



## Leader's Guide - Summer 2015 WIC Staff In-service: FINAL WIC FOOD PACKAGE RULE

### In-service Focus

**Target Audience:** WIC Staff

**Goal:** Prepare for the October 1, 2015 implementation of changes as a result of the Final WIC Food Package Rule and Food List updates.

**Objectives:** Upon completing this in-service training, staff will be able to:

- 1) Describe an overview of key Final Food Rule changes being implemented October 1, 2015.
- 2) Explain to participants the addition of yogurt and what is allowed.
- 3) Explain to participants how to choose 100% whole wheat pasta.
- 4) Describe the changes to the food list beginning October 1, 2015.

### In-service Planning

**Materials Needed:**

- Food Package Changes 2015 presentation power point and this Leader's Guide – Summer 2015 WIC Staff In-service
- Handouts to print for the in-service:
  - *WIC Connects One-to-One with Yogurt!* counseling guide
  - *WIC Connects One-to-One with Yogurt!* yogurt description
  - *Nutrition Matters Nubites Yogurt for Kids*
  - Any Dairy Council handouts your local agency plans to use (\*see website links under additional resources). Local agencies may order Dairy Council handouts free directly from the source (National Dairy Council or United Dairymen of ID).
  - *Idaho Pasta Tips for Staff 2015*
  - *WIC Connects One-to-One with Pasta!* counseling guide



- Nutrition Matters *Seven Ways to Eat More Whole Grains* handout (this is the same handout that was used when implementing other whole grains in the past)
- *An Overview of Changes*
- *ID WIC Authorized Food List*

**Preparation Needed:** Please review the materials listed above. Contact Marie Collier at the State Office with questions or feedback: [collierm@dhw.idaho.gov](mailto:collierm@dhw.idaho.gov) or (208) 334-5953

Prior to leading the in-service session, spend time reflecting on how you can ‘model’ participant centered services (PCS) skills throughout the session. Read the in-service outline below and think about where you might use open-ended questions (see the activities), affirmations (affirm staff for their comments/answers during the session), reflections (acknowledge when the group seems apprehensive, excited, confident, etc.), and summarizations (anywhere it seems to fit during the session discussions). At the conclusion of the power point presentation session, determine the “next steps” (see below) and summarize.

**Time Needed:** approximately 60 – 90 minutes (prior to October 1, 2015 implementation).

**Additional resources:**

- \*National Dairy Council: [www.nationaldairyCouncil.org](http://www.nationaldairyCouncil.org)
- \*United Dairymen of Idaho: <http://idahodairy.org>
- WIC Works: <http://wicworks.nal.usda.gov>

**In-service Outline**

**Facilitator notes:** (key words are in bold print)

PPT Slide	Important Concepts to Cover; Learning Activities
1	<b>Open the session:</b> introduce the topic, length of session, invite questions as they arise.
2	Review the <b>session objectives</b> (see above).



PPT Slide	Important Concepts to Cover; Learning Activities
3	Explain this is the <b>second phase</b> of Final Food Package Rule changes, more changes may come in the next couple of years (see slide). Some optional changes are still being explored for feasibility.
4	Explain yogurt is being added to the authorized foods. This is an exciting addition for ID WIC!
5,6	Discuss starting Oct. 1, 2015 <b>yogurt for children ages 1-2</b> will be whole fat yogurt and only in the brands/types and size listed on the slide. See the <i>ID WIC Authorized Food List</i> .
7,8	Explain <b>yogurt for children ages 2-5 and women</b> will be reduced fat yogurt and in the brands/types listed on the slide. See the <i>ID WIC Authorized Food List</i> .
9	<p>Educate participants on</p> <ul style="list-style-type: none"> <li>• Proper storage of yogurt</li> <li>• Use by/ best by dates</li> <li>• How to tell the difference between whole and reduced fat yogurt</li> </ul> <p>Refer to the <i>WIC Connects One-to-One with Yogurt!</i> counseling guide handout for helpful tips.</p>
10	<p>Discuss the <b>reasons for the addition.</b></p> <p><b>Activity:</b> Have the group discuss <i>“What impact might this have on WIC families?”</i></p> <p>Example answers: It will help the participant/family -</p> <ul style="list-style-type: none"> <li>• with priority nutrients such as protein, calcium and potassium</li> <li>• with an additional option for meeting needs in special situations (i.e. lactose intolerance)</li> <li>• aids in digestion and may boost the immune system</li> </ul>



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	<ul style="list-style-type: none"> <li>• feel better by maintaining health</li> <li>• decrease health care costs</li> </ul>
11	Clarify that staff will still <b>assign standard food packages the same way in WISPr.</b>
	<p>Show how the <b>wording will appear on the vouchers.</b> Have attendees refer to the <i>WIC Connects One-to-One with Yogurt!</i> yogurt description handout.</p> <p>Discuss soy milk does not have the option of quart sized containers. When issuing soy milk, (if appropriate to the participant’s situation) encourage the participant to select either both cheese and yogurt, or neither option. Yogurt replaces one quart of milk, and cheese replaces three quarts. When choosing just one of these options to replace soy milk, the equivalent of one quart of milk will be lost.</p>
12	<p>Review available <b>education materials</b> (see slide).</p> <p><b>Activity:</b> Have the group discuss <i>“How can you use the ID WIC authorized food list or a nutrition education handout to reinforce nutrition education?”</i></p> <p>Example answers:</p> <ul style="list-style-type: none"> <li>• Ask permission, such as “Is it okay if I share with you a handout that has tips about children learning to eat healthy?”</li> <li>• Ask the participant an open-ended question related to the handout, such as “What do you think about that idea?”</li> <li>• Circle or highlight one or two key concepts.</li> <li>• Use the handout to affirm something a participant is already doing, such as “You’re doing a great job as a parent by eating dairy products at meals with your child.”</li> <li>• Use the handout to summarize what has been discussed.</li> <li>• Have the participant write their next step or plan (goal) on the handout (or staff can write it).</li> </ul>



PPT Slide	Important Concepts to Cover; Learning Activities
13	Use this slide to help <b>summarize key points</b> from the discussion so far  <b>Activity:</b> Ask <i>“Does anyone have any other comments or ideas before we continue?”</i>
14,15	Explain the <b>addition of whole wheat pasta</b> will start October 1, 2015.
16	Explain the <b>options available</b> (see slide).
17 - 19	Educate participants on <ul style="list-style-type: none"> <li>• Whole grain versus 100% whole grain/wheat</li> <li>• Reading labels to ensure getting 100% whole wheat</li> <li>• One of the whole grain options</li> </ul> Refer to: <ul style="list-style-type: none"> <li>○ <i>Idaho Pasta Tips for Staff 2015</i></li> <li>○ Nutrition Matters <i>Seven Ways to Eat More Whole Grains</i> handout</li> <li>○ <i>WIC Connects One-to-One with Pasta!</i> counseling guide</li> <li>○ <i>Idaho WIC Authorized Food List</i></li> </ul> (Slide 18) Activity: Have the group discuss <i>“What do you think might possibly be confusing for participants as they try to find any brand 100% whole wheat pasta?”</i> Example answers: <ul style="list-style-type: none"> <li>• Stores have a lot of different kinds of pasta</li> <li>• Different wrappers have information listed differently</li> <li>• The term wheat is used many ways</li> <li>• Many sizes</li> </ul> (Slide 19) Compare labels (eligible pasta verses not eligible).



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	<p>Note that the statement “Manufactured in a facility that uses egg” doesn’t mean the product contains added egg as an ingredient. The statement is included as a disclaimer for potential allergy exposure.</p>
20	<p>Review available <b>education materials</b> (see slide).</p> <p><b>Activity:</b> Have the group discuss <i>“How can you use a nutrition education handout to reinforce nutrition education?”</i></p> <p>Example answers:</p> <ul style="list-style-type: none"> <li>• Ask permission, such as “Is it okay if I share with you a handout that has tips about children learning to eat healthy?”</li> <li>• Ask the participant an open-ended question related to the handout, such as “What do you think about that idea?”</li> <li>• Circle or highlight one or two key concepts.</li> <li>• Use the handout to affirm something a participant is already doing, such as “You’re doing a great job as a parent by eating whole wheat products at meals with your child.”</li> <li>• Use the handout to summarize what has been discussed.</li> <li>• Have the participant write their next step or plan (goal) on the handout (or staff can write it).</li> </ul>
21	<p>Use this slide to discuss additional staff considerations and to <b>summarize key points</b> from the discussion so far.</p> <p><b>Activity:</b> Ask <i>“Does anyone have any other comments or ideas before we continue?”</i></p>
22 - 24	<p>Describe the <b>food list changes</b> starting October 1, 2015.</p> <ul style="list-style-type: none"> <li>• Great Grains Cinnamon Hazelnut has been discontinued.</li> <li>• Great Grains Banana Nut Crunch has been added.</li> <li>• Low Sodium V8 Juice has been added.</li> </ul>



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	<ul style="list-style-type: none"> <li>Reser's Whole Wheat Tortillas are no longer WIC eligible.</li> </ul>
25-26	<p>Discuss <b>changes to Cash Value Vouchers for women and contract formula.</b></p> <p>Cash Value Vouchers:</p> <ul style="list-style-type: none"> <li>The CVV for women is increasing to \$11.00.</li> <li>Women receiving food package 7M will receive a greater increase. The amount will alternate every other month as \$16.00 and \$17.00. The reason for the alternating amounts is the Federal amount is \$16.50 and WISPr functionality doesn't include decimal amounts.</li> </ul> <p>Contract Formula:</p> <ul style="list-style-type: none"> <li>Formula changes occur because Idaho WIC participates in the Western States Contracting Alliance (WSCA), which uses a bidding system for formula rebates. Through a competitive process, WIC contracts with infant formula manufacturers who provide a rebate for infant formula purchased with WIC checks. The successful bidder for the contract period is Abbott for milk-based formula and Nestle for soy-based infant formula.</li> <li>The new contract begins Oct. 1, 2015; the contract formulas will be Similac Advance (no change) and Gerber Good Start Soy (change). More information will be coming from the State Office regarding implementing this change.</li> </ul>
27	<p>Explain the need to <b>inform participants</b>. Review <i>Fresh &amp; Healthy An Overview of Changes</i> for staff reference. Staff can tailor information to the individual participant.</p>
26	<p>Thank everyone!</p> <p>If staff has feedback or unanswered questions, please contact the State office (Lily Bell for vendor, Marie Collier for nutrition assessment/education, Michele Faiella for policy/procedure).</p>



PPT Slide	Important Concepts to Cover; Learning Activities
	Close the session by <b>summarizing staff “next steps.”</b> Such as: “Staff need to stock clinic drawers with yogurt/pasta related handouts by (insert date), etc.”

