



WIC watch

Breastfeeding Success: Re-think, Re-frame & REFORM!

The movement to close the health equity gaps in breastfeeding really took off this year! Positive change is everywhere: more California hospitals are taking concrete steps to improve their policies so that more low-income mothers who want to exclusively breast-feed are supported from the first hour of life. Two CWA-sponsored breastfeeding reform bills have so far made it through their legislative journey. In Washington, mandatory coverage for lactation support and breastpumps has been included in the draft bills on both the Senate and House sides. Wow!

But perhaps most important, thousands of newly trained front-line staff are poised to deliver an historic transformation of California WIC policies regarding supporting breastfeeding and the provision of infant formula in the crucial first month of life. The changes have forced all of us to really **re-think** WIC's role in supporting informed decisionmaking about infant feeding, and totally **re-frame** the way we talk about, support and evaluate it with every woman who comes in the door. **REFORM is here – embrace it, celebrate it and watch it work!**



California WIC is working to create an environment where breastfeeding is the norm.

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★ Highlights

CWA Annual Conference

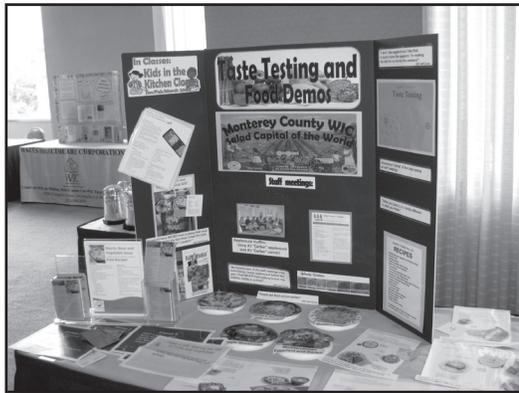
SAN JOSE • APRIL 27-29, 2009



◀ Count van Count with Healthy Habits enthusiasts at the opening of the Conference.



▶ Food demos at the Trade Show featuring approved WIC foods such as tofu and whole grains were very popular with attendees.



▲ Sharing tables gave local agencies an opportunity to highlight their best practices, and learn from the successes of their peers.

▶ Meet the Future! The California Nutrition Corps Scholarship (CNC) winners were honored at a reception. The vision of CNC is to nurture and support individuals with the competency, talent, and dedication that are key to WIC's proven effectiveness.



▲ The first ever "Healthy Habits Chef Cook-off" was a huge success. Mike Elfant from State WIC Division served as master of ceremonies in true Iron-chef Chairman style. Congratulations, to Michelle Fox, our First Prize Winner for her delicious Spinach Medley, and to Sherry Norwood and Nuzi Karim, the runner ups. Roberta Klugman, Worksite Wellness consultant with the three judges, Marlene Sorosky Gray, a Bay Area cookbook author, Maggie Mah, Executive VP – Culinary of Mattson Inc., and Lynne Char Bennett, food writer of the San Francisco Chronicle.

We Made History Together! Thank you to our sponsors, exhibitors, State WIC partners, volunteers, and close to 1,200 attendees for helping make this year's CWA conference one of our best! The Opening parade of WIC Wellness All-Stars and Sesame Street costume contestants set a festive tone that didn't let up for three amazing days. The State-led workshops were terrific, delivering the nuts and bolts training to frontline staff preparing for historic rollout of the new WIC food packages by October 1. Our time together was jampacked with healthy activities. Conference presentations and materials are posted on our website at http://www.calwic.org/spring_conference.aspx.



◀ **The 2009 Best Practices Awards** acknowledge WIC local agencies and staff for excellence in service to WIC the following categories: Health Linkages, Program Promotion and Outreach; Nutrition Services; Program Evaluation; Exceptional Breastfeeding Promotion and Support; Innovative Career Development; Notable Customer Service Innovations; Individual awards were in the categories Local Agency Rookie of the Year and Outstanding Local Agency Employee.

Keynote speaker, Kirk Weisler, encouraged and inspired us to learn, laugh, and lead while creating a great work culture.



BMI screenings and Body fat measurements were part of the many wellness activities offered to Conference attendees.



State WIC Division staff Brent walker, Leslie Kaye, Jackie Kampp, Daisy Silverio and Poppy Strode were trainers extraordinaire at conference workshops.



Rules:

1. Please make sure to take your Passport to the many healthy activities provided at the Conference
2. The PA Leader will stamp your passport at the end of your session
3. For the other activities listed, please stop by the Wellness booth for a stamp
4. Passports with all activities stamped will be eligible for a prize.
5. Please take your "all-activities stamped" Passport to the Wellness booth and get a raffle ticket to enter the drawing for prizes.
6. Prizes will be announced at the Closing Plenary

PASSPORT

WIC WORKSITE

WELLNESS

▲ A Passport to Wellness was given to each conference attendee to encourage them to participate in the numerous wellness activities offered and compete for fun raffle prizes.



California WIC Policy Day Democracy in Action!

On June 17, a big crowd of 70 WIC Ambassadors teamed up with breastfeeding advocates from around the state and converged on the Capitol, taking our important message to every member of the Senate and Assembly. **We have something our legislators really want and the Ambassadors gave it to them in spades. It is this: front line experience with the 1.4 million WIC moms, babies, and kids who live in their districts. We know the difference that WIC and breastfeeding services make on their lives!**

Many elements were critical to making this our most successful Policy day yet:

- A thorough **Webinar training** helped prepare ambassadors to discuss the issues and built their confidence. Excellent portfolio materials and "cheat" sheets were created to use during hill meetings
- The **program with a strong lineup of speakers.** Assemblymember de Leon (author of AB 513) was honored and gave a rousing speech, pledging to continue championing breastfeeding as a civil right as well as great public policy. Senator Fran Pavley (author of SB 257), was also warmly thanked for her persistent efforts. Rebecca Gonzalez from Center for Budget and Policy provided us an indepth analysis of the state budget situation
- The **coordination** of all the WIC and Breastfeeding partners helped us be more powerful in our messaging

We will continue to build our partnerships and leverage the collective power it brings to our message. Thank you, Ambassadors, for meeting your representatives and speaking out for WIC families at a critical time.

Top right: Latest budget updates and a portfolio of materials helped the Ambassadors finesse their talking points for the visits.

Middle right: Assemblymember Kevin de Leon was honored with the CWA Leadership award for his passionate support of breastfeeding issues.

Bottom right: CWA and breastfeeding advocates from the colon, made double the impact with their strong, cohesive messages, when they went on their visits.





CWA Updates



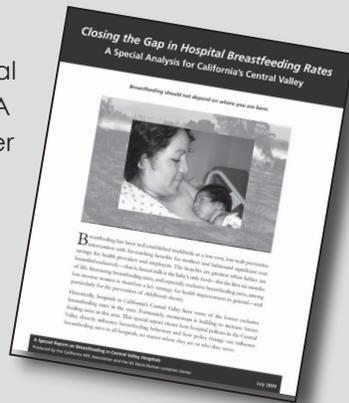
Central Valley WIC moms shared their experiences of initiating breastfeeding in the hospital.

CWA Co-hosts Hospital Summit in Central Valley

Building on the statewide hospital breastfeeding rates reports, CWA with the Human Lactation Center at UC Davis have published a special analysis ***Closing the Gap in Hospital Breastfeeding Rates: A Special Analysis for California's Central Valley***. The report shows how the Valley lags behind in supporting mothers' decisions to breastfeed.

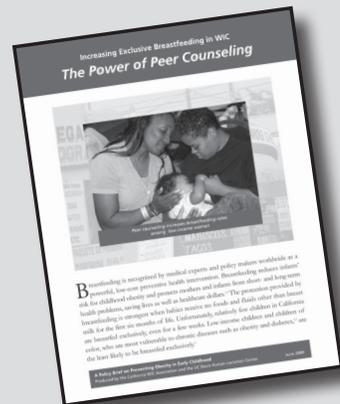
A summit for Central Valley hospitals and interested stakeholders was held in Fresno in collaboration with the Central California Regional Obesity Prevention Program (CCROPP). At this day-long event, over 120 local hospital staff and health care providers studied the evidence, made recommendations and established steps to improve hospital breastfeeding policies and raise breastfeeding rates. Interest was high with 20 of the 34 hospitals in attendance.

The brief can be downloaded at http://www.calwic.org/docs/reports/2009/cv_breastfeed.pdf.



New Breastfeeding Brief from CWA

As part of our popular series, CWA has released a new policy brief titled, ***Increasing Exclusive Breastfeeding in WIC, The Power of Peer Counseling***. The brief promotes peer counseling as a cost-effective means to increase breastfeeding rates and improve infant health, and explains how and why peer counseling really works. The brief recommends that peer counseling be expanded and permanently integrated into WIC programs around the country, but with higher standards and accountability for outcomes. The brief can be downloaded at <http://www.calwic.org/docs/reports/2009/peer-counsel.pdf>.





CWA Updates

Upcoming Trainings and Webinar

Making Change Matter: 2009 Web Forums on the WIC Food Changes



Mark your calendars for the next couple of web forums describing the changes to the WIC food packages and exploring ways to support and partner with local WIC programs to maximize the health benefits of these historic reforms.

Aug. 26th – 12:30-1:30 PM

Co-sponsored by California Primary Care Association, American College of Obstetricians and Gynecologists, California Medical Association Foundation

Find out exactly how the new WIC food packages are designed to meet the guidelines recommended by the IOM and the AAP for the WIC population. Providers will be asked to help WIC meet federal requirements for medical documentation for some of the new foods and special formulas, especially for women and children with particular health care needs – get a “heads up” here.

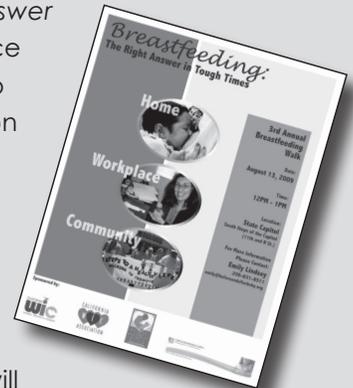
Speakers include: Michele van Eyken, California Department of Public Health, WIC Division; Karla Magie, California Department of Public Health, WIC Division; Ellen Gowen, North County Health Services WIC Program.

To register, please go to <http://www.calwic.org/webinars.aspx>.

Statewide Breastfeeding Walk!

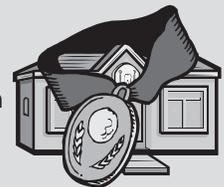
“Breastfeeding: The Right Answer in Tough Times” will take place at the Capitol in Sacramento on August 13, from 12.00 noon to 1.00 pm. We have a lot to celebrate and support, with two breastfeeding bills and more California hospitals becoming Baby Friendly! Statewide Mother-Baby

Friendly workplace awards will be announced. Toolkit and materials for planning a walk are posted on the CWA website at <http://www.calwic.org/bfwalk.aspx>. For more information please contact **Emily Lindsey** at 209-631-8511.



2009 California Mother-Baby Friendly Employer Awards

Each year the California Breastfeeding Coalition recognizes businesses which have contributed to the health of the community by supporting their employees' choice to provide their babies with mothers' own milk. This



year, three employers will be recognized statewide for their exemplary efforts in supporting their breastfeeding employees. The winners will be announced at the State Capitol in Sacramento on August 13th.

Many local coalitions are also planning events to recognize businesses in their communities for their support of breastfeeding families. Check with your local coalition for the date and time of the Mother-Baby Friendly Employer Awards in your community.



Legislative Update

WIC Funding Could Support 10 Million Moms and Children Next Year!

The California WIC Community heard it from Linnea Sallack, WIC Division Chief, at the June Task Force meeting: it's time to prepare for major growth! That's because President Obama wants to see full funding for WIC as part of his commitment to end childhood hunger by 2015 (for more information, go to www.endingchildhunger2015.org), and Congress is supporting him.

Appropriations bills are close to completion that will increase funding for WIC caseload to meet the rising need, and allow for substantial program improvements. The House has completed work on its Agriculture Appropriations bill, and provides \$7.541 billion, an increase of \$681 M over last year, estimated to support an average monthly participation of a record 10.1 million participants! WIC Contingency funding is roughly \$487 M due to the stimulus package (ARRA) passed early this year. The House bill includes \$20 M

for breastfeeding peer counseling, \$30 M for MIS and encourages fast-tracking of WIC EBT with \$14 M in extra funding. In an exciting move, the House included \$125 M to increase the value of the cash value vouchers for fruits and vegetables – enough to fund the IOM-recommended level of \$12 per month for women, instead of the current \$10.

The full Senate is poised to vote on its version of the Ag funding bill, already passed out of committee. The Senate Appropriations' Committee, vowing "to ensure that funding provided in fiscal year 2010 is sufficient to serve all eligible applicants," set WIC's budget at \$7.552 billion, an increase of nearly \$700 million over last year -- the largest single discretionary increase in the bill, estimated to support 10.1 million participants. The Senate version contains \$80 M for "breastfeeding support initiatives," \$60 M for MIS, and \$14 M for "infrastructure improvements." Funding to increase the produce vouchers up to \$12 for women was also included, and military combat pay was exempted from eligibility determination. Like the House, the Senate version contains \$20 M for breastfeeding peer counseling, \$30 M for MIS and fast-tracks WIC EBT with \$14 M in extra funding.

Of concern to California WIC advocates, who would like USDA to explore the cost effectiveness of continuing to require anemia screening in WIC, report language



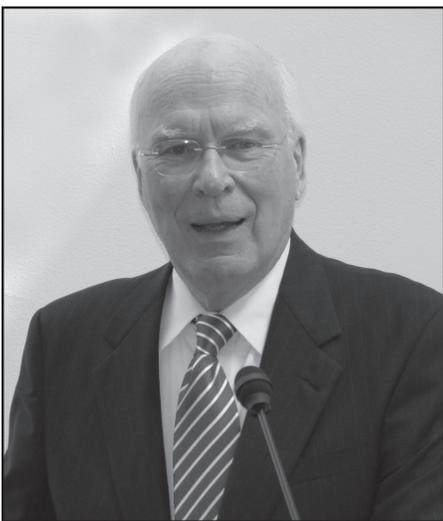
CWA Ambassadors Peggy Redfern, Tulare County WIC, and Ilse Arrimbide, Central Valley Indian Health WIC spoke of the devastating impact of the recession and advocated for full WIC funding in Washington DC.

in the Senate bill "urges the Department to use the WIC program to participate in targeted forms of early intervention...Currently participants of the WIC program are screened for anemia. The simple addition of a glucose test at the expanded screenings would lead to the early intervention necessary to keep obesity and diabetes levels low, and the Committee encourages the agency to participate in these types of ventures." Note to Committee: Glucose testing would not be "simple" or inexpensive! Who thought this idea up? SEE CWA's Policy Brief on the Blood Test issue at <http://www.calwic.org/docs/federal/2009/bloodtest.pdf>.

Once the Senate bill is voted off the floor, a Conference Committee will be formed to iron out the differences in the legislation. Stay tuned for action as the process wraps up later this summer.

Senate Appropriators Urge FDA Action on Formula Claims

Also in the Senate Ag Appropriations bill was a small but important piece of report language that is a major victory for breastfeeding



Senator Leahy confirmed the commitment of the current administration to end childhood hunger by 2015.

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Legislative Update

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advocates – including CWA – who want Congress to act more forcefully to control aggressive marketing of infant formula to the WIC population. The report language instructs FDA to compile a full report on its recent regulatory action of the health claims that formula companies are increasingly using to undermine the decision to breastfeed.

The report language is worth reading carefully: “The Committee is aware that, in recent years, infant formula manufacturers have increasingly added new ingredients to infant formulas, such as long chain polyunsaturated fatty acids, prebiotics, and probiotics. The stated goal of such food ingredient additions is to obtain certain beneficial outcomes with respect to infant health and nutrition. These products are heavily marketed as offering specific health and developmental advantages through nutrition but at the same time cost more than traditional infant formulas. Without a doubt, all infants should have access to infant formulas that promote

healthy growth and development

However, the Committee is concerned that product development in the infant formula industry is outpacing FDA's regulatory actions with respect to new infant formulas and the claims associated with them. The Committee directs the FDA to submit to Congress, within 120 days of enactment, a report containing a list of new infant formulas introduced into interstate commerce in the last decade; information on the agency's efforts to issue structure/function claim guidance for infant formulas; the health claim petitions (either statutory or qualified) pertaining to infant growth, development or nutrition received by FDA; and actions taken by FDA in response to the petitions for these

claims for infant formula, including the number of rejections and the reasons for each rejection.”

This may seem like a modest step – but it is a great start. For more information on Infant Formula Marketing and WIC, see CWA's Policy Brief at <http://www.calwic.org/docs/federal/2009/formulamarketing.pdf>.



Agriculture Secretary Tom Vilsack addressed WIC ambassadors from across the nation at the NWA Leadership Conference in March and spoke about the upcoming WIC Reauthorization.

WIC Reauthorization – Or Not?

The Obama Administration, determined to implement sweeping changes, has kept Congress incredibly busy during the current session – so busy that it's hard to imagine them finding the time to reauthorize Child Nutrition and WIC by the September 30 deadline. Hearings have been held on both sides, and reauthorizing committee staffers have been working on various aspects of the legislation and are hoping to soon receive a list of legislative priorities from USDA allowing them to proceed actively with the process. If necessary, Congress can vote to continue the programs covered by the bill as they are currently authorized, until they have time to pick up the ball. Meanwhile, you can read CWA's WIC Reauthorization proposals at <http://www.calwic.org/docs/federal/2009/2009keyissues.pdf>.

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Ambassadors Angela Damon and Veronica Ramirez from Watts Health Care WIC spoke of the need for wider policy change in breastfeeding support to boost WIC's success.



WBW August 1-7, 2009

World Breastfeeding Week

Breastfeeding: A Vital Emergency Response Are you ready?



The World Breastfeeding Week (WBW) is the greatest outreach vehicle for the breastfeeding movement, being celebrated in over 120 countries. Officially it is celebrated from 1-7 August. However, groups may choose other dates to make it a more successful event in their countries.

Sharing your wonderful work will show linkage and solidarity with the global WBW campaign. Send your reports, materials you have produced, photos and we will create a webpage for you which you can use to further promote your WBW activities to wbw@waba.org.my

Objectives of World Breastfeeding Week 2009

- To draw attention to the vital role that breastfeeding plays in emergencies worldwide.
- To stress the need for active protection and support of breastfeeding before and during emergencies.
- To inform mothers, breastfeeding advocates, communities, health professionals, governments, aid agencies, donors, and the media on how they can actively support breastfeeding before and during an emergency.
- To mobilize action and nurture networking and collaboration between those with breastfeeding skills and those involved in emergency response.

Rationale

- Children are the most vulnerable in emergencies – child mortality can soar from 2 to 70 times higher than average due to diarrhea, respiratory illness and malnutrition.
- Breastfeeding is a life saving intervention and protection is greatest for the youngest infants. Even in non-emergency settings, non-breastfed babies under 2 months of age are six times more likely to die.



- Emergencies can happen anywhere in the world. Emergencies destroy what is 'normal,' leaving caregivers struggling to cope and infants vulnerable to disease and death.
- During emergencies, mothers need active support to continue or re-establish breastfeeding.
- Emergency preparedness is vital. Supporting breastfeeding in non-emergency settings will strengthen mothers' capacity to cope in an emergency.

**You can get information and resources on
World Breastfeeding Week, at
<http://worldbreastfeedingweek.org/>**

WIC's New Breastfeeding Policy – Careful Assessment and Better Support is Key

The WIC Division has been training hundreds of frontline staff on the new policies to support a mother's decision to breastfeed. The new Breastfeeding Promotion and Support policy is not just about “no routine issuance of infant formula in the first thirty days of the infant's life.” It's really about building local agency capacity to provide comprehensive anticipatory guidance, full support, and improved education to all women during pregnancy and the early postpartum period. The goal is that all WIC mothers get the help they need to make an informed infant feeding decision – and that most will successfully initiate and continue exclusive breastfeeding longer. Already, just with improved staff training alone, local agencies report that they are seeing their breastfeeding rates go up!

WIC Staff will:

- Provide Breastfeeding support and education in the first 30 days.
- If formula requested: a complete assessment must be done
- Determine health or nutrition need for formula
- Determine the least amount of formula that meets the infant's needs

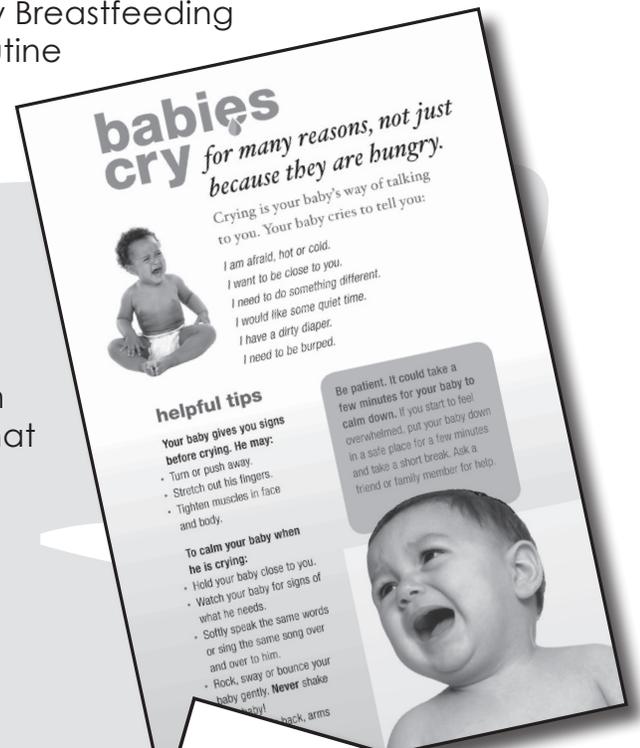
WIC is committed to:

- Providing timely counseling and education
- Seeing breastfed newborns monthly for the first two months
- Providing incentives based on Institute of Medicine recommendations

Newborn Seen Monthly for First Two Months

- Fully breastfeeding mothers may see lactation specialist if needed.
- All combination feeding mothers must see the designated lactation specialist who will:
 - Conduct complete assessment
 - Determine the need for continued formula
 - Provide appropriate breastfeeding support and counseling

WIC Division Goal: All Local WIC staff will be provided 20 hours of breastfeeding training by 2011.



Healthy Habits Begin at Birth

The first six months of your baby's life is a time of "firsts." The first smile. The first laugh. Perhaps even the first tooth. It is also a time in which new and experienced moms alike tend to have the most questions about feeding their babies.

- Breastmilk or iron fortified formula meet all your baby's needs for the first six months.
- Regardless of size, a baby's digestive system is not mature enough for anything but breastmilk or formula until she is about six months old. Large babies have the same developmental timeline as smaller babies; their digestive systems are still immature and unable to handle solids.
- New research indicates that introducing solids too early to a baby's immature digestive system can lead to a variety of allergies and food intolerances.
- Here are some signs that your baby is ready for more than just breastmilk or formula:
 - ✓ Good head control.
 - ✓ Opens mouth when seeing a spoon.
 - ✓ Accepts food from spoon and moves it into his mouth.
 - ✓ Uses jaw to munch up and down.
 - ✓ Uses whole hand to grasp objects.



Healthy Habits Begin at Birth

WIC's new food packages provide incentives to breastfeed. The more breast milk a baby gets, the healthier the baby and mom will be. The breastfeeding food package as an incentive for moms to continue to exclusively breastfeed for as long as they can.

Sample Newborn Behavior Questions and Answers

My baby is always fussy right after she eats because she is still hungry. Can I have formula?

I can see that you are worried about your baby's fussiness. It sounds like she may be having a bowel movement after she eats. This is her way of responding to what is going on inside of her body. Have you noticed that her diaper is usually dirty not long after she eats?

All of a sudden my 2-week old baby wants to feed every hour. She wasn't doing this before. What's wrong with my milk?

I can understand you are concerned that your baby seems hungry an hour after you fed her. This is normal. Around this age (10-21 days old) most babies have a growth spurt. Since she is growing, she will need extra feedings during this time. She should return to her normal schedule shortly. Do you have any questions about growth spurts?

When I put my baby down to sleep he keeps waking up. He wants to breastfeed again when he wakes up. Why is he so hungry?

I can understand your concern about your baby's waking up after you lay him down. Your baby is probably not hungry and breastfeeding is just soothing him back to sleep. Newborns fall asleep and wake up easier than older babies and adults. It takes about 20 minutes for newborns to fall into a deeper sleep. How do you feel about waiting a little bit longer, maybe rocking your baby for a bit, before you lay your baby down?

My baby wakes up all night long. Can I have formula to help my baby sleep through the night?

I know it is tiring getting up with your newborn at night. It is healthier for your baby to wake up more often at night right now than to sleep longer. Newborns wake up 3-4 times during the night for brain development. As your baby gets older he will get up less often at night. How do you feel about waiting a few more weeks to see if your baby starts to sleep a little longer during the night?

My baby cries all the time. I live with my husband's family and they don't like when my baby cries; they think he is hungry. Why is my baby always crying?

It sounds like you are worried about your baby's crying upsetting others. Newborns cry for about two hours a day. Babies don't always cry because they are hungry. Sometimes they need to be held, want their diaper changed, or just need to do something new. Would you like to talk about some things you can try to calm your baby when he cries?

- Exclusively breastfeeding moms will receive more food, more variety, breastfeeding support and services and nutrition education for up to 1 year postpartum.
- Partially breastfeeding moms will receive breastfeeding support, nutrition education and food for up to 1 year postpartum.
- Moms who are minimally breastfeeding will receive a food package similar to the non-breastfeeding package and will receive foods until 6 months postpartum. They will receive breastfeeding support and nutrition education for the entire 12 months postpartum.
- Moms who do not breastfeed will receive foods and nutrition education until 6 months postpartum.

Download the many excellent materials developed for Healthy Habits Begin at Birth. One-one-one worksheets (Self Learning modules) have been developed in English and Spanish at <http://www.cdph.ca.gov/programs/wicworks/Pages/WICHealthyHabitsBeginAtBirth.aspx>.



DEVELOPED BY THE California WIC Program, California Department of Public Health | This institution is an equal opportunity provider.

from Infant Assessment 1/9/2009

Healthy Habits Every Day

Lose the Fat, Keep the Vitamins...Drink Lowfat Milk!

Drinking lower fat milk aims to reduce total fat and saturated fat consumption. This is accomplished by encouraging participants and their families to switch from drinking whole or reduced fat 2% milk to lowfat 1% or fat free milk. The new food package will no longer offer whole milk to adults and children over 2 years.

Lose the Fat, Keep the Vitamins.....Drink Lowfat Milk!

has developed lesson plans and materials that will help WIC participants:

- Taste lowfat 1% milk
- Compare the nutrition facts of different kinds of milk
- Identify health benefits of lower fat milk
- Discuss ways to switch from high fat milk to lower fat milk

Download bulletin board materials, recipes and other educational materials at <http://www.cdph.ca.gov/programs/wicworks/Pages/WICHealthyHabitsEveryDay.aspx>

healthyhabits everyday

Lose the Fat, Keep the Vitamins...Drink Lowfat Milk!

The Healthiest Milk for My Family

Other Nutrition or Health Topic

Lowfat Dairy Foods

How Much Milk Should My Child Drink?

Quick and Easy Recipes Using Lowfat Dairy

Healthy Habits Every Day

Make Half Your Grains Whole

WAYS TO EAT MORE WHOLE GRAINS

- Choose 100% whole wheat breads, tortillas, bagels and pita pockets.
- Try plain popcorn or brown rice cakes.
- Choose whole wheat pasta.
- Add brown rice, barley or other whole grains to your soups and casseroles.
- Substitute half the white flour with whole wheat flour in your regular recipes for cookies or muffins.
- Try one of these whole grain WIC cereals: Cheerios, Mini-Wheats, Life, Oatmeal Squares, or Instant Oatmeal.
- Experiment with new recipes. Check out cookbooks from your local library.



NEW WIC FOODS

Starting October 2009, WIC will offer the following whole grain foods to children and most women:

- 100% Whole Wheat Bread, Buns or Rolls
- Brown Rice
- Oatmeal
- Corn Tortillas
- Whole Wheat Tortillas
- Bulgur
- Whole Grain Barley

healthyhabits everyday

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ACTIVITY 2: COMPARING FOOD LABELS

Directions: Read the ingredients on these bread labels and circle the bread that is the best whole grain choice.

1 Selecting Whole Grain Foods
Look for food with a whole grain word as the first ingredient. A food has more of the first ingredient than any other ingredient.

2 Classic 100% Whole Wheat
Ingredients: Whole wheat flour, water, brown sugar, yeast, ...

ACTIVITY 3: READING TRICKY FOOD LABELS

Directions: Read questions 1-5 and circle True or False for each statement.

- 1 All brown bread is 100% whole grain.
- 2 If the label says "100% wheat", it means that wheat is the only grain in the product.
- 3 "Multi-grain" means that a food is whole grain.
- 4 If the label says "made with whole grains", sure that the food is "100% whole grain".
- 5 The easiest way to find whole grains is the front label for the words "100%".

CHECK YOUR ANSWERS HERE:

- 1 **False:** Many brown breads have color added to make them look like whole wheat.
- 2 **True:** "100% wheat" means the only grain is wheat, but it may not be whole wheat.
- 3 **False:** "Multi-grain" means it contains more than one kind of grain but they may not be whole grains.
- 4 **False:** "Multi-grain" means it contains more than one kind of grain but they may not be whole grains.
- 5 **True:** The easiest way to find whole grains is the front label for the words "100%".

ACTIVITY 5: COMING OCTOBER 2009 - WIC CHECKS FOR WHOLE GRAIN FOODS

Directions: Starting October 2009 WIC will be offering checks to buy the following whole grain foods. Circle the foods you might buy.

- Brown rice
- Old-fashioned oats
- Bulgur
- Soft corn tortillas
- 100% whole wheat bread
- 100% whole wheat tortillas

Need ideas or recipes for preparing whole grains? Ask your WIC staff.

THANK YOU FOR PARTICIPATING IN THIS ACTIVITY!

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There are many other great educational materials. All of them are available in English, Spanish, Armenian, Chinese, Hmong, Korean, Russian and Vietnamese.

To download them, please go to <http://www.cdph.ca.gov/programs/wicworks/Pages/WICHealthyHabitsEveryDay.aspx>


Legislative Update

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Health Reform – Breastfeeding Support Needs to Stay In!

Washington has been consumed with efforts to pass sweeping health care reform this year. As we write this, it's looking like the House Energy and Commerce Committee negotiated a roadblock with fiscally conservative Blue Dog Democrats and will be able to pass their version of the bill (HR 3200), defeating a Republican effort to eliminate the government-run public plan option, as well as an amendment intended to prevent undocumented immigrants from receiving Medicaid benefits. House Speaker Nancy Pelosi (D-Calif.) expressed confidence that the bill would pass the committee and that the full House would approve it after the August recess.

As Congress prepares to adjourn, Representatives and Senators will head home to convene town halls to discuss health care reform.

ACTION: WIC providers have direct knowledge of our participant's

experience (or lack of it) in the nation's current broken healthcare system – and the need to fix it now! Please participate in your Congressperson's community listening sessions on health care reform. Tell them how important prevention is, and urge them to save money by reining in Medicare spending and modernizing treatments, and tell them you think it's fair to raise revenues by taxing the rich as well as some employers who don't offer health insurance. **A great brief outlines how we can pay for badly needed reform.** See http://www.urban.org/health_policy/.

CWA has been tracking the progress of the health reform bills in both the House and the Senate, with the goal of insuring that the Preventive Services title continue to include mandatory coverage for lactation support and breastpumps. Karen Farley travelled to Washington at a critical juncture in the debate a few weeks ago to carry the breastfeeding message to key members of the Obama administra-

tion and staffers busy working on the details. At this point it is still in – let's keep it that way. For details, contact Karen at kfarley@calwic.org.

State Budget Cuts Will Harm WIC Families

On July 28, Governor Schwarzenegger signed a package of bills aimed at closing the state's \$23 billion budget deficit. Held hostage by the GOP minority due to the two-thirds vote requirement, as well as an intransigent Governor, Democratic legislative leaders were unable to include closing tax loopholes or revenue patches and thus avoid catastrophic cuts that will impact many aspects of the health and social safety net which supports WIC families and WIC local programs. The package of bills includes a total of \$24.159 billion in "solutions" – mostly spending cuts along with other fixes and accounting tricks. Before signing the budget bills, the Governor used his line-item veto authority to further cut expenditures by close to \$500 million, mostly health and human services programs, including Child Welfare Services, Healthy Families, and Regional Centers services for children with developmental disabilities. The bottom line is that over 40 years of progress has been erased, and we are looking a state where it may no longer be possible for families who work hard and play by the rules to build a better future for their children.

The state fiscal meltdown comes as the nation's economic pulse continues to flatline, especially from the perspective of the very poor, who come to WIC for help. The WIC



Yuan-Ying Lin, Marin County, Tracie Barrow, Sonoma County and Barbara Bishop, United Indian Health educated their elected representatives on the impact of WIC and breastfeeding services on the health of moms and children.

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Legislative Update

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community will have to work extra hard in coming years to ensure that WIC families get referred to every possible program left standing, so that they can survive and offer health protections to their newborns and toddlers. With help from the California Budget Project, here are Budget "Low-Lights" of deep concern to WIC Providers:

• **CalWORKS:** Limits adults to 48 cumulative months of cash assistance in any 60-month period -- does not appear to affect the children's portion of the grant. Imposes additional restrictions that make it harder to get on and stay on aid, and deepens sanctions by cutting aid, which will directly impact children living in affected households. Eliminates the statutory COLA for CalWORKs grants starting in 2010-11, and cuts funding for county operations by \$375 million in 2009-10. Note: parents and relative caregivers of young children will be exempt from having to meet work participation requirements.

SSI, Foster Care, Child Support: Child Welfare was cut by \$80 million. Cuts SSI/SSP grants to the minimum level required by federal law (\$1,407 per month) and the grant for individuals will be reduced by 0.6 percent, to \$845 per month, effective October 1. Eliminates the statutory SSI/SSP COLA starting January 1, 2011. Imposes a 10% rate cut for foster care family and group homes; and adds a \$25 fee for child support enforcement collections for some households.

• **Healthy Families and Medi-Cal:** Total cuts were devastating: \$174 million for the coming year, and California First Five did not commit to bailing out the program, as they did last year. Starting July 17, the state's Healthy Families Program be-

gan wait-listing new applicants, and MRMIB will probably have to terminate benefits for many thousands of children in the next few months. Medi-Cal must "restructure" to push more senior and disabled patients onto managed care, and was reduced by at least \$323.3 million without specifying how; community hospitals received additional range of cuts.

Community Clinics and Public Health: Cuts state funding for Expanded Access to Primary Care Program by \$4.5 million, Rural Health Services by \$2.2 million, Seasonal Migratory Worker Program by \$1.9 million, and Indian Health Program by \$1.5 million. Children's Dental Disease Prevention: Suspended state funding for savings of \$2.9 million. State Immunization funding eliminated to save \$18 M. Cuts the Domestic Violence Shelter Program by \$4.1 million in 2009-10, a 20 percent reduction.

Maternal, Child, and Adolescent Health (MCAH): Cuts General Fund support for Local County Maternal and Child Health Grants by \$2.1 million. Cuts MCAH state operations by \$3.5 million. Eliminates Family Life Program and Black Infant Health.

Privatization of Food Stamp, MediCal Eligibility: Establishes a process to shift this responsibility from the counties to a single entity by developing a "statewide eligibility and enrollment determination process." If implemented, this change would likely result in a private contractor taking over eligibility processing in California, despite the fact that other states' privatized systems have failed.

State Furloughs: The three-day-per-month state worker furlough will continue through next year.

WIC Left Standing – But On Shaky Ground

While WIC's 100% federal funding should be safe from direct cuts, State and local WIC program managers have been increasingly challenged by the fiscal crises faced by their parent agencies: including CDPH itself, county health departments, non-profit community clinics and other agencies that operate local WIC contracts. While it makes no sense, the WIC state agency and many local WIC contractors still subject to Executive Orders and other fiscal controls requiring staff furloughs, travel and hiring freezes and other spending constraints. . Riverside County WIC, one of the state's largest WIC Programs, just announced WIC clinic closures on all Saturdays and every other Friday, systemwide.

This frustrating fiscal environment has caused local WIC managers to revert higher amounts unspent local funds to the state – despite the growing demand for WIC services! At the state level, the Friday furlough day, as well as funding restrictions and endless paperwork "drills" are beginning to take their toll on the WIC Division staff, and are being felt by local agencies who need prompt technical assistance with ISIS. All this when we are working hard to prepare for the biggest transformation in WIC history – the new food packages roll out on October 1! CWA's Robbie Gonzalez has been calling all local agencies to gain a clear picture of the frustrating fiscal challenges they face. **CWA will work with USDA, members of Congress and all of you to preserve and protect WIC services during this critical period—stay tuned!**



CWA Bill Update

AB 513/de Leon (CWA-Sponsored)

Status: In Senate: In Senate Appropriations on August 17th

Mandate to Cover Lactation Support and Breast Pumps

This bill would ensure that new mothers who choose to breastfeed their babies have access to breast pumps and certified lactation consultants through either their public or private health insurance plan. It would require health care service plans and health insurers to include coverage for lactation consultation and for the rental of breast pumps as part of their health care service or health insurance policies that provide maternity coverage. Supporters include the CA Nurses Association (CAN), MCH Access, American Academy of Pediatrics (AAP) and a host of breast feeding support groups.

CWA Position: SPONSOR-SUPPORT

Links to view supporting material and bill: http://www.calwic.org/legislation_state.aspx
http://www.leginfo.ca.gov/pub/09-10/bill/asm/ab_0501-0550/ab_513_bill_20090723_amended_sen_v97.pdf

SB 257/Pavley (CWA-Sponsored)

Status: In Assembly: Passed Assembly Appropriations (12-9) on July 1st; To Assembly Floor after August 17th
State Employee Notification – Breast Feeding Accommodation

This bill would require CA to take a leadership role in helping working mothers by requiring state departments to notify women nearing maternity leave of breastfeeding accommodations in the workplace within existing channels of communication. The measure would also make available on state websites the federal Health and Human Services information about breastfeeding in the workplace.

CWA Position: SPONSOR-SUPPORT

Links to view supporting material and bill: http://www.calwic.org/legislation_state.aspx
http://www.leginfo.ca.gov/pub/09-10/bill/sen/sb_0251-0300/sb_257_bill_20090430_amended_sen_v98.pdf

SB 797/Pavley & Liu

Status: In Assembly: Passed Assembly Health (10-6) on July 7th; To Assembly Floor after August 17th

Eliminating BPA In Bottles and Sippy Cups – “Toxic-Free Babies & Toddlers Act”

This bill would limit the amount of Bisphenol A (BPA) allowed to leach from baby bottles, sippy cups, infant formula and baby food jars. Specifically, the bill would prohibit the manufacture, sale or distribution of the above products designed for children 3 and younger that contains more than 0.1 parts per billion of BPA.

CWA Position: SUPPORT

Links to view supporting material and bill: http://www.calwic.org/legislation_state.aspx
http://www.leginfo.ca.gov/pub/09-10/bill/sen/sb_0751-0800/sb_797_bill_20090715_amended_asm_v97.pdf



Jennifer Banuelos spoke about the importance of lactation support for successful breastfeeding at a press conference for AB 513.

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AB 98/DeLaTorre

Status: *In Senate: In Senate Appropriations Suspense File*

Maternity Benefits Mandate Bill

Sponsor: ACOG

This bill would require every individual or group health insurance policy (as specified) to cover maternity services, as defined, as of January 1, 2010. It defines maternity services to include prenatal care, ambulatory care maternity services, involuntary complications of pregnancy, neonatal care and inpatient hospital maternity care, including labor, delivery and postpartum care.

CWA Position: SUPPORT

Link to view bill: http://www.leginfo.ca.gov/pub/09-10/bill/asm/ab_0051-0100/ab_98_bill_20090413_amended_asm_v98.pdf

AB 627/ Brownley

Status: *In Senate: Passed Senate Health (7-3) on July 15th; To Senate Appropriation August 17th*

Child Care Nutrition Environment

Sponsor: CA Food Policy Advocates

Would require, as a condition of licensure that child day care facilities meet certain health and nutrition related items. This bill would also create an 18 month pilot program which child care centers selected by the



Karen Farley with staffer for Senator Pavley, Estella Cisneros, whose diligence and perseverance helped SB 257 pass through Assembly Appropriations with bipartisan support.

state department of education would have to participate in requiring them to implement certain nutrition and physical activity standards in exchange for higher state meal reimbursement.

CWA Position: SUPPORT

Link to view bill: http://www.leginfo.ca.gov/pub/09-10/bill/asm/ab_0601-0650/ab_627_bill_20090624_amended_sen_v96.pdf

AB 159/Nava

Status: *Held in Suspense File in Assembly (Dead for Year)*

Perinatal Mood & Anxiety Disorders Awareness & Task Force

Sponsor: Jr. Leagues

This bill would authorize the Department of Public Health to create a Task Force on Perinatal Mood & Anxiety Disorders (PMAD). It would also authorize DPH and the Task Force to develop recommendations and educational materials for the department's perinatal health programs. These recommendations would be for public awareness and to identify national guidelines for care for PMAD which health care providers and organizations may use. The bill is supported by ACOG, CMA, CA Hospitals Assoc and others. It passed A. Health on a bipartisan fashion with no "no" votes.

CWA Position: SUPPORT

AB 1057/Beall

Status: *Held in Suspense File in Assembly (Dead for Year)*

SNAP (food stamps) Streamlining

Sponsor: CA Food Policy Advocate

Would require the Dept of Social Services to streamline the Food Stamp Program verification process at the time families apply.

CWA Position: SUPPORT

SB 1/Steinberg

Status: *In Senate Health (Dead for Year)*

Children's Coverage Expansion Bill

Sponsor: 100% Campaign & PICO CA

This bill would cover the remaining 800,000 children in CA not yet covered by health insurance by expanding coverage and linking them up with either the Medi-Cal program or the Healthy Families Program.

CWA Position: SUPPORT



Worksite Wellness

Your Roadmap to WIC Worksite Wellness

The WWW program embodies the local, state and national focus on the value of primary prevention. By helping Local Agencies set up policies and practices, the focus will be to step up the workplace culture, where it will be easier for employees to adopt healthy lifestyle choices, and make it unlikely for them to pick up unhealthy practices. The goal is to create a fertile ground for healthy practices.

Below you will find the key components of the program. Use this information to develop your plan to become a certified Well WIC Worksite. For the complete planning toolkit, and many other resources, go to the new webpage for Worksite Wellness at <http://www.calwic.org/worksitewellness/index.html>

KEY COMPONENTS OF THE WWW PROGRAM

1. Commitment

The commitment form needs to be signed by the WIC Director or Wellness Coordinator. Fax or mail CWA a copy. Create a wellness binder. Keep the original commitment form in the binder.



You are already working to support the well-being of your staff. The goal of the WIC Worksite Wellness program is to build on your current efforts by taking a closer look at powerful environmental support strategies.

Creating a shared wellness vision in a big step towards success. It touches people on a personal level. People are inspired by the purpose of the effort, feel that their values and ideas are being incorporated into what the org is trying to achieve, are able to better communicate and articulate the purpose of the effort, understand that both individual and org needs are being addressed, and it is clear to them how their day-to-day activities can support the overall goals of the effort.



2. Development

a. Organize your efforts!

Read the chapter called "Aligning Cultural Touch Points" in the book "Wellness Leadership" by Judd Allen. Cultural touch points



are the mechanisms you put into place for establishing norms. This section discusses identifying and adjusting environmental features so that they do not stand in the way of wellness behaviors –

1. Think of how you can tweak your current system – build on existing strengths. How will you involve key decision makers to change the touch points?
2. Pick a couple of things that will make a difference – for example modeling healthy behaviors, frequent communication of wellness vision to staff to keep motivation up, recognition of healthy behavior changes, creating a strong peer support system, etc

You can choose which healthy behaviors will become the norm (normal practice) at your workplace – for example, at Riverside county, every morning the bell rings and everyone is expected to drop what they are doing and spend 10 minutes stretching and exercising in their cubicles

Think about your Organization's wellness story – were efforts made in the past? If so, how did they work? What strategies proved successful? Which were the hardest to implement?

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Worksite Wellness

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How do you plan to increase the awareness of the benefits of a worksite wellness program?

How do you take full advantage of individual and group strengths rather than weaknesses?

Members of your group will have attitude towards wellness that range from wildly enthusiastic to totally skeptical. 5-10% Wellness champions, 30-40% Quiet supporters, 40-50% Neutral, 15-20% opposed, 1-2% active opposition.

What will you do to shift people towards the wellness champion position?

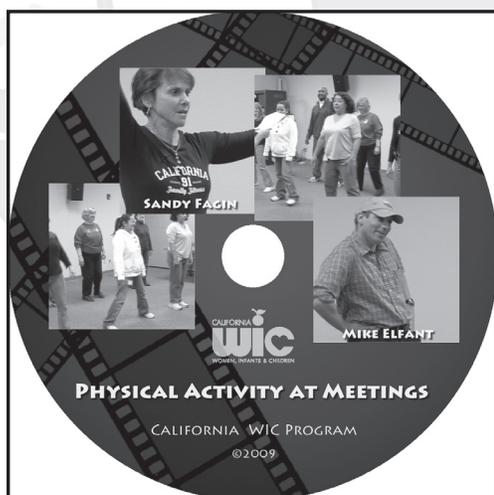
b. Harness the power of peer support – this is critical to make the shift. Read Judd Allen's, "Healthy Habits, Helpful Friends" provided to you in your Starter kit.

c. Use the Work plan provided in your starter kit.

The Work plan has been developed with overarching wellness goals that are aligned with national Healthy People 2020 goals. The menu of choices allows Local Agencies to select and work on objectives that reflect staff priorities. Choose at least two objectives per step. You may ignore the ones listed and create your own objectives.

d. Participate in the many technical assistance opportunities provided by CWA:

CWA Training Events: The WIC Worksite Wellness program will be continually reinforced via special trainings and motivational events integrated into our regular WIC conference and webinar schedule.



Sandy Fagin and Mike Elfant from State WIC Division have created a fun exercise DVD featuring state WIC staff, with different PA modules for Local Agencies to use during physical activity breaks.

During future CWA Spring and fall conferences, sponsored Wellness events will include Pre-Conference Skillbuilder Sessions, Healthy "Cook-Off" and Wellness Breaks (physical activity or stress reduction classes), and a workshops on a Wellness track.

Worksite Wellness Webinars: Four 2-hour Web Training Forums featuring national speakers and local experts. Give us ideas for webinars – what would your staff want to hear about – so we can support your needs.

CWA will start a list serv (like WIC Talk) on WIC Wellness, so you can post questions, successful strategies and share news and ideas.

Mentoring opportunities for Local Agencies that would like some support to implement their wellness program

e. Document your efforts:

1. Work plan – customize to suit your needs. Use the objectives provided or make your own.
2. Policy statement – Ask CWA for help or see the Network for a Healthy CA's Fit Business Kit. Your policy statements need not be complex documents – one paragraph stating your intention is what is needed
3. Pictures, stories – these convey staff wellness efforts in a very compelling manner
4. Keeping track of some Programmatic measures would be very helpful, such as:
 - a) What's happening? - overall picture -
 - b) Incorporate **qualitative** and **quantitative** data gathering. Limit the data collection to those objectives that matter to your organization
 - c) What is the participation rate for activities meant for **all** employees (for example annual physical, screening?)
 - d) What is the participation rate for **optional** wellness activities – special events, challenges, healthy potlucks, recipe contests, attendance and utilization of resources – stress reduction training?
5. What is the level of satisfaction with the wellness initiative? Use personal stories from staff, pictures, videos

You have completed the WWC Employee and Agency surveys last year, and at the start of the HH4L campaign, you had to do a survey. So, at this time, there

WIC WORKSITE

are no other surveys that you **have** to take. If you wish to take the surveys, download them from our website.

A Public Relations toolkit is being developed and will be available in Oct, with sample letters, press release, and other materials to help you market your wellness events to the local media. This kit will also have resources/ letter templates for you to partner with local organizations and businesses to garner sponsorships at the local level for your events.

3. Incentives

Staff need to know that commitment to wellness will be sustained. CWA will assist Local Agencies to obtain Incentives.

Rewards and recognition for reaching wellness goals are key components to WIC Worksite Wellness.



First shipment of incentives will be sent out by **August 13** to all Local Agencies who have signed commitment forms – incentives can be raffled off and used in a variety of ways.

4. Certification

When you are ready to host a site visit, please contact CWA. We will schedule a site visit at your convenience.

The evaluation team will include member(s) of the state advisory committee, CWA staff, state WIC staff and local city/county/Network health promotion coordinator.



Evaluation team will speak with the Wellness coordinator, hear details of your wellness program, go through your documentation and have conversations with WIC staff

Agencies who meet completion criteria for all of the Ten Steps will be awarded official Well WIC Worksite Certification

Certification will include onsite recognition with attractive signage, inclusion in community celebration via the CWA newsletter and WWW Webpage

For information on the Worksite Wellness program, please contact Kinkini at kbanerjee@calwic.org.

5. Evaluation

Periodic short surveys will be sent to local agencies about behavior changes, success with PA breaks, staff satisfaction.



These surveys will have 5-7 questions, to allow for ease of completion during staff meetings

Collaboration with UC Berkeley and UCLA to help with evaluation and implementing the program. Stay tuned for details!

6. Sustainability

CWA will support your local efforts for a period of three years after certification through the following:

- Events, trainings, incentives, webinars, challenges
- New WWW website will serve as resource guide
- List serv will serve as forum to share ideas
- Active partnerships with other public health and community groups
- Recognition of individuals, teams and Local Agencies
- Utilizing best practices
- Mentoring/Pairing of WIC Agencies
- Peer Support
- Partners/sponsors of the WWW will provide tech assistance



NEXT STEPS FOR LOCAL AGENCIES:

1. Designate one (or more) staff who will oversee wellness efforts
2. Participate in one or more events happening over summer – Fruit and Veggie Festival (Network Retail Program), Rethink Your Drink! Soda-free summer, Walktober (October), Breastfeeding Awareness events
3. Use the physical activity CDs you got as part of your Starter Kit.
4. Read Judd Allen's books – they are full of great ideas
5. Have fun with wellness this summer!

Keep CWA posted of your successes and challenges, so we can support you on this exciting journey.

By supporting each other, we will achieve positive and lasting lifestyle changes!



Career Corner: Ask Nancy

Nancy Nesa, MA, RD, Statewide Career Development Coordinator

WIC employees are "growing" their careers with the support of the state's career development services, which provide a range of resources. For the latest information on educational programs and resources to help you achieve your career goals in community nutrition, check out WIC Career Corner at www.wiccareercorner.com.

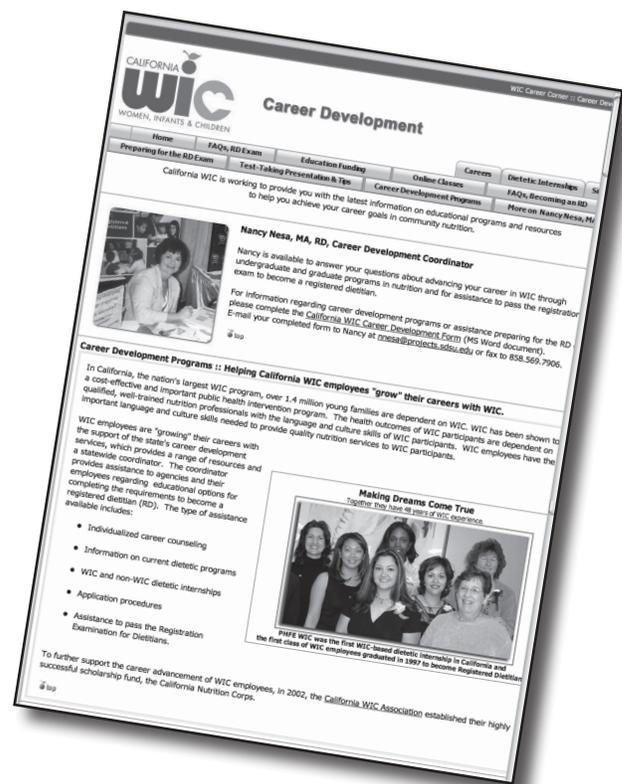
Q. I really want to become a Registered Dietitian but there doesn't seem to be a dietetic internship for me in Northern California.

A. There is a severe shortage of dietetic internships throughout the nation and especially in northern California. The internships in northern California receive over 500 applicants for only 80 interns a year. Even distance internships that were once a good option have become very competitive and expensive. WIC employees anywhere in California do have the option to apply for the Central Valley WIC or the San Diego WIC Dietetic Internship where they receive selection priority. But they would have to relocate near the program to complete the year-long internship. California WIC continues to look for innovative ways we can help employees become RDs. We're very excited about the pilot project we just kicked off for WIC employees in northern California. The San Diego WIC Dietetic Internship will administer a new northern California dietetic internship option. One or two employees will be selected as interns for the class beginning March 2010 and they will be able to continue working at their agency and complete the internship locally, similar to a distance internship. For more information go to: www.wic-sdsu.org.

California WIC is working to provide you with the latest information on education programs and resources to help you achieve your career goals in community nutrition. If you would like more information on career development programs, e-mail Nancy at nnesa@projects.sdsu.edu.

Q. Is a dietetic internship the only way to become a RD?

A. There are a few programs called Coordinated Dietetic Program (CP), which may be a bachelor's or master's degree program that combines the required dietetics coursework and supervised practical experience. A CP is CADE-accredited to provide both the academic and supervised practice components necessary to be a RD. There are two local CPs in California: California State University- Los Angeles and Loma Linda University. There is also one distance program at Eastern Michigan University.





Educational Resources

■ Secrets of Baby Behavior

UC Davis Human Lactation Center

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

Research-based, the advice and tips enable parents and care providers to better understand babies' needs for appropriate feeding, sleep and care.

■ Spanish for Breastfeeding Support

Diana B. Glick and Tanya Lieberman, IBCLC, Hale Publishing 2009.

The book teaches you how to support nursing moms in Spanish using dialogues, vocabulary, listening comprehension exercises, grammar lessons, quick reference sheets, and great lists of Spanish breastfeeding resources. The book also comes with two CDs.

■ We Like To Nurse Too

by Mary Young, Hohm Press, July 2009

Children learn about the nursing habits of animals they love from all parts of the world--porpoises, dolphins, sea lions, orca whales and others. This sequel to *We Like to Nurse*, takes a stand for the health of the environment, honoring the Earth and all her creatures.

■ Breastfeeding Resources from New York City Health Department

<http://www.health.state.ny.us/community/pregnancy/breastfeeding/>

A variety of public health marketing detail kits, including ones for breastfeeding and obesity prevention, are available for download.

■ Diagnosis and Treatment of Feeding Disorders in Infants, Toddlers, and Young Children.

Irene Chatoor, MD. , *Zero to Three*; 1 edition, July 2009

Grounded in the latest research and contemporary practice, the book discusses the consequences of early feeding problems and reviews relevant terminology, etiological factors, and how to distinguish serious feeding disorders from transient and milder feeding difficulties. The book also includes Parent Information Outlines about the feeding disorders which professionals can use as handouts for patients' families.

■ Spend Smart. Eat Smart

Iowa State University Extension

<http://www.extension.iastate.edu/foodsavings/>

Offers consumers information to help them build the skills and knowledge necessary to affordably make or buy healthy meals.



Recipe



Pineapple Rice Salad

Serves 6

- 1 cup long-grain brown rice (brown basmati is particularly good here)
- 1/2 cup mayonnaise
- Juice of 1/2 lemon or lime
- 1 teaspoon good-quality curry powder, or more to taste
- One 16-ounce can unsweetened pineapple chunks, well drained
- 2 cups small bite-sized broccoli florets, steamed until bright green
- 1 medium red bell pepper
- 8-ounce package baked tofu, cut into narrow strips
- 2 scallions, thinly sliced, green parts only
- 1/2 cup raisins
- Salt and freshly ground pepper to taste

Gently simmer rice in 2 cups water until absorbed, about 35 minutes. If you'd like a more tender grain, add an additional 1/2 cup water and cook until absorbed.

Combine the mayonnaise, lemon juice, and curry powder in a small bowl and whisk together and set aside until needed.

When the rice is done, combine it with the remaining ingredients in a serving container and stir together.

Stir in the mayonnaise mixture.

Allow to cool to room temperature, then serve.

*This luscious main-dish salad is a crowd-pleaser adapted from **The Vegetarian Family Cookbook**.*

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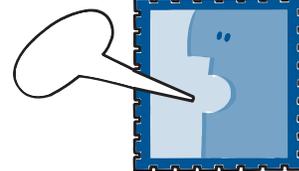
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**You have a story to tell!
You have a program to showcase!
Contribute to the WIC Watch!**



Upcoming Newsletters are already being planned
around the following themes:

ISSUE	THEME	DEADLINE
Fall 2009.....	New WIC Foods Are Here!	September 1, 2009

Please contact Kinkini Banerjee,
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Save the Date

2010 ANNUAL CONFERENCE

Mon., May 3-Wed., May 5, 2010
(Preconference- Sun., May 2)

Town & Country Resort
& Convention Center
San Diego, CA



CWA is honored to have a strong executive board of Directors, who will use their passion, experience and expertise to take our advocacy efforts to the next level in the coming year. From left, Board President, Shirlee Runnings, Past-President Gloria Pecina, President-Elect, Gayle Hoxter, Secretary Marcia Barnes, and Legislative Chair Shelly Lewis. Not pictured: Pamela Stanley, Treasurer.



California WIC Association

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