

Why Eat Whole, Minimally Process Foods?

1. *Foods often lose nutrients like vitamins, minerals and fiber during processing.*
2. *Processing often adds sugar and fat which increases calories.*
3. *Processed foods are often higher in sodium and lower in potassium than the whole foods they are made from.*
4. *Whole foods use less packaging which requires fewer resources to produce and create less waste.*
5. *Buying minimally processed, whole foods in bulk can save you money!*

*One Apple's Journey:
From Whole Food to
Processed Food.*
Retrieved from
www.nutritioncouncil.org



©Stockphoto.com/brittak

Breastfeeding Rooms in LHDs	P. 2
KPHA Awards Public Health Honors	P. 3
Free Resource Available	P. 3
Measurement Procedures	P. 4
Jif Peanut Butter Size Change	P. 4
Announcements	P. 5
Single User Breast Pump Shipments	P. 5
Summer Feeding Program	P. 5
Health Departments Earn Accreditation	P. 6
In the News	P. 7
Help from the Help Desk	P. 8
Text4baby	P. 9
WIC Farmers' Market Update	P. 10

National Nutrition Month Celebrated across Kentucky

Each March, the Academy of Nutrition and Dietetics encourages Americans to return to the basics of healthy eating during National Nutrition Month. This year's theme emphasized the advantages of developing a healthful eating plan that incorporates individual food preferences.

Local health departments across Kentucky celebrated National Nutrition Month with various events. In addition, many health departments provided messages on

healthy eating through their social media, e-news, brochures and websites.

Thank you to all the local health departments that helped spread the National Nutrition Month message: "Eat Right, Your Way, Every Day."



*National Nutrition Month display: Park DuValle
Community Health Center*



*Produce Man visited area schools as part
of Northern Kentucky Health
Department's **Healthy Challenge 2013.***

Breastfeeding Rooms in Local Health Departments

Creating breastfeeding friendly clinics is an important part of supporting and promoting breastfeeding in Kentucky. One way we can show the public a commitment to breastfeeding in the clinic is to provide breastfeeding rooms. While mothers should be encouraged to breastfeed anywhere in the clinic, it is important to offer a private space for those mothers who are more comfortable breastfeeding away from public areas. Signs should be posted in the waiting areas to notify mothers that a breastfeeding room is available.

Breastfeeding rooms are, at a minimum, private areas with comfortable chairs. If more space is available, a changing table is a nice addition. If possible, close access to a sink for cleanup is desirable. It is important to note that breastfeeding rooms cannot be in a bathroom. Simple signage on the door to indicate when the room is in use is also important.

For more information on setting up a breastfeeding room in your local health department, please contact Marlene Goodlett at Marlene.Goodlett@ky.gov or (502) 564-3827 ext. 3612.



A door hanger can be used to ensure a peaceful feeding time. (Russell County Health Department)



This shows a dedicated breastfeeding room with permanent signage on the door. (Barren River District Health Department)



For rooms with more than one use, a portable screen may be used for privacy when needed. (Calloway County Health Department)

KPHA Awards Public Health Honors

The 65th Annual Kentucky Public Health Association (KPHA) Conference was held March 26–28, 2013, at the Crowne Plaza Hotel in Louisville. During the KPHA awards ceremony, Connie Howell was presented with the Peggy S. Kidd Nutrition Award. This award is given to honor a nutritionist for outstanding professional contributions and service in public health. Connie has been employed in the public health field for over thirty years. She is an advocate and a leader. She is enthusiastic, passionate and optimistic. She has served as the President of the Northern Kentucky Dietetic Association and as the Nutrition Chairperson for KPHA. She has served as a Dietitian in WIC and in the Senior Health Promotion and Chronic Disease Program and as a Nutrition Administrator for the Northern Kentucky Health Department. She currently works with the Kentucky Department of Public Health's Nutrition Services Branch. Congratulations to Connie on receiving this award.

We would also like to congratulate Susan Brown on her KPHA Award. Susan was presented with the Helen B. Fraser Maternal and Child Health Award. This award is given to honor an individual who has made an exceptional contribution to the health and well-being of mothers and children in Kentucky.



Connie Howell and Susan Brown (first and second from the left) receive awards at the KPHA Conference.

Susan is committed to helping breastfeeding mothers. She makes herself available, even on nights and weekends, and has helped many families. She is a member of the International Lactation Consultant Association, Lactation Improvement Network of Kentucky, Kentuckiana Lactation Improvement Coalition, BabyNet Coalition and Western Kentucky Breastfeeding Coalition. She is the Childbirth Educator, a Lactation Consultant and a Grief Counselor for the Barren River District Health Department, where she has worked for 22 years.

Free Resource from the Alliance for a Healthier Generation

A new book featuring month-by-month, smart and simple tips from parents and kids on tough topics like eliminating the intake of sugar-sweetened beverages and increasing physical activity is available at no cost to any family in the United States. The book is a product of the Michael & Susan Dell Foundation and the Alliance for a Healthier Generation.

A Year of Being Well: Messages from Families on Living Healthier Lives is an easy-to-follow, thirteen-month, quick-start action guide. It features the stories of twenty families who are creatively finding ways to live healthier lives and fight childhood obesity in their homes and communities. The families come from a variety of backgrounds, but, they all

share a common struggle: balancing healthy habits against the challenges of tight schedules and budgets. The aim of the book is to make it easy for parents to start their families on paths to healthier lifestyles by undertaking simple steps each month, all of which are organized to increase a family's chance for success.

A Year of Being Well is available free online at www.BeWellBook.org in English or in Spanish. Community healthy-living programs, health clinics, book clubs, parent associations and schools can order free books bundled with discussion guides and DVDs to start discussion groups or book clubs in their communities.

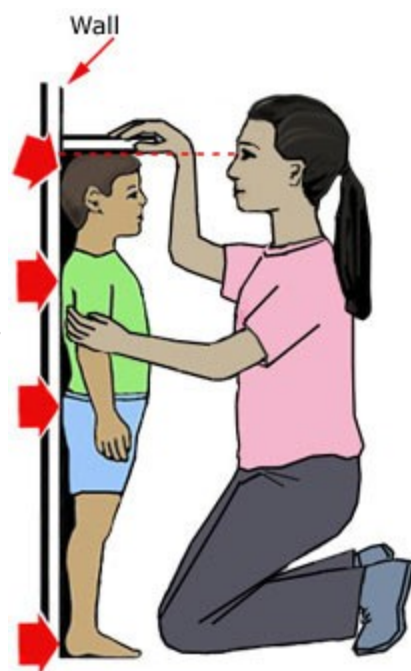
Measurement Procedures

High-quality anthropometric measurements are essential to provide accurate information for nutrition assessments. It is important that WIC staff use good quality, well-maintained equipment and follow correct procedures when measuring weight, length, or height in WIC clinics so participants receive proper nutrition education and referrals.

When measuring the recumbent length of children less than 2 years of age and children between 2 and 3 who cannot stand unassisted, use a measuring board with a stationary headboard and a sliding vertical foot piece. Lay the child flat against the center of the board. The head should be held against the headboard by the parent or an assistant and knees held so that the hips and knees are extended. The foot piece should be moved until it is firmly against the child's heels. Read the measurement to the nearest 1/8 inch. If recumbent length is obtained for a 2-year-old, it is plotted on the birth to 36-month growth chart.

Obtain a standing height on children older than 2 to 3 years of age, adolescents and adults. Measurements may be accurately made by using a graduated ruler or tape attached to the wall and a flat surface that is placed horizontally on top of the head. The patient must be wearing only socks or be barefoot. Have the patient stand with head, shoulder blades, buttocks and heels touching the wall. The knees should be straight and feet flat on the floor, with the patient looking straight ahead. The flat surface (or moveable headboard) should then be lowered

until it touches the crown of the head, compressing the hair. A measuring rod attached to a weight scale shall not be used.



Balance beam or digital scales are to be used to weigh patients of all ages. Spring-type scales are not acceptable. Scales must be checked for accuracy and calibrated on an annual basis. Prior

to obtaining weight measurements, make sure the scale is zeroed. Infants should be wearing only a dry diaper or light undergarments. Weigh children after removing outer clothing and shoes. Adolescents and adults should be wearing minimal clothing. Place the patient in the middle of the scale. Read the measurement and record the results immediately.

The automated growth chart will plot measurements on age and gender specific growth charts. The growth chart should be reviewed with the participant's parent and used to assign WIC Nutritional Risk.

Jif Peanut Butter Size Change

The WIC program has received information from J. M. Smucker Company regarding a change in Jif Peanut Butter. The eighteen (18) ounce jars of Jif Peanut Butter will be converting to sixteen (16) ounce jars. The sixteen (16) ounce jar size began shipping in April.

Because of this packaging change, participants may purchase the WIC-approved Jif Peanut Butter in either the eighteen (18) or sixteen (16) ounce jars.

The UPC codes for the sixteen (16) ounce jars of WIC approved Jif Peanut Butter have been added to the Kentucky approved product list.

Announcements

The Nutrition Services Branch would like to welcome our new staff members.

Brittan Bibb is a Registered Dietitian with her Master's in Nutrition and Dietetics. Brittan comes from a local agency WIC program with 3 ½ years Public Health and WIC experience in Kentucky and North Carolina. Brittan will be working with the WIC approved food list, providing formula approvals, and conducting nutrition monitoring. Brittan can be reached at 502-564-3827, ext. 4345 or brittan.bibb@ky.gov.

Cindy Sullivan is a Registered Dietitian with her Master's in Community Nutrition. Cindy is returning to the State WIC office after 18 years Public Health and WIC experience in the local and State agency WIC programs. Cindy will be working with the formula resource guide, providing formula approvals, working on

nutrition education materials, and conducting nutrition monitoring. Cindy can be reached at 502-564-3827, ext. 4219 or cindy.sullivan@ky.gov.

Kelli Darland joined the Program Management Section May 1st. Kelli comes to us from the Office of the Inspector General, and has assumed the job duties as the WIC Field Representative for the Central Kentucky area. Kelli can be reached at 502-564-3827, ext. 4330 or kelli.darland@ky.gov.

These positions are 100% federally funded.

In addition, Traci Hayden, Program Investigative Officer for the Program Management Section will be retiring July 31st. We want to wish Traci congratulations and best wishes on her retirement.

Single User Breast Pump Shipments

The State Agency has a price contract for quarterly shipments of single user breast pumps to each local agency. The pumps are from Evenflo/Ameda. These shipments are received in January, April, July and October. In order for the State Agency to pay for the breast pumps, the shipments must be confirmed by the receiving local agency.

Please be alert to this shipment. Ensure once the breast pumps are received, the packing slip is immediately located. An authorized person must verify the

contents and initial and date the invoice verifying receipt. A copy of the packing slip is then sent to Marlene Goodlett within five (5) days of receipt via email at marlene.goodlett@ky.gov or faxed to 502-564-8389. A copy of the packing slip must be kept on file at your agency.

If you have any questions, please contact Marlene Goodlett at marlene.goodlett@ky.gov or 502-564-3827 ext. 4348.

Summer Feeding Program

The USDA is asking for your help to ensure no child goes hungry while school is out for the summer.

USDA's Summer Food Service Program (SFSP) operates through partnerships with state agencies and local organizations. Local sponsors, such as schools, government agencies and nonprofit community organizations provide free meals and activities to eligible low-income children during the summer months.

For more information on the SFSP, visit www.fns.usda.gov/sfsp. On the site, 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 in your community. Stay updated on SFSP information and events through the USDA Twitter account [@USDANutrition](https://twitter.com/USDANutrition).

Three Health Departments Earn National Public Health Accreditation Status

Three of Kentucky's local health departments are among the first in the country to earn accreditation status by the Public Health Accreditation Board (PHAB). The Northern Kentucky Independent District Health Department, the Franklin County Health Department and the Three Rivers District Health Department join eight other health departments that have been granted five-year accreditation status from the organization.

"We are thrilled to learn that three of our local health departments have earned accreditation by the PHAB," said Cabinet for Health and Family Services Secretary Audrey Tayse Haynes. "We commend leadership and staff of Northern Kentucky Independent District, Franklin County and Three Rivers District health departments for their hard work and dedication toward meeting this goal. You are raising the bar for public health standards across the country."

PHAB is a nonprofit organization dedicated to improving and protecting the health of the public by advancing the quality and performance of tribal, state, local and territorial public health departments. In recent years, the organization developed a set of rigorous standards of public health performance and quality and created a process to measure public health department performance against those standards.

An accredited public health department must meet a nationally defined set of standards that measures the health department's performance and rewards or recognizes those that meet the standards. Accreditation status demonstrates the ability of that health department to deliver the ten essential public health services and the three core functions of public health: assessment, assurance and policy development. The ten essential services provide a working definition of public health and a guiding framework for the responsibilities of local public health systems. They include the following:



Local health officials and accreditation coordinators from the three accredited local health departments in Kentucky.

1. Monitor health status to identify and solve community health problems;
2. Diagnose and investigate health problems and health hazards in the community;
3. Inform, educate and empower people about health issues;
4. Mobilize community partnerships and action to identify and solve health problems;
5. Develop policies and plans that support individual and community health efforts;
6. Enforce laws and regulations that protect health and ensure safety;
7. Link people to needed personal health services and assure the provision of health care when it is otherwise unavailable;
8. Assure a competent public and personal health-care workforce;
9. Evaluate the effectiveness, accessibility and quality of personal and population-based health services; and
10. Research new insights and innovative solutions to health problems.

For more information regarding public health accreditation, please visit www.phaboard.org.

In the News

Folic Acid Supplementation May Lower Autism Risk

In a study that included approximately 85,000 Norwegian children, maternal use of supplemental folic acid around the time of conception was associated with a lower risk of autistic disorder in children. In this study, doctors asked pregnant women to fill out a questionnaire about supplement use, both before and during their pregnancies. Researchers then followed the children, born from 2002 to 2008, for an average of six years. The researchers found an inverse association between folic acid use and subsequent risk of autistic disorder. Children whose mothers reported taking folic acid around the time of conception and during early pregnancy had a 40% lower chance of being diagnosed with autistic disorder.

Source: Norwegian Institute of Public Health (2013, February 12). Lower autism risk with folic acid supplements in pregnancy. *ScienceDaily*. Retrieved April 25, 2013 from <http://www.sciencedaily.com/releases/2013/02/130212172209.htm>.

Kentucky Health Issues Poll (KHIP) Results—the Link between Poverty and Health

As the number of Kentuckians living in poverty goes up, the percentage of adults who describe their health as “excellent” or “very good” goes down. In its latest report, the Kentucky Health Issues Poll (KHIP) revealed the trend continues. Since KHIP began tracking health opinions in 2008, people with higher incomes have consistently reported better health status. Although the health status for each income category has remained consistent, the number of people in each category has not. Because research has shown a strong link between higher income and better health, the rise in poverty threatens the overall health of Kentucky's population.

KHIP highlights include the following:

- Just over 4 in 10 Kentucky adults (42%) described

their health as excellent or good. In 2008, almost half (49%) described their health as excellent or good.

- Nearly 6 in 10 adults (58%) in the highest income category described their health as excellent or good.
- Less than 3 in 10 adults living in poverty (25%) described their health as excellent or good.
- More than 3 in 10 adults (33%) are living in poverty (earning less than the federal poverty level). In 2008, about 2 in 10 adults (19%) reported an income below the federal poverty level.

KHIP is a project of the Foundation for a Healthy Kentucky and the Health Foundation of Greater Cincinnati. For more information regarding the 2012 KHIP, visit <http://www.healthy-ky.org/presentations-reports/reports/kentucky-health-issues-poll>

Governor's Summit on Infant Mortality

On March 1, 2013, Governor Steve Beshear joined dozens of public health professionals, health-care providers, policymakers and advocates to present ideas and creative strategies to reduce infant mortality in Kentucky, where nearly 350 infants die each year before reaching the age of one.

The Governor's Summit on Infant Mortality is part of an ongoing partnership with the National Governor's Association, which selected Kentucky as one of the first of four states chosen to participate in the Improving Birth Outcomes Learning Collaborative. The project will focus on demonstrated best practices of states that have improved birth outcomes. Participating states will learn about coordinating activities across agencies and developing options to accelerate the pace of improving outcomes and reducing costs.

For more information visit: <http://kentucky.gov/Newsroom/governor/20130301infants.htm>

Help from the Help Desk

VOC and Transfer Information

Remember that VOC Search (portal main menu) should *always* be used for any participant moving from one clinic to another within the state of Kentucky.

Save and VOC, located at the bottom of the registration screen, should be used *only* for participants moving to Kentucky from another state.

HH Transfer (household member screen) should be used *only* for participants moving from one household to another household within the same clinic.

Automatic Termination Report

It is very important to print and work the Automatic Termination Report (#587) and Automatic Termination Labels (#588) upon delivery to your WIC e-folder. This report is delivered weekly on Thursday and should be used to document the termination of the participant. Print the automatic termination label and pull the participant's chart. Place the automatic termination label on the participant's service record (CH-3A).

Website

The Kentucky WIC program has launched a new website to assist WIC participants. By visiting www.kywic.com, participants can access their accounts, where they can see their benefit balance for the current month's issuance and redemption and issuance histories. The website also has a "Find a

Retailer" feature, where they can search for WIC-approved vendors in their area.

EBT Shopper Phone App

WIC is excited to announce the EBT Shopper smart-phone app. WIC participants can download the app from Google Play or the iPhone App Store. EBT Shopper can tell a participant if a scanned item is WIC-eligible. The app can also tell a participant which WIC-eligible items are available in a particular store! Visit ebtshopper.com/download for a printable PDF to distribute to your WIC participants with instructions for download.



Did You Know?

The Pronto follow up training presented on March 18, 2013, is now available on TRAIN, course number 1043029. The training is also available on CD and copies may be requested from Chris Taylor at Chris.taylor@ky.gov.

Text4baby



Text4baby is a free text messaging service for pregnant women and new mothers with infants under age 1 that provides regular health messages specific to the pregnant woman's stage of pregnancy or infant's age.

Text4baby was started by the National Healthy Mothers, Healthy Babies Coalition (HMHB). Texting for all participants is provided free of cost through an agreement CTIA–The Wireless Foundation has with all of the major U.S. mobile operators. Because of this commitment, text4baby is the first-ever free mobile health information service in the United States. Participants receive free text messages every week, timed to their due date or the baby's date of birth. These messages focus on a variety of topics critical to maternal and child health: immunization, nutrition, seasonal flu, mental health, birth defects prevention, oral health, safe sleep and more. Text4baby also connects women to health services through the inclusion of national hotline phone numbers within the messages.

Now, in addition to health messages, the service also allows participants to set up free reminder texts for important appointments such as WIC appointments.

In sharing the information regarding text4baby with your WIC participants, you may wish to use the following sample language:

*If you are pregnant or a new mom, there is a free service called **text4baby** that can help keep you and your baby healthy.*

***Text4baby** will send three text messages each week to your cell phone with expert health tips to help you through your pregnancy and your baby's first year. It is free to sign up, and the messages are free. You can also use this service to track your important appointments during your pregnancy and your baby's first year, such as your WIC appointments.*

*To sign up, text **BABY** to **511411**. To sign up for text4baby in Spanish, text **BEBE** to **511411**.*

You can also sign up and find more information at www.text4baby.org.

***Text4baby** is an educational service of the National Healthy Mothers, Healthy Babies Coalition.*

Please visit www.text4baby.org for more information and promotional materials for your outreach efforts.

2013 State Enrollment Contest

Text4baby recently began the **2013 State Enrollment Contest**. The contest runs through October 21, 2013. During this time, states compete to enroll as many participants as possible in the service.

Throughout the contest, states with the highest enrollment in text4baby over seven days will be identified as the weekly winners in Text4baby Tuesday. The states to enroll the most users (as a proportion of live births in their states) between May 12 and October 21, 2013, will be the overall contest winners. The winners will be announced in conjunction with the American Public Health Association annual meeting in Boston, Massachusetts, November 1–3.

WIC Farmers' Market Update

The WIC Farmers' Market program begins June 1, 2013, and the WIC State Office is working behind the scenes to make sure it is a success. Trainings were conducted in Frankfort, Madisonville, Morehead and Somerset, in April. These trainings were well attended by farmers, farmers' market managers and WIC Coordinators. All farmers and markets must complete agreements to participate in the WIC Farmers' Market Nutrition Program. Agreements

are currently being processed, and new farmers will be receiving their stamps soon.

Any market that is having special events is asked to contact Beverly Salchli (beverly.salchli@ky.gov) or Jessica Hinkle (jessicap.hinkle@ky.gov).

WIC Farmers' Markets for 2013 are listed below.

2013 Farmers' Markets and Addresses

County	Market Name	Market Address	Market Dates and Times
Adair	Adair County Market	409 Fairground Street	Tues, 6am-10am/2 pm-6pm, Fri/6am-10am (opens June 7)
Allen	Allen County Market	1138 Old Gallatin Rd, Day mar College	Wed/Sat, 8am-sellout (June 9-Oct 27)
Anderson	Anderson County Market	1505 Bypass Hwy N	Fri/noon-6pm, Sat/9am-3 pm
Barren	Barren Co. Regional Market	Barren County Health Dept.	Tues/Fri, 8am-1pm (May 3- Oct 29)
	Bounty of the Barrens	Courthouse Lawn Public Square	Sat, 8am-noon (April 20 –Sept 28)
Bath	Bath County Market	2914 E Hwy 60, Owingsville	Tues/Fri/Sat, 8am-sellout (June 21-Oct 29)
Bourbon	Bourbon County Market	Corner of 8 th & High Streets	Mon/Wed, 4 pm-6 pm, Sat 9 am-1 pm
Boyd	Boyd County Market	Catlettsburg Extension Office	Sat/7am-2pm, beginning June 14
		Fannin Motors US 60	Wed/Sat, 7am-2 pm, beginning June 14
		Ashland Central Park	Fri/7am-2pm, beginning June 14
Boyle	Boyle County Market	Boyle Co Fairgrounds-127 Bypass	Tues/Thurs, 8am-6pm/Sat, 8am-3pm (May-Oct)
Bracken	Bracken County Market	Corner of 2 nd & Main – Augusta	Tues/3pm-6pm, Fri/3pm-6pm, Sat/9am-sellout
		Bracken Co Ext Office, Brooksville	Wed/9 am-noon
Breckinridge	Breckinridge Co. Market	County Extension Office	Tues, 2pm-3pm (July 2-Oct); Sat, 6:30am-sellout (June 8-Oct)
Campbell	Campbell County Market	Sr Citizens Act Ctr., Highland Heights	Tues, 3pm-6pm (May-Oct)
		Southern Lanes Sport Ctr., Alexandria	Fri, 3pm-6pm (May-Oct)
		Pepper Pod Restaurant, Newport	Sat, 9am-noon (May-Oct)
Carroll	Riverview Market	Carroll County Courthouse	Sat/8 am-1 pm (May-Oct)
		Hometown Pizza Parking Lot	Wed/2 pm-5pm, Fri/4pm-8pm (June-Oct)
Carter	Carter County Market	94 Fairground, Grayson	Tues/Fri/Sat, 8am-sellout (July-Oct)
		131 Jessica Ln, Olive Hill	Tues/Fri/Sat, 8am-sellout (July-Oct)
Christian	Hopkinsville-Christian Downtown	110 West 9th Street	Wed/Sat, 7am-1pm (April-Nov 2)
Daviss	Owensboro Regional Market	Owensboro Christian Church Lot	Tues/Thurs/Sat, 6:30 am-noon (April 20-Oct 26)
		Smothers Park &/or Courthouse Lawn	Thurs, 3 pm – 6 pm (June 6-July 25)
		New Life Church 400 Crabtree Ave	Wed, 9 am – noon (June 5-July 31)
Edmonson	Edmonson County Market	Edmonson Courthouse Square	Tues/Fri/Sat, 7:30 am-11:30 am or sellout
Elliott	Elliott County Market	2944 S KY 7, Sandy Hook	Tues/Fri, 8am-11am, Wed 3:30pm-6:30pm
Fayette	Bluegrass Market	3450 Richmond Road	Tues, 3pm-6pm; Sat, 9am-2pm
Fayette	Lexington Market	301 W Main – Cheapside Bar (40507)	Sat, 7am-3pm
		398 Southland Drive (40503)	Sun, 10am-2pm
		399 South Broadway (40508)	Tues/Thurs, 7am-4pm
		1250 University Dr. (40503)	Wed/3pm – 6pm (May 22-Aug 14)
Fleming	Fleming County Market	County Ext. Office, 1384 Elizaville Rd	Tues, 2pm-6pm/Sat, 8am-3pm or sellout
Franklin	Franklin County Market	404 Wilkinson Blvd	Tues/Thurs/Sat, 7am-noon
Grant	Grant County Market	Crittenden	Tues/Fri/Sat, 9:30 am-3pm
		US 25 @ Williamstown	Wed/Fri/Sat, 8:30am-12:30pm
	Family Roadside Market	Tractor Supply Parking Lot	Sat, 9am-5pm (May-Oct)

(Continued on page 11)

County	Market Name	Market Address	Market Dates and Times
Graves	Graves County Market	1 st Christian Church Parking Lot	Tues/Thurs, 3pm-6pm
		Courthouse Square/Broadway & 6th	Sat/ 7am-noon
Grayson	Grayson County Market	Indian Hills Shopping Center Mill St, Leitchfield	Wed/Sat, 6:30am-noon (May 1-Oct 30)
Harrison	Garrison County Market	Flat Run Veterans Park/Oddville Ave	Fri/Sat, 9am-1pm, Tues 3pm-6pm (June-Sept)
Hart	Hart County Market	505 AA Whitman Lane	Tues/Fri/Sat, 7:30am-noon (April - Oct)
Henry	Henry County Farmers' Market	Henry County Courthouse	Sat, 9 am-12 pm / Wed, 10am-5pm (April-Oct 30)
Henderson	Henderson Farmers' Market	Henderson Co. Fairgrounds-Airline Rd	Tues, 10 am-5pm/Fri, 10am-6 pm/Sat, 10am-5pm (May1-Oct 31)
Jackson	Jackson Market	Annville	Mon, 3pm-sellout/Tues, 11am-sellout/Thurs, 3 pm-sellout
		Sand Gap	Wed, 3 pm - sellout
		McKee	Fri, 11 am-sellout (all begin on June 25)
Kenton	Covington Market	Courts St between Park & Third	Sat, 9am-1pm (May 4-Oct 26)
	Independence Market	5272 Madison Pike (by Courthouse)	Sat/8:30 am-2pm (April 27-Nov 2)
Lawrence	Lawrence Co. Market	County Extension Office	Tues/Thurs/Sat, 9am-noon
Lee	Mountain Market	Senior Citizens Bldg, Hwy 11 North	Wed, 11am-1pm/Sat, 8am-12pm (July 1-Oct 30)
Lewis	Lewis County Market	Vanceburg between BP & Health Dept	Tues/Thurs/Sat, 8am-sell out (July-Oct)
Lincoln	Lincoln County Market	First Southern Veterans Ball Park	Mon/Wed/Fri, 8am-1pm
Logan	Logan County Market	255 John Paul Ave, Russellville	Tues/noon-4pm, Sat/8am-noon
Marion	Lebanon Market	Downtown Pavilion and Martin Luther King Jr. Blvd	Wed/Sat, 9am-1pm /Fri, 3pm-6pm
Martin	Martin County Market	Inez	Mon/Wed/Fri, 10 am -1 pm (July-Sept)
Mason	Mason County Market	US 68 – behind Extension office	Tues/Thurs/Sat, 8 am- sellout
Menifee	Menifee County Market	62 Back Street, Frenchburg	Tues/10am-noon, Fri/4pm-6pm (July 5-Oct 25)
Mercer	Mercer County Market	Save A Lot parking lot	Thurs, 4pm-7pm/Sat, 9am-noon
		Broadway by YMCA	Tues, 4pm-7pm
Metcalfe	Metcalfe County Market	Across from Edmonton Ext. Office	Tues/Fri, 8am-noon or sell-out
Montgomery	Montgomery Co. Market	Big Lots Parking Lot	Wed/Sat, 7am-sell out
Morgan	Morgan County Market	Hwy 460/Wells Hill Rd Intersection	Mon-Sat/8 am-sellout (May 1-Oct 30)
Nelson	Bardstown Market	N 2nd & Flaget Ave	Tues/Fri/Sat, 7:30am-12:30 pm (May 3-Oct 30)
Nicolas	Blue Lick Market	Blue Licks State Park	Fri/3pm-7pm
Ohio	Beaver Dam Community Market	217 South Main St, Beaver Dam	Sat, 8 am-12 pm/Tues, 2pm-5pm (May 25-Oct 31)
Owen	Owen County Market	Behind KY Farm Bureau-430 Roland	Fri, 10 am-1 pm,
		10-1 Fairgrounds	June 28, 10 am – 1 pm
Owsley	Owsley County Market	High School Farm-Shepherds Ln	Tues/8am-sellout, Sat/7am-sellout
Pendleton	Pendleton County Market	165 Ridgeway Ave., Falmouth	Sat, 8am-2pm (May 25-Nov 1)
Powell	Powell County Market	Hwy 213 N of Whitaker Bank -Stanton	Wed/Fri, 8 am-2 pm, Sat, 8 am-noon
		Hwy 15 Clay City Restaurant-Clay City	Tues/Thurs, 8am- 2 pm
Robertson	Blue Lick Market	Blue Licks Battlefield State Park Lodge	Fri/3pm-7pm beginning May 10 every Friday Sat/9am-1pm, beginning May 11 every other Saturday
Rockcastle	Rockcastle County Market	Aunt Polley's House, Renfro Valley	Sat, 8am-noon (July 11-Oct 10)
		Richmond St, Mt Vernon	Tues/Thurs, 12:30pm-4pm (July 13-Oct 12)
Rowan	Rowan County Market	Corner of US 60 & Bridge St	Wed/Sat, 11am-5pm (June-Oct)
Russell	Russell County Market	Corner Lakeview & Hwy 127	Tues/Fri/Sat
	A Kentucky Market, LLC	Anna's Garden Center	Tues/Fri/Sat, 7am-sellout
Scott	Scott County Market	Courthouse Square	Fri. 7am-1pm
		Across from Whitaker Bank	Wed, 2:30pm-6pm
Taylor	Market Assoc of Taylor County	Animal Shelter Rd, Hwy 210 N	Sat/ 8am-2pm (April 20-Oct 26)
		Main St, Campbellsville	1st & 3rd Friday/8am-9pm (April 19-Oct 31)
Trigg	Cadiz/Trigg County Market	Cadiz Baptist Annex – Main Street	Wed/Sat, 7am-noon (April-Sept)
Warren	Community Market	Corner of Nashville Rd & Campbell Ln	Sat, 8am-1pm, Tues, 3pm-7pm
	Bowling Green Original Market	Hobby Lobby lot, 1751 Scottsville Rd	Tues/Thurs/Sat, 6am-2pm
Washington	Farmers Market at the Depot	101 E Depot St, Springfield	Sat/8 am-noon (May 4-Sept 28)
Whitley	Whitley County Market	Whitley Extension Office	Sat, 9am-noon (May 28—Oct 29)
		Courthouse Lawn	Tues, 4pm-6pm (July-Aug)
Wolfe	Wolfe County Market	640 KY 15, Campton	Tues/Fri/Sat, 10am-sellout (May-Oct)
Woodford	Woodford County Market	Courthouse Square	Sat/8:30am-noon
		Midway near Darlin' Jeans	Mon/3pm-6pm
		Versailles Presbyterian Church-Main	Wed/3pm-6pm

Your WIC Contacts in Frankfort:

- **Branch Office**

General questions regarding Nutrition Services and the WIC Program
(502) 564-3827, Option 6

- **Program Management Section**

Income Eligibility and Administrative Policy and Procedures
(502) 564-3827, Option 5

- **Vendor Section**

Vendor related questions and applications
(502) 564-3827, Option 3

- **Food Delivery/Data Section**

Help desk, stop pays, computer issue, auto-dialer, printer and printing problems
(502) 564-3827, Option 1

- **Clinical Nutrition Section**

Special formula approvals, breast pump rentals and nutrition education
(502) 564-3827, Option 2



Newsletter Contributors

Thank you for sharing your time and expertise for this issue of *Nutrition News*:

- Vernessa Autry, RD, LD, WIC Coordinator
Park DuValle Community Health Center
- Johnna Black; RN, CLC
Calloway County Health Department
- Susan Brown, RN, IBCLC, RLC
Barren River Health Department
- Laura Finrock, Food Delivery/Data Section
Nutrition Services Branch
- Rhonda Goff, Program Management Section
Supervisor, Nutrition Services Branch
- Marlene Goodlett, MS, RD, LD, CLC
Breastfeeding Coordinator
- Connie Howell, M.Ed, RD, LD
Nutrition Services Supervisor
- Nancy Merk, MS, RD, LD, IBCLC
Breastfeeding Peer Counselor Supervisor
- Lisa Miller, Public Information Officer
Hopkins County Health Department
- Misty Morris, MS, RD, LD
WIC Field Representative
- Nicole Nicholas, MS, RD, LD
Clinical Nutrition Supervisor
- Beverly Salchli, Procedures Development
Coordinator
- Monica Smith, MS, RD, LD, CLC
Northern Kentucky Health Department
- Regina Ann Stevens, MS, RD, LD, IBCLC
Lake Cumberland District Health Department
- Cathy Winston, M.Ed, RD, LD, CLC
Northern Kentucky Health Department



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.

