIC Program, including the Breastfeeding Program;
- Involvement with an at-risk afterschool program, teaching nutrition classes, and offering opportunities for physical activity;
- The Community Weight Loss Program;
- Involvement with Humana Vitality, which provides health screening and nutrition education to state employees who have insurance through Humana.

Board members were very grateful for everything the dietitians were doing in the community.

Consider attending your local board of health meeting. Your board members may not be aware of all the nutrition services your health department provides.

Elaine Russell, MS, RD, LD, Kentucky Obesity Prevention Program Coordinator was recently recognized by the Association of State Public Health Nutritionists for her leadership in coordinating Kentucky's Early Care and Education Nutrition and Physical Activity Strategic Plan. Read more at: www.asphn.org/resource_read.php?resource_id=598

WIC Vendor Management

The Vendor Management Section completed annual vendor training in September. This face-to-face training reviews new food items added to the Approved Foods List, sanctions for which a vendor can be disqualified, the administrative hearings process, etc. for all WIC approved vendors in Kentucky.

The Vendor Management Section would like to introduce the employees who serve WIC approved vendors:

Carlene Egbert is the supervisor of the section's six employees.

Melissa Richard is responsible for annual vendor sales forms, processing claims/payments, updating

forms and manuals, drafting and mailing correspondence and miscellaneous research and projects.

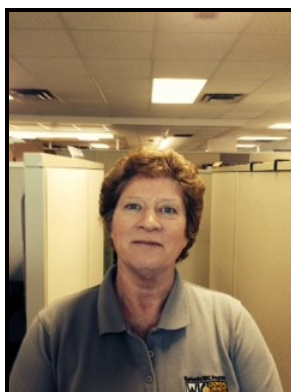
Stephanie Rawlings's duties include reviewing all new vendor applications, reviewing all current vendors during contract renewal, providing training to local WIC Coordinators regarding the application process, and providing technical assistance as needed.

Kelli Darland, Melissa (Missy) Farmer, Chris Farris, and Carolyn Lyle are the four (4) Program Investigative Officers who monitor WIC approved vendors for compliance with WIC Program guidelines.

You may contact the WIC Vendor Management Section at 502-564-3827.



Carlene Egbert



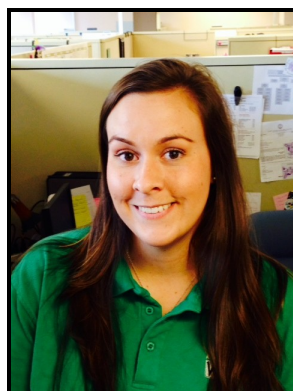
Carolyn Lyle



Missy Farmer



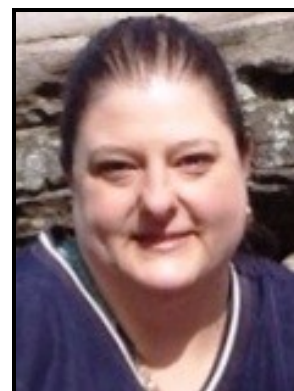
Melissa Richard



Stephanie Rawlings



Chris Farris



Kelli Darland

Northern Kentucky WIC Farmers' Market Program

Submitted by:
Cathy Winston, Nutrition Manager

Efforts are underway to help our WIC Program clients to utilize \$20 in WIC Farmers Market coupons. This coupon assists the WIC clients to purchase fresh fruits and vegetables at the local farmers' markets. It also benefits the local economy by supporting our farmers.

Our redemption rate for farmers' market coupons has been thirty (30) percent in the past, which means of the \$20 given to WIC participants, only \$6 was actually used at the market. These low rates affect future funding.

In order to reach a goal of increasing WIC farmers' market redemptions to over fifty (50) percent, a continuous quality improvement committee was formed. The committee planning resulted in distributing the WIC coupons at the farmers' markets and bringing the farmers to the health center parking lots. Connecting our clients with the

farmers and markets should increase the redemption rate.

We tried this on a limited basis last year and saw an increase to forty (45) percent and forty-nine (49) percent in Grant and Campbell counties, respectively. This year all four counties are participating and staff have worked hard to promote the WIC Farmers Market Program. We expect to see an increase in our redemption rates.

Please visit www.nkyhealth.org to view a short video featuring the Northern Kentucky WIC Farmers' Market Program.

Related Links:

Farmers' Market Vouchers May Help Poorer Families Eat Healthier: www.nlm.nih.gov/medlineplus

New Data Reflects the Continued Demand for Farmers' Markets: <http://www.usda.gov/wps/portal/usda>

WIC Program Fair Hearing Procedures Poster Revised

The Fair Hearings Procedures Poster has recently been revised to reflect state regulation changes. Be sure that the salmon colored posters have been replaced with the blue version. English language is on one side and Spanish on the other.

Fair Hearings Procedures on the automated system and hard copy of the Notice of Ineligibility (WIC-54) have been updated, and will be published in the October 2014 WIC and Nutrition Manual.

Additional posters may be ordered from the CDS 880 or email Chris.Taylor@ky.gov

Conflict of Interest

Procedures must be in place at each local agency to provide WIC services to employees, relatives, household members, or close friends of employees without a conflict of interest.

Employees should avoid any situation that is or appears to be a conflict of interest. In addition, employees shall not provide services to any person that may present a possibility of favoritism or preferential treatment.

There must be a separation of duties for WIC eligibility and issuance of benefits. One employee must not determine income eligibility, determine risk eligibility, and issue food instruments for the same participant. There should be at least two (2) employees performing the certification. For example, one employee can determine income eligibility and issue food instruments, and another staff member can determine nutritional risk. Or, one employee can determine income eligibility, and another staff member can determine nutritional risk and issue food instruments.

To avoid a conflict of interest, an employee shall not:

- Certify oneself;
- Certify a relative, household member, or close friend; or
- Determine eligibility for all certification requirements (income and risk) and issue food instruments for the same participant.

When circumstances prevent these restrictions, records for the certification and issuance must be reviewed and signed by the supervisor.

The conflict of Interest policy is to protect staff and the local agency from what could appear to be preferential treatment or favoritism.

The local agency should develop and have a procedure in place to ensure conflict of interest does not exist. It is recommended that the procedure include a tracking method so that management and supervisory staff are aware of any participant who may be a conflict of interest. The tracking documentation would also be beneficial in allowing for periodic review of chart for these individuals.

The Conflict of Interest policy can be reviewed in the WIC and Nutrition Manual, Certification and Management Section.

As of October 1, 2014, WIC Field Representatives began reviewing local agency conflict of interest procedures.

We appreciate your continued efforts and support as we work to strengthen program integrity in the WIC Program. If you have questions, please contact the Program Management Section at (502) 564-3827.

WIC Internal Review

The Local Agency WIC Program Internal Review form has been revised. This form may be used when conducting the internal WIC review for your site(s). Please ensure the review is conducted at a minimum of every two (2) years. Please refer to the WIC and Nutrition Manual for further guidance.

A copy of the form has been sent to all WIC Coordinators.

WIC Program Integrity Compliance

USDA and FNS continue to take an aggressive stance to identify and reduce fraud in supplemental nutrition assistance programs. Maintaining a high degree of integrity is essential to the success of the WIC Program.

In an effort to work in partnership with FNS, the State WIC Office is strengthening our efforts to monitor social media websites for attempts by individuals to buy or sell WIC foods or eWIC benefit cards.

FNS considers the offer to sell WIC foods, benefits and/or eWIC cards to be a violation of WIC regulations, constituting a participant violation. Therefore, if an individual that has been issued specific WIC formula and/or foods is found to be offering that product for sale (in newspapers, social media, etc.), they have committed program abuse, which is a participant violation.

Procedures have been developed at the state management level to investigate social media websites for potential WIC Program violations.

A WIC Program Integrity Compliance form has been developed to track and investigate any potential abuse. If a situation is discovered, details will be provided on the complaint form, and any web

addresses, screenshots and/or printouts of the posted offer eWIC cards or WIC foods for sale/trade will be attached and forwarded to the WIC Coordinator via email for review and necessary action.

It will be the responsibility of the WIC Coordinator or designated staff member to take appropriate action (if warranted) based on the Participant Abuse policy outlined in the WIC and Nutrition Manual.

The WIC Coordinator or designated staff member will then complete the "Resolution" portion of the WIC Program Integrity Compliance form and email it to the appropriate Program Management staff person. Documentation of program integrity efforts will be retained in the State WIC Office for federal audit purposes.

A new program integrity poster is under development, and can be displayed in the local agency to alert participants of program abuse. Local agencies will be notified when it is available.

If you have any questions regarding the integrity procedures, please contact Ashley Napier of the Program Management Section at (502) 564-3827, ext 4352 or email Ashley.Napier@ky.gov.

Issuing Benefits for Late Pick-Up

During recent monitoring visits, it has been noted during chart reviews that issuance for late pick-up is being done in two separate issuances: one issuance for future months and then another issuance for the current month. A separate issuance for late pick-up is not necessary for an established household.

Once a household's Issue Day is established, issuing benefits for late pick-up should be processed the same as any other issuance using the date the issuance is actually being done. The appropriate number of months should be requested just like in any other issuance. Below is an example on completing the WIC Benefits Issuance page for late issuance.

Household's "Issue Day" is 3. Benefits were due June 3 ("Next Issuance Due"). The participants came to clinic June 17, 2014. Three (3) months (a partial month and 2 full months) of benefits are to be issued. The "Issue Date" is June 17, 2014 which is the date the participants are in clinic and benefits are actually issued. The "Months To Issue" is 3 months. In this transaction, benefits are issued for 3 months which provides a partial package for June 3 and full packages for July 3 and August 3.

It is no longer necessary to do a partial issuance in a separate transaction after the full months issuance. Once a household "Issue Day" is set, late and full issuance can be completed in one transaction.

Immunization Screening and Referral in WIC

WIC's mission is to be a partner with other services that are key to childhood and family well-being, such as immunizations. The Program partners with the Center for Disease Control and prevention (CDC) to coordinate immunization promotion, therefore, the following is the link to the May 29, 2014 press release about the recent increase in measles cases in the U.S.: www.cdc.gov/media/releases/2014/p0529-measles.html.

Two hundred and eighty-eight cases of measles were reported to CDC between January 1 and May 23, 2014. This is the largest number of measles cases in the U.S. reported in the first five months of a year since 1994. Nearly all of the measles cases this year have been associated with international travel by unvaccinated people. The large number of measles cases this year stressed the importance of vaccination.

As an adjunct to services that provide immunizations, the WIC Program's role is to find out about a child's need for immunizations and share that information with parents, including where to get a child immunized. WIC played a crucial role during the last measles epidemic in the 1990's in helping to

increase measles vaccination in WIC children. Measles was declared eliminated from the U.S. in 2000, meaning that there was no longer continuous measles transmission for more than 12 months.

It is important to continue to assess whether or not children are up to date on immunizations. Timely vaccines are the best way to prevent infants and children from getting a serious case of measles. The Program is required to screen infants and children in accordance with WIC Policy Memorandum #2007-7: Immunization Screening and Referral WIC. (http://www.nal.usda.gov/wicworks/Sharing_Center/Immunizations/Implementation_Guide.pdf)

Please review the WIC policy for Immunization Screening and Referral with appropriate staff. For more information on measles, please visit: www.cdc.gov/measles and <http://wicworks.nal.usda.gov/topics-z/immunizations>.

The WIC Program appreciates your efforts to coordinate and ensure that WIC children receive timely immunizations, and that parents and caregivers receive appropriate information about vaccine preventable diseases such as measles.

1% Milk for Children and Women

The Final WIC Food Package Regulations have changed the standard milk issuance for woman and children over the age of 2 to low fat (1% or less) and fat free milk.

As of October 1st, all affected food packages were updated to reflect only low fat (1%) or fat free (skim) milk. Participants are now only able to purchase low fat or fat free milk with their WIC benefits.

Many participants will have a benefit list that was printed prior to October 1, 2014 that give the option to purchase reduced fat (2%) milk. As of October 1, 2014, they can now only purchase 1% or less milk (low fat 1%, 1/2%, or nonfat/skim milk).

If you have any questions, please contact the State WIC Office at (502) 564-3827.

Resources

Healthy Eating on a Budget Cookbook

<http://chfs.ky.gov/dph/mch/ns/>

The USDA's Healthy Eating on a Budget Cookbook recipes are consistent with the current Dietary Guidelines for Americans and MyPlate materials. Information on cost and nutrition is provided for each recipe. You can access the cookbook with the link above, or it can be found on the Nutrition Services Branch website, Nutrition Education Materials page, under Other Nutrition Education Heading.

Kentucky Health Issues Poll Regional Reports

<http://www.healthy-ky.org/>

Regional findings from the Kentucky Health Issues Poll (KHIP) are now available. The data are divided into five regions: Eastern Kentucky, Greater Lexington, Greater Louisville, Northern Kentucky, and Western Kentucky. Each regional report outlines respondents' answers to various KHIP

questions and then compares regional responses to statewide findings.

Fish4Health

<https://mdc.itap.purdue.edu/item.asp?Item Number=HHS-787-APP#.VBMmRGM08uc>

Fish4Health is an award-winning iPhone app from the Purdue University Extension Office that can help women who are pregnant or nursing safely eat seafood. The free app was developed using the best and most trusted scientific evidence available and includes advice in English, Spanish, and Chinese. Development of the app was funded, in part, by the USDA.

Food & Nutrition App Review

<http://www.foodandnutrition.org/Nutrition-Apps/>

Find out which smartphone apps could help you and your clients live healthier.

From the Academy of Nutrition and Dietetics

Position of the Academy of Nutrition and Dietetics: Nutrition Guidance for Healthy Children Ages 2 to 11 Years: www.andjrn.org/article/S2212-2672%2814%2900604-2/fulltext

Position of the Academy of Nutrition and Dietetics: Nutrition and Lifestyle for a Healthy Pregnancy Outcome: www.andjrn.org/article/S2212-2672%2814%2900501-2/pdf

Hot Topics at Academy of Nutrition and Dietetics 2014 Food & Nutrition Conference & Expo include Nutrition at Restaurants, Sports Supplementation, and Children's Nutrition and Latest Diet Strategies: <http://www.eatright.org/Media/content.aspx?id=6442482249#.VBMomGM08uc>

Nutrition-Education Program Improves Preschoolers' At-Home Diet: A Group Randomized Trial: www.andjrn.org/article/S2212-2672%2814%2900105-1/pdf

Fortified Foods Are Major Contributors to Nutrient Intakes in Diets of US Children and Adolescents: <http://www.andjrn.org/article/S2212-2672%2813%2901609-2/pdf>

Healthy Eating on A Budget at ChooseMyPlate.gov: www.andjrn.org/article/S2212-2672%2814%2900428-6/pdf

Research of Interest

Trends in Obesity and Disparities among Low-Income Children in Oklahoma, 2005-2010

online.liebertpub.com/doi/full/10.1089/chi.2014.0022

Vital Signs: Fruit and Vegetable Intake Among Children—United States 2003-2010

www.cdc.gov/mmwr/preview/mmwrhtml/mm6331a3.htm?s_cid=mm6331a3_w

Parents of Obese Kids Often View Them as Healthy

http://www.nlm.nih.gov/medlineplus/news/fullstory_147485.html

Obesity During Pregnancy Linked to Raised Asthma Risk in Kids

http://www.nlm.nih.gov/medlineplus/news/fullstory_147445.html

Smoking While Pregnancy Linked to ADHD in Children

http://www.nlm.nih.gov/medlineplus/news/fullstory_147416.html

Waistlines of U.S. Kids Seem to Be Holding Steady, Study Finds

http://www.nlm.nih.gov/medlineplus/news/fullstory_147418.html

Food Insecurity and Dietary Quality in US Adults and Children: A Systematic Review

ajcn.nutrition.org/content/100/2/684.abstract

Fast Growth of Infants of Overweight Mothers: Can It Be Slowed Down

www.karger.com/Article/FullText/360505

FDA Regulation of Mobile Health Technologies

www.nejm.org/doi/full/10.1056/NEJMhle1403384

Infant Formula Composition Affects Energetic Efficiency for Growth: The BeMIM Study, a Randomized Controlled Trial

<http://www.clinicalnutritionjournal.com/article/S0261-5614%2813%2900330-0/abstract>

In the News

What Ails Appalachia Ails the Nation

<http://www.usatoday.com/>

Food Is a Common Choking Hazard for Kids

<http://consumer.healthday.com/public-health-information-30/family-health-news-749>

Western Moms Lead the U.S. in Breastfeeding, Southeast Lags

www.washingtonpost.com/news/to-your-health/

Teach Kids to be SMART When Snacking

<http://www.desmoinesregister.com>

Study Finds 5 Servings of Produce is Enough, but We're Not Eating It

www.latimes.com/science/sciencenow/la-sci-sn-5-servings-produce-20140729-story.html

Mystery Birth Defect Cluster: Is Diet to Blame?

<http://www.nbcnews.com/health/womens-health/mystery-birth-defect-cluster-diet-blame-n135026>

American Heart Association Survey Shows Americans Are Unaware of How Much Sodium They Eat

<http://newsroom.heart.org/news>

2014 Kentucky State Fair

For eleven days in August, the Kentucky Cabinet for Health and Family Services (CHFS) had the opportunity to engage hundreds of visitors at the Kentucky State Fair. Visitors to the CHFS exhibit learned about services from a variety of rotating program displays. The interactive displays, located in the Health Horizons section of the Kentucky Fair and Exposition Center's South Wing B, featured learning activities for children and adults, free health screenings, and on-site health educators.

The WIC Program had a special place at the Kentucky State Fair this year. Posters and banners were displayed celebrating 40 Years of WIC. The "1% or Less Dairy" promotion was also featured.

The Nutrition Services Branch also had the opportunity to engage visitors at the Rock and Relax Room, sponsored by Louisville Metro Public Health and Wellness and Baptist East Hospital. Parents

were welcomed to stop by to privately and comfortably feed, change their infants and learn about breastfeeding and baby safety.

Next year's Kentucky State Fair is scheduled for August 20–30, 2015.



Newsletter Contributors

- **Suzann Satterfield, WIC Coordinator**
Knox County Health Department
- **Gail Davis Hacker (Retired)**
Knox County Health Department
- **Josey Crew, RD, LD, CLC**
Lincoln Trail District Health Department
- **Cathy Winston, M. Ed, RD, LD, CLC**
Northern Ky. District Health Department
- **Carolyn Lyle**
WIC Program Investigative Officer
- **Rhonda Goff, Supervisor**
Program Management Section
- **Fran Hawkins, MS, RD, LD**
Manager, Nutrition Services Branch
- **Nicole Nicholas, MS, RD, LD**
Supervisor, Clinical Nutrition Section
- **Connie Howell, M. Ed, RD, LD**
Newsletter Co-editor
- **Michele Burton, RD, LD**
Newsletter Co-editor



This institution is an equal opportunity provider.
WIC is a registered service of the U.S. Department of Agriculture
for USDA's Special Supplemental Nutrition Program for
Women, Infants and Children.

