



Fresh Choices Continues! 2016 Food Package Changes

In-service Leader's Guide -

Session Focus

Target Audience: Local agency WIC staff (to complete in-service by 6/30/2016 since staff can begin assigning October food packages starting in July)

Session Goal: Prepare staff to implement the required food package changes by 10/1/2016.

Session Objectives: After completing this in-service, staff will be able to:

1. Determine a baby's/caregiver's readiness for using an infant Cash Value Voucher (CVV) for fresh fruits and vegetables.
2. Define the steps to assign an infant CVV.
3. Describe the considerations and counseling staff might provide to a woman requesting soy beverage.

Session Planning

Materials Needed:

- This **In-service Leader's Guide**
- Equipment to view the ***Fresh Choices Continues! PowerPoint*** on the Idaho WIC website under Staff; Training; Training Links; Final Food Rule (Oct. 1, 2016)
- **Staff handouts:** *Assigning an infant CVV 9-12 mos.; Summary of Milk Issuance Oct. 1, 2016*
- **Participant handout:** *Homemade Baby Foods*

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

- Arrange for time/space to complete the in-service as a group
- Print adequate supplies of the handout materials

Facilitator Considerations: It's recommended that an agency RD/RDN facilitate this discussion so that she/he can answer questions about diet considerations when assigning these food packages.

Prior to leading the session, reflect 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 last page) and summarize.

Slides	Materials and important concepts to cover
5	<p>The infant CVV is:</p> <ul style="list-style-type: none"> • An \$8.00 check for fully breastfeeding babies. • A \$4.00 check for partial or non-breastfeeding babies. • For fresh fruits and vegetables only (similar to a child or woman CVV).
6	<p>The infant CVV is optional:</p> <ul style="list-style-type: none"> • The infant CVV may be substituted for half of the baby food fruit and vegetable jars or containers. • Partial or non-breastfeeding babies can get a \$4.00 CVV and 16 jars of baby food fruits and vegetables. • Fully breastfed babies can get an \$8.00 CVV and 32 jars of baby food fruits and vegetables. • The infant CVV doesn't change the number of baby food meat jars or ounces of baby cereal.
7	<p>Offering an infant CVV:</p> <ul style="list-style-type: none"> • Can only be assigned for babies age 9 months up to 12 months. • Will not be the standard food package, but can be offered to older babies who are developmentally ready. • Staff are to offer CVV nutrition education before assigning. An exception would be if it's an experienced parent/caregiver who demonstrates she/he already has the needed knowledge to prepare/store/feed baby food safely. That information can be documented, and nutrition education can be focused on a different topic relevant for that participant.
8	<p>Distribute the staff handout <i>Assigning an infant CVV 9 months up to 12 months age</i></p> <p>There are four basic steps to assigning an infant CVV. We'll discuss these in more detail shortly. But to give an overview:</p> <ol style="list-style-type: none"> 1. Assess: Complete or review the assessment. Explore the family readiness and interest. 2. Educate: Offer anticipatory nutrition education. 3. Assign: Assign an infant CVV food package from age 9 months up to 12 months. 4. Document: Document the education and appointment.
9	<p>Let's explore Step 1: Assess</p> <p>Assess the baby's developmental readiness for homemade baby foods or finger foods. Assess the caregiver's ability to make/store/feed baby food safely. Assess the caregiver's interest and motivation to make baby food.</p> <p>Activity Have the group brainstorm "What open-ended questions will you ask?" Example answers:</p> <ul style="list-style-type: none"> • "How has feeding been going since she started eating baby food?" • "Tell me about what types of baby foods you've been feeding him?" • "Tell me more about how you plan to make baby food?" • "What have you tried regarding making baby food at home?"

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<p>10</p> <p>Activity</p>	<p>Step 2: Educate</p> <p>After it's been determined that a baby and caregiver are ready to receive an infant CVV, the next step is to offer relevant education. With a first time mom, you may be covering quite a bit of information about making baby food and finger foods. But with a very experienced mom, you may determine she already knows everything she needs to understand about making baby food and choose a different topic for education. Education should be tailored to the participant's individual needs, interests, and concerns.</p> <p>Homemade baby food education topics:</p> <ul style="list-style-type: none"> · Safe food preparation · Storage techniques · Feeding practices · Shopping tips <p>Have the group discuss <i>"How will you cover this information?"</i></p> <p>Example answers:</p> <ul style="list-style-type: none"> · Use a handout as a guide for discussing key points about homemade baby food. · Share tips from 'other moms' about making baby foods. · Use props (such as a tray with kitchen utensils/items used to make and store baby food) as visual aids to discuss how to make and store baby food. · Show a short video covering information about homemade baby foods. · Use a laminated page or poster as a visual aid while discussing helpful tips about homemade baby food (or could create a bulletin board display in your office to use).
<p>11</p> <p>Activity</p>	<p>Distribute the <i>Homemade Baby Foods</i> education handout.</p> <p>This participant education handout is now available from the State WIC office. The handout has information about making baby food related to food selection, preparation, storage and safety.</p> <p>Have the group discuss <i>"How will you use this handout?"</i></p> <p>Example answers:</p> <ul style="list-style-type: none"> · As a guide to discuss the steps of selecting, making, storing, and feeding homemade baby food. · To reinforce key messages by checking, underlining, highlighting or circling relevant information.

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<p>12</p> <p>Activity</p>	<p>Use of an education handout is optional. Ask permission to give the handout to the Responsible Adult (RA). Example: <i>“Is it okay with you if we quickly review some baby food tips on this handout?”</i> Use the handout while providing support and anticipatory guidance, to reinforce key messages and help identify next steps.</p> <p>Handout options include: Available from the State office – new <i>Homemade Baby Foods</i> and <i>Wonderful World of Food</i> Additional materials may be available at your local agency – (e.g. <i>Airplane Choo-Choo & Other Games Parents Play</i> from the Idaho Dairy Council)</p> <p>Have the group discuss <i>“How can you use a handout in a ‘participant centered’ way?”</i> Example answers:</p> <ul style="list-style-type: none"> • By asking permission to use a handout (<i>“Is it okay with you if we review this handout while we talk about homemade baby foods?”</i>). • By tailoring the handout discussion to the caregiver’s individual interests, needs and concerns. • By focusing on a specific topic that is most relevant for the participant. • By writing the caregiver’s goal on the handout.
<p>13-14</p>	<p>Checks will look different for the infant CVV packages:</p> <ul style="list-style-type: none"> • For fully breastfeeding, the baby meats are on one check – 14 containers total. • For formula packages, the baby cereal is grouped on one check – 24 ounces total. The Oct. 2016 Idaho WIC Authorized Food List has a visual showing how 24 ounces of baby cereal can be divided up (container sizes) for purchase.
<p>15</p> <p>Activity</p>	<p>Provide shopper education by explaining to the caregiver:</p> <ul style="list-style-type: none"> • The infant CVV is for fresh fruits and vegetables only. • The checks in the food package will be different than before. There will be fewer jars of baby food fruits and vegetables. • For fully breastfeeding: All of the baby food meat jars will be on one check. • For formula packages: All of the ounces of cereal will be on one check. The ID WIC Authorized Food List has a visual showing possible cereal container size combination totaling 24 ounces. <p>Have the group divide into pairs. Have each person take a turn being the RA and staff person. Have them practice what they might say to provide shopper education (what will be important to emphasize?)</p>
<p>16</p>	<p>Step 3: Assign a CVV food package</p> <p>In WISPr click “Yes” to the question “Would you like to replace some baby food with a check for fresh fruits and vegetables?” and a list of infant CVV food packages will appear. Packages with an infant CVV will have a V – it’s the same coding as non-CVV packages except a V will have been added, such as 2BV101. Staff will locate the correct food package from the WISPr list and assign.</p>

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17-19	<p>Assigning infant CVV packages:</p> <ul style="list-style-type: none"> • Infant CVV packages will be available to assign July 2016 for the month of Oct. 2016. • Oct. vouchers must be assigned separately to bring up the CVV packages. Example: A family comes to their WIC appointment in July. The baby will turn 9 months old on Sept. 22. Staff will print the Aug. and Sept. checks first (with no CVV). Staff will then print an infant CVV package for Oct. • The baby must be at least 9 months old on the first day of the month to assign a CVV package that month. If the baby turns 9 months old mid-month, the RA has the option to return on or after that date. If the RA returns on or after the 15th of the month, only a ½ package can be printed for that month. • If a RA was issued a baby food package at her appointment and later decides she wants an infant CVV package instead, checks can only be exchanged if none have been cashed that month. Staff will need to void all checks and reissue checks selecting a CVV package. Example: if a fully breastfeeding mom brings back part of the baby’s vouchers but has already spent one of the baby’s checks, staff can’t reissue a food package with an infant CVV for that month. For future months, staff can void and reissue checks.
20 Activity	<p>Step 4: Staff will need to document in WISPr:</p> <ul style="list-style-type: none"> • The nutrition education topic(s). For education about making baby food and using the infant CVV, there’s a new education topic called “<i>Infant CVV Education.</i>” • Participant/caregiver readiness for homemade baby food/finger food. • The nutrition education handout title (if a handout was used). • Other parts of the appointment staff would normally document. <p>Have the group discuss how they’ll document an appointment where 3 months of infant CVV package checks are issued. Example answers:</p> <ul style="list-style-type: none"> • Document participant/caregiver readiness (developmental, motivation, etc.) in the assessment interview or the care plan. • Select the nutrition education topic <i>Infant CVV Ed.</i> A complimentary nutrition education topic could be <i>Introducing Table Foods</i>, if relevant. • Document the education handout if one was used. • Document other parts of the appointment as usually done.

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21-23 Activity	<p>Have the group discuss the following 3 case studies (“<i>What would you do?</i>”):</p> <ol style="list-style-type: none"> <p>Mom brings her 6 month old daughter Mía to her Health Screen appointment. Mom reports Mía has been very healthy and the introduction of baby foods is going well. Mom is interested in making her own baby foods.</p> <p><i>Would this baby be a good candidate for the infant CVV? Yes</i></p> <p><i>Why or why not? Because the baby is progressing well developmentally and the mom has an interest in making baby foods.</i></p> <p><i>What steps would you take?</i></p> <ul style="list-style-type: none"> • Praise and affirm the mom, such as “<i>That’s excellent you’ve done so well with helping your baby learn to eat.</i>” • Ask probing questions to see what the mom already knows about making and using homemade baby food. • Provide tailored relevant education related to the infant CVV such as shopping, preparation, storage, feeding and safety. • Use a relevant nutrition education handout to reinforce key messages. • Finish the appointment (provide relevant referrals, facilitate goal setting, summarize, issue an infant CVV food package, and document the appointment). <p>Tanya was born two months early and is experiencing delays in growth and development. Mom brings Tanya for her Health Screen appointment and asks to get the infant CVV.</p> <p><i>Would this baby be a good candidate to receive the infant CVV at age 9 months? No</i></p> <p><i>Why or why not? Because she was born premature and has delays in growth and development.</i></p> <p><i>What steps would you take?</i></p> <ul style="list-style-type: none"> • Praise and affirm the mom, such as “<i>It’s really great to see the loving care you give Tanya.</i>” • Ask probing questions: -“<i>Have you talked with Tanya’s doctor about feeding foods with more texture? What did the doctor say?</i>” • Explain because of being born premature, Tanya’s development and growth may actually progress quicker with very smooth textured baby food that is easier for her to eat than if she switches to eating food with more chunks. • Tell the mom when the doctor recommends changing to foods with more texture in the future, she can phone to see about exchanging food packages. • Finish the appointment (provide relevant nutrition education and referrals, facilitate goal setting, summarize, issue a regular baby food package (no infant CVV), and document the appointment). <p>Mom calls and asks to have the infant CVV added to her baby’s vouchers. She tells you she didn’t think her son would be ready for anything other than jarred baby foods when she came for his last appointment. Now he’s finger feeding soft fruits and cooked vegetables and enjoying them.</p> <p><i>How would you respond to this request?</i></p> <ul style="list-style-type: none"> • Praise and affirm the mom, such as “<i>That’s excellent you’ve done so well with helping your baby learn to eat.</i>” • Ask the mom if any of the baby’s checks have been cashed for this month. • Schedule a short appointment to exchange the baby’s checks for an infant CVV package (either this month or next depending on whether or not any checks were cashed this month).

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24-26	<ul style="list-style-type: none"> · Soy beverage (commonly known as soy milk) is authorized for women starting Oct. 1, 2016 · No Medical Documentation is required. · RD approval is required. <p>Distribute the updated staff handout, “Summary of Milk Issuance” Oct. 1, 2016</p> <ul style="list-style-type: none"> · Special milks require RD approval (acidophilus, goats, lactose reduced/free, and soy). · 2% milk for women and children ages 2 to 5 requires RD approval. · Whole milk and lactose reduced/free whole milk requires Food Package 3, a completed Medical Documentation Form with a relevant diagnosis and RD approval.
27 -29	<p>Women will be given soy milk when:</p> <ul style="list-style-type: none"> · An assessment indicates a reason. · The RD approves. <p>Activities Have the group discuss: Before assigning any food package, staff will need to explore the best food package for the participant. <i>What will be important to assess when you get a request for soy milk?</i></p> <p>Example answers:</p> <ul style="list-style-type: none"> · What is the reason for the soy milk request? · Was there a medical diagnosis? · Is she currently eating/drinking any dairy products? Which types? · Has she tried soy milk before? <p><i>What are the reasons a woman might ask for soy milk?</i></p> <p>Example answers:</p> <ul style="list-style-type: none"> · Milk allergy · Vegetarian/vegan diet · Cultural/religious food practices · Concerns about the safety of cow’s milk (e.g. fears about the possible presence of antibiotics/synthetic hormones in cow’s milk) <p><i>What probing questions might staff ask to determine if soy milk is appropriate?</i></p> <p>Example answers:</p> <ul style="list-style-type: none"> · “Tell me about why you switched to soy milk?” · “Has your doctor made a medical diagnosis related to this?” · “Do you eat or drink any dairy products currently? Which types?”

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30	<p>Complete an assessment or review the most recent assessment information:</p> <ul style="list-style-type: none"> • Assess rationale – What is the woman’s reason for wanting/needing soy milk? • Explore attitudes – What are the woman’s thoughts, feelings, interests or concerns about cow’s milk compared to soy milk? • Explore knowledge – Does the woman understand the nutritional difference between cow’s milk and soy milk?
31-33	<p>Soy beverage isn’t the same as milk</p> <ul style="list-style-type: none"> • Even though WIC selects soy beverages that are higher in certain nutrients than most soy beverages or other grain and nut beverages (e.g. rice “milk,” almond “milk”), soy beverage is not nutritionally equivalent to cow’s milk. • Because of the nutrition differences, WIC offers relevant nutrition education when appropriate. <p>If a woman is considering switching to soy milk for dietary preference (with no medical need) and is unaware of potential nutrition differences, offer education about the potential benefits of cow’s milk. When compared to soy milk, cow’s milk:</p> <ul style="list-style-type: none"> • May have higher amounts of essential nutrients (protein, Vitamins A, D, B12, riboflavin and niacin). This varies depending on how much the soy milk has been fortified with nutrients. • Has naturally occurring calcium readily absorbed by the body. The calcium added to soy milk settles in the bottom of the container. Shaking the container helps, but this is difficult to do adequately without spilling once the container is open. • Is a high quality protein source (aids muscle development and immune function). • Doesn’t have added sugars, stabilizers or flavoring that may be in alternative milks. • May contribute more to bone health. <p>Free education handout resources are available from Idaho Dairy Council.</p>
34	<p>Are there differences among soy milks offered by WIC?</p> <ul style="list-style-type: none"> • Different stores may carry different brands of soy milk. There are 3 brands that are WIC authorized in Idaho: <ul style="list-style-type: none"> ○ <i>Pacific Ultra Soy</i> (vanilla or plain) ○ <i>Silk</i> (original only) ○ <i>8th Continent</i> (vanilla or plain) • All soy milk authorized by Idaho WIC meets the minimum nutrient requirements set by USDA. • Different soy milks may have slightly different fat levels and are available to all participants receiving soy milk.

Slides	Materials and important concepts to cover
35	<p>Your assessment and RD approval will help you determine what milk package to assign.</p> <p>With these issues, offer these options:</p> <ol style="list-style-type: none"> 1. Lactose intolerant: lactose reduced/free cow’s milk 2. Vegan diet: soy milk 3. Milk allergy: soy milk or goat’s milk (depending on allergy history) 4. Cultural/religious preference: soy milk 5. Vegetarian diet: cow’s milk if including dairy products in diet – soy milk if not 6. Concerns about safety of cow’s milk: goat’s milk, soy milk 7. Other: discuss with RD
36	<p>Assigning Soy Milk for Women:</p> <p>In WISPr, staff will:</p> <ul style="list-style-type: none"> · Click “<i>RD Approval</i>” · Ask the participant to choose between shelf stable quarts of Pacific Ultra soy milk <i>or</i> refrigerated half gallons of Silk <i>or</i> 8th Continent soy milk. Under “<i>What type of milk would you like?</i>” click “<i>Soy Milk Quart</i>” or “<i>Soy Milk Half Gallon.</i>” <p>Staff also have the option of not answering the “<i>What type of milk would you like?</i>” question, and just searching for the food package by name.</p>
37	<p>What about documentation?</p> <p>Document:</p> <ul style="list-style-type: none"> · The reason soy milk was issued. If applicable, document a medical diagnosis by a health care provider. · RD approval · Nutrition education discussed and the education handout if one was used. · All other parts of the appointment that would normally be documented.

Slides	Materials and important concepts to cover
<p>38-39 Activities</p>	<p>Have the group discuss the following 2 case studies (“<i>What would you do?</i>”)</p> <ol style="list-style-type: none"> Emma is pregnant and comes to her certification appointment. She explains she’s considering changing to a vegan diet because she wants to eat healthier during her pregnancy. She would like to get soy milk on her vouchers. <i>What probing questions and education information would you discuss with her?</i> <i>Example answers:</i> <ul style="list-style-type: none"> • “<i>What specific health benefits are you hoping to accomplish by eating a vegan diet?</i>” • “<i>Have you discussed becoming a vegan with your doctor?</i>” • “<i>What experience, if any, have you had with vegan diets in the past?</i>” • Education about important key nutrients needed during pregnancy for healthy weight gain and development of the baby. • Discussion about the potential nutrition benefits of drinking cow’s milk compared to milk alternatives. Ling recently had a baby and comes to be certified. She’s Asian and says she grew up drinking soy milk. She would like to get soy milk on her vouchers. <i>Do you think the RD will approve soy milk? Yes</i> <i>Why or why not? Because it’s part of the cultural diet for Asian populations.</i>
<p>40-41</p>	<p>Remember food package changes are an opportunity to learn more about what’s happening with a participant and provide relevant education.</p> <p>Close the session by summarizing the next steps, such as: “needing to stock clinic drawers with the new <i>Homemade Baby Foods</i> education handout by (insert date) and assigning Oct. food packages (infant CVV or women’s soy milk) in July.</p> <p><i>Are there questions?</i> Thank everyone for participating.</p> <p>If staff has feedback or unanswered questions, please contact the State office:</p> <ul style="list-style-type: none"> • Nutrition assessment/education: Marie Collier, 334-5953, collierm@dhw.idaho.gov • Vendor: Lily Bell, 334-4922, bell@dhw.idaho.gov Jayne White, 334-0605, whitej@dhw.idaho.gov