



Be Food Safe

1. Wash hands with soap and water
2. Sanitize surfaces
3. Clean sweep refrigerated foods once a week
4. Keep appliances clean
5. Rinse produce
6. Separate foods when shopping
7. Separate foods when preparing and serving
8. Use a food thermometer when cooking
9. Cook food to safe internal temperatures
10. Keep foods at safe temperatures

For more information see DG Tip Sheet No. 23. U.S. Department of Agriculture

www.choosemyplate.gov

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Laurel County Happy First Birthday Postcard

As part of ongoing efforts to retain WIC participants after the first birthday, the Laurel County Health Department has begun to utilize a postcard reminder system. The card was designed by Brittany Moore, RD, LD, and is sent to infants enrolled in WIC around their first birthday.

The information is printed on a postcard and reminds caregivers that WIC does not end after the first birthday and continues to provide great benefits all through the toddler and preschool years.

Feel free to modify and utilize this idea as part of your clinic's outreach efforts.

HAPPY FIRST BIRTHDAY!!!



Happy birthday from Laurel County Health Department WIC! This year, your child will be introduced to milk, begin feeding themselves, and wean from the bottle. WIC benefits will transition from formula and baby foods to milk and nutritious table foods. If you are still breastfeeding, continue as long as you and your baby desire. Children are eligible to receive WIC benefits until their 5th birthday.

We appreciate your participation in the WIC program at LCHD and look forward to seeing you again soon!



"USDA is an equal opportunity provider and employer."

Social Media Policies

On April 28, 2015, a letter was sent to each agency regarding increasing participation. This letter had an attachment entitled “Maximizing Caseload.” One of the items on the attachment related to utilization of social media for community outreach. In response to this letter, we have received requests to provide a social media policy.

An overarching policy for State Government, provided by the Commonwealth Office of Technology (COT), was sent to WIC Coordinators and health department administrators in an e-mail on Thursday, May 7, 2015. This policy can also be found at: http://finance.ky.gov/services/policies/Documents/CIO_061.ky.pdf. Additionally, the Breastfeeding Peer Counselor Section in the WIC and Nutrition Manual (pages 15 and 16) has a social media policy for the Breastfeeding Peer Program.



If your agency decides to utilize social media for outreach, you may wish to develop agency-wide policies.

Northern Kentucky Spotlight

Produce Man’s Healthy Challenge is a school-wide campaign appropriate for elementary schools (Pre-K through 6th-grade students) and includes school staff as well. The challenge, conducted by the Northern Kentucky Health Department, has about 30 public and private schools throughout Northern Kentucky participating annually.

During the week-long challenge, students and staff use a tracking chart to reach a goal of eating at least five servings of fruits and vegetables per day, with one added goal, such as consuming zero sugary beverages for the week or getting in 30 minutes of exercise daily.

Winning students, staff, and classes at each participating school earn prizes from local sponsors and compete for the grand prize funding awarded to schools.

The 2015 challenge had a new component—a video with Produce Man for all students to watch in their

classrooms. To view the video, visit www.nkyhealth.org/Current-Programs/Healthy-Challenge.aspx.

Produce Man’s Healthy Challenge is held in observance of National Nutrition Month and Every Kid Healthy Week.



WIC: Then and Now

Over the years, the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) and its operations have changed significantly. One of the most remarkable changes relates to the delivery of WIC benefits. The Three Rivers District Health Department has staff serving as prime examples of this history.

Rachel Dermon, support staff person for Carroll County, joined the health department on July 1, 1985. At the time of her hiring, Rachel was one of two designated clerks traveling county to county with paper vouchers that were printed in Frankfort. One day per week was a designated “WIC day,” when clients would come for their certifications, recertifications, nutrition education, and benefit pick-up.

Voucher issuance was a labor-intensive process because the clients and WIC staff had to sign each voucher issued. Routine issuance consisted of two months of printed vouchers.

By 1993, the process changed to health centers printing their own food instruments (FIs) at a terminal. The benefit issuance evolved into a three-month issuance. The printed FIs required the participant to obtain all food items at one time; if



Kim Hudnell, Owen County Health Department, with current EBT card.

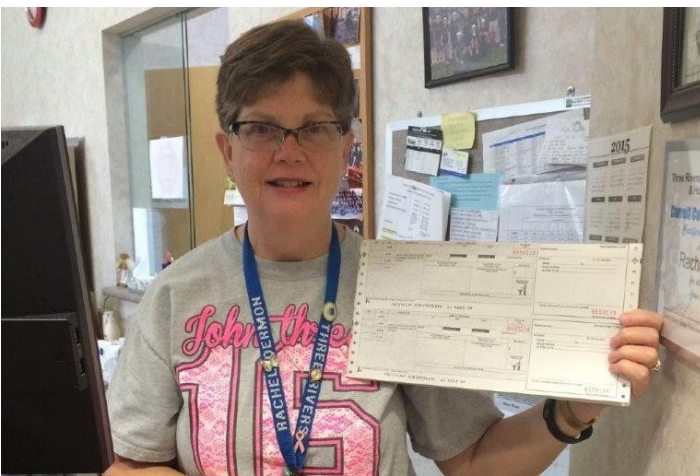
the participant chose not to select a certain product, it was “lost” to them.

On the other end of the spectrum, Kim Hudnell, Support Staff at Owen County, was hired in April 2012. At the time that she joined the health department, the Electronic Benefits Transfer (EBT) process was still fairly new, as Three Rivers started using this system in August 2011.

Kim was aware of the WIC Program as a teenager from working in a retail grocery establishment. During this experience, Kim actually saw paper vouchers as they were presented at the register. In her three years as primary clerk at her health center, she has never had an occasion to issue a paper voucher!

The EBT system has been a huge improvement for the clients, as all family members’ benefits are now contained on one card, with the added option of purchasing items as they are needed rather than all at once.

It should be very interesting to see what happens next in WIC issuance.



Rachel Dermon, Carroll County Health Department, with printed Food Instrument

Meet the Clinical Nutrition Section Staff

The Clinical Nutrition Section is responsible for a variety of tasks within the Nutrition Services Branch:

- Provides formula and breast pump approvals for local agencies;
- Provides technical assistance and training to local agencies and outside partners on breastfeeding, breast pumps, formula, nutrition topics, Medical Nutrition Therapy, and WIC Program;
- Coordinates the activities of the Regional Breastfeeding Coordinators and Breastfeeding Peer Counselor Program;
- Provides Cabinet for Health and Family Services Nutrition Services Branch exhibit at Kentucky State Fair each year;
- Reviews and approves Annual Nutrition Education Plans and Breastfeeding Education Plans;
- Reviews foods to compile and maintain the Kentucky Approved Food List and KY Approved Product Listing;
- Reviews Federal and State Regulations and Policies to develop policies and procedures for the WIC Program, Breastfeeding Peer Counselor Program and Community and MNT Nutrition;
- Develops, reviews, and prints Nutrition Education Materials for use in the WIC Program; and
- Approves Continuing Education Units via the Commission on Dietetic Registration for Registered Dietitians for Department for Public Health offerings.

Clinical Nutrition Section staff can be reached at (502) 564-3827, option 2.



*Nicole Nicholas, MS, RD, LD
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Summer Feeding Program

The Department of Agriculture's Summer Food Service Program (SFSP) offers important information about food assistance during the summer months.

Many low-income children take advantage of free or reduced-price meals during the school day. However, during the summer, many families struggle to provide meals or must look elsewhere for food assistance. Operated by state agencies, SFSP provides free, nutritious meals for kids at local sites such as

schools, recreation centers, playgrounds, parks, churches, and summer camps—all over the country and all summer long.

For more information on SFSP, visit www.fns.usda.gov/sfsp. Once there, you can find free summer meal programs for children in your community and printable flyers promoting the SFSP. You may also call the National Hunger Hotline at 1-866-3-HUNGRY to find a site.

Public Health Receives GIFTS Program Funding

On April 23, 2015, the Anthem Foundation awarded nearly \$140,000 to the Kentucky Department for Public Health (DPH) to help address the issue of tobacco use during pregnancy.

The grant award will help fund the Giving Infants and Families Tobacco-Free Starts (GIFTS) Program, created to help decrease the number of women who smoke during pregnancy and reduce exposure to secondhand smoke for pregnant women and their infants.

With the funding, GIFTS will be implemented in Christian, Hopkins, and Madison counties. The Christian County Health Department, Hopkins County Health Department, Baptist Health Madisonville, and Madison County Health Department will partner with DPH to administer GIFTS at the local level.

White Potatoes and the WIC Food Package

The Nutrition Services Branch has received notification from the United States Department of Agriculture (USDA) regarding the eligibility of white potatoes in the WIC Program.

The Consolidated and Further Continuing Appropriations Act for 2015 (the ACT, Section 753 addressed the food packages for the Supplemental Nutrition Program for Women, Infants, and Children (WIC). The Act requires that white potatoes be included as an eligible product for purchase with the WIC Cash Value Benefit (CVB).

As of July 1, 2015, white potatoes will be eligible for purchase with the Kentucky eWIC card.

A food-list insert regarding white potatoes has been mailed to local agencies for distribution to participants.

Information on eligible products is currently being collected and will be added to the Kentucky Approved Product Listing (APL) by July 1, 2015.

If you have any questions, please contact the Clinical Nutrition Section at (502) 564-3827, extension 4350 or the Vendor Section at (502) 564-3827, extension 4339.

Food Safety

The U.S. Department of Agriculture (USDA) would like to remind families to take extra care not to allow foodborne bacteria, which grows more quickly in hot weather, ruin their summer fun.

Recently, the USDA launched its FoodKeeper mobile app, which contains specific guidance on more than 400 food and beverage items. The app includes safe cooking recommendations for meat, poultry, and seafood products, and provides information on how to store food and beverages to maximize their freshness and quality.

You may download this free app from the USDA website at: www.fsis.usda.gov.

In addition to the FoodKeeper app, the AskKaren app provides assistance and tips on preventing foodborne illness.

The AskKaren app may be used to search the USDA database of common food safety questions. You may also choose to chat live with one of USDA's food safety experts. The live chat feature is available on weekdays between 10:00 am and 4:00 pm Eastern Time.

For more information on food safety, visit www.foodsafety.gov.

What's Cooking? USDA Mixing Bowl

The USDA recently launched its *What's Cooking?* website (www.whatscooking.fns.usda.gov), featuring cookbooks and a searchable recipe database. Healthy, delicious, and budget-conscious recipes are featured. The site also provides links to resources

such as *Healthy Eating on a Budget*, offering sample two-week menus and grocery store lists. The recipe below is a sample of what can be found on the *What's Cooking? USDA Mixing Bowl* website.

Easy Summer Salad

Yield: 6 servings

Ingredients:

1 large cucumber (peeled and cut into small cubes)
1 red onion (peeled and cut into small cubes)
2 tomatoes (cut into small cubes)
1 clove garlic
4 tablespoons lemon juice
1 tablespoon vegetable oil
1/4 teaspoon salt
Black pepper to taste

Directions:

1. Add cucumbers, onions, tomatoes, and garlic in a large bowl.
2. Stir in lemon juice, salt, and pepper until well mixed.
3. Serve at room temperature or chill in the refrigerator for at least 1 hour before serving.

Nutrition Information per serving:

Total calories	80
Total Fat	4 g
Protein	2 g
Carbohydrates	13 g
Dietary Fiber	2 g
Saturated Fat	0.5 g
Sodium	160 mg

Resources

USDA Food and Nutrition Service (FNS)

www.fns.usda.gov

The USDA Food and Nutrition Service's Food Distribution Division launched new "USDA Foods from Farm to Plate" e-letters in February 2015. These e-letters share resources, news, and best practices for all FNS programs. To sign up for these updates via GovDelivery, go to the FNS website: www.fns.usda.gov. Click on the red envelope on the row of social media icons on the top right of the page. Enter your e-mail address and click "submit." Check the boxes to select your topics of interest. You may update your subscription preferences at any time.

USDA Economic Research Service (ERS)

www.ers.usda.gov

WIC may improve the diet quality of all children and adults who eat WIC-approved foods—not just participants. "Painting a More Complete Picture of WIC: How WIC Impacts Nonparticipants," in the April 2015 issue of ERS's *Amber Waves* magazine, discusses how food manufacturers formulate their products to meet WIC standards. These standards increase the nutrient quality of some foods thereby benefiting all consumers, not just WIC participants.

In the News

Playing With Food May Help Preschoolers Become Less Picky Eaters

www.reuters.com/article/2015/05/19/us-food-fears-children-idUSKBN0041MD20150519

WIC Numbers Decline in Kentucky

www.bgdailynews.com/news/wic-numbers-decline-in-ky/

Preschool Kids Starved for Exercise

www.usatoday.com/story/news/2015/05/18/preschoolers-not-exercising/27396311/

Reds Open Nursing Suite to Help Breastfeeding Moms at the Ballpark

<http://sports.yahoo.com/blogs/mlb-big-league-stew/>

Gestational Diabetes Increases Autism Risk

www.usatoday.com/story/news/2015/04/14/gestational-diabetes-autism-risk/25584265/

The Fittest Cities in the U.S., and Why

www.cnn.com/2015/05/19/health/fit-city/index.html

Maternal Overweight and Obesity Increases Risk of Type 1 Diabetes in Children when Neither Parent has Diabetes

<http://medicalxpress.com/news/2015-04-maternal-overweight-obesity-diabetes-children.html>

Kids Are Eating Junk Food Before They Reach Their Second Birthday, Says USDA Researcher

www.foodnavigator-usa.com/Markets/

Survey Shows Big Drop in Free Baby Formula Giveaways

www.nbcnews.com/health/kids-health/

2-Minute Walk Every Hour May Help Offset Effects of Sitting

<http://consumer.healthday.com/>

Journal Review

***Pediatrics*, Published online May 25, 2015**

<http://dx.doi.org/10.1542/peds.2015-0093>

Trends of US Hospitals Distributing Infant Formula Packs to Breastfeeding Mothers, 2007 to 2013

***International Journal of Behavioral Nutrition and Physical Activity*, May 20, 2015**

<http://dx.doi.org/10.1186/s12966-015-0224-2>

Parental Feeding Practices and Child Weight Status in Mexican American Families: A Longitudinal Analysis

***Pediatrics*, May 2015**

<http://dx.doi.org/10.1542/peds.2014-3554>

Cow's Milk Contamination of Human Milk Purchased via the Internet

***Journal of the Academy of Nutrition and Dietetics*, May 8, 2015, Online First**

<http://dx.doi.org/10.1016/j.jand.2015.03.009>

Reduction in Food Away from Home Is Associated with Improved Child Relative Weight and Body Composition Outcomes and This Relation Is Mediated by Changes in Diet Quality

***Journal of the Academy of Nutrition and Dietetics*, Published online April 30, 2015**

<http://dx.doi.org/10.1016/j.jand.2015.02.031>

Lifestyle Weight-Loss Intervention Outcomes in Overweight and Obese Adults with Type 2 Diabetes: A Systematic Review and Meta-Analysis of Randomized Clinical Trials

From the Academy of Nutrition and Dietetics

Position of the Academy of Nutrition and Dietetics: Promoting and Supporting Breastfeeding

<http://dx.doi.org/10.1016/j.jand.2014.12.014>

Practice Paper of the Academy of Nutrition and Dietetics Abstract: Promoting and Supporting Breastfeeding

<http://dx.doi.org/10.1016/j.jand.2014.12.015>

Revised 2015 Standards of Practice and Standards of Professional Performance for Registered Dietitian Nutritionists (Competent, Proficient, and Expert) in Pediatric Nutrition

<http://dx.doi.org/10.1016/j.jand.2014.12.005>

Laying the Foundation for Expanding the dietary Guidelines for Americans to Address Children from Birth to 24 Months and Women Who Are Pregnant

<http://dx.doi.org/10.1016/j.jand.2015.03.008>

The Association between Food Insecurity and Obesity in Children-The National Health and Nutrition Examination Survey

<http://dx.doi.org/10.1016/j.jand.2015.01.003>

Position of the Academy of Nutrition and Dietetics: Vegetarian Diets

<http://dx.doi.org/10.1016/j.jand.2015.02.033>

Developing and Assessing Nutrition Education Handouts (DANEH): Testing the Validity and Reliability of the New Tool

<http://dx.doi.org/10.1016/j.jand.2015.01.010>

Think Globally, Practice Locally: Culturally Competent Dietetics

<http://dx.doi.org/10.1016/j.jand.2015.03.015>

Dates to Remember

August 5, 2015

Lactation on the Levee

Newport KY

Speaker: Amy Spangler

August 7, 2015

Western Kentucky Breastfeeding Conference

Owensboro, KY

Speaker: Amy Spangler

November 5, 2015

**Healthy Babies are Worth the Wait/Kentucky
Infants Safe and Strong (KISS) Conference**

Lexington, KY



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