CHANGE HAPPENS!
Making WIC History Together

Change is in the air! We have a new Administration in Washington, and, if you turn to page 12, you will see the new California WIC Food List!

All of you are making WIC history already, by your enthusiastic embrace of the statewide Healthy Habits for Life campaign. It’s exciting to see everyone working together: adopting healthier eating and exercise habits at work; supporting each other in coping with stress and fatigue in our busy clinics; and having fun with the Sesame characters and messages.

The next six months will be incredibly exciting and very busy. We hope this issue provides the support and information you need to meet the challenges and joys of change.

New WIC foods and clear messages will help WIC families get healthier!
**Fall Management Conference**

During the day-long Preconference session on Worksite Wellness, Angela Damon (L) and Edie Wiltsee (R) presented the Advisory Committee’s report on the new statewide initiative, the Well WIC Worksite. A panel of experts provided information on the importance of Senior-level support to ensure success of Worksite Wellness initiatives. They presented best wellness practices, health indicators that provide the best Returns on Investment, and details on HIPAA rules, waivers and liability issues of worksite health promotion programs.

Kern County WIC displayed training materials used for staff and participant education on the Healthy Habits campaign.

WIC Division Chief Linnea Sallack officially kicked off the “Healthy Habits” campaign, to simplify and align our nutrition messaging statewide. The campaign is coordinated between WIC Agencies, WIC grocers and community and public health partners, using a staged approach. Elmo and Bert pitched in to help her get her message across to the audience.

Linnea Sallack, with recipients of the WIC Career Achievement Awards, Jeanette Salazar, from San Ysidro WIC, and Anne Patterson from Santa Barbara County WIC. Thank you for your dedicated service to WIC families, Jeanette and Anne!

Workshop attendees enjoyed a physical activity break during a session.
A Resounding Success!!

Local Vendor Liaison (LVL) Initiative
The goal of the LVL initiative is to promote partnerships between the WIC Program, authorized vendors, and other community organizations. LVLs are partnering with community organizations that focus on healthy food access issues such as the California Department of Public Health’s Network for a Healthy California – Retail Program and work with Retail specialists to promote the new WIC foods, particularly fresh fruits and vegetables, in their region. During sessions on the LVL track, LVLs brainstormed about how they would use the Networks CX3 data to create healthier local food access.

The Healthy Habits Planning Team concluded the Healthy Habits Staff Wellness Train-the-Trainer session with a song.

Wellness stations provided a glimpse of the powerful educational materials developed by the Healthy Habits planning team, including the beautiful “Wellness Journal” that staff members received to support them on their journey to better health.

Shasta County WIC has a worksite wellness program it can be proud of. Leadership from the county public health department has been instrumental in making it such a success.

Watts Healthcare WIC shared bright, fun materials developed to educate participants about the importance of whole grains in their diets.
CWA News

CWA Updates

Breastfeeding Walks and Worksite Lactation Awards
On October 15th, over 2,500 moms, babies and breastfeeding advocates from 37 California towns participated in an annual statewide walk, Breastfeeding: First Step to a Healthy Life. The walk at the State Capitol was attended by over 100 enthusiastic breastfeeding advocates. Sandra Shewry, Director of the Department of Health Care Services and Angela Bradstreet, California State Labor Commissioner were among the dignitaries who attended and awarded the annual Mother Baby Friendly Workplace Awards to Employers who support mothers returning to work breastfeeding. The breastfeeding walk at the State Capitol honored five employers recognized with state level awards from the CA Task Force on Youth and Workplace Wellness. Local level awardees for the Sacramento area were recognized by the Breastfeeding Coalition of Greater Sacramento.

Lactation Brief
CWA recently released a new breastfeeding brief, “Increasing Breastfeeding in the Low-Wage Worksite,” which outlines the challenges for mothers, particularly low-income mothers who are returning to work breastfeeding. The brief includes Action Steps to improve lactation accommodation. Breastfeeding advocates can access the brief at http://www.calwic.org/breastfeeding.aspxs, or contact CWA for print copies.

Medi-Cal and Breastfeeding Update
CWA continues to work with the California Department of Health Care Services staff to streamline and strengthen Medi-Cal regulations for breastfeeding. Important recent progress includes the ability to bill under the baby’s Medi-Cal card for lactation evaluation and management. http://files.medi-cal.ca.gov/pubsdoco/newsroom/newsroom_10133.asp Look for this update in the February Medi-Cal Provider Bulletin. A comprehensive summary was provided in the June 2008 issue of WIC Watch. A question was raised from that issue regarding IBCLCs working in CPSP. CWA is working with DHCS staff to clarify the role of IBCLCs in the CPSP program. Stay tuned for more updates and a toolkit for Medi-Cal and lactation services.

In another development the state has lifted the moratorium on new DME providers, for lactation support, in the counties of Los Angeles, San Bernardino, Orange and Riverside. This means that DME providers in all counties of CA can provide breastpumps for rent or purchase. For information on the moratorium or how to apply to be a DME provider: http://files.medi-cal.ca.gov/pubsdoco/provappsenroll/04enrollment_DHCS6201.pdf
CWA News

Upcoming CWA Projects

CWA is working with community partners and food advocates to maximize the food package rollout with improved access to healthy foods neighborhoods.

- Working with Public Health Law and Policy (www.phlaw.org), CWA is contributing to a toolkit to assist potential WIC vendors in applying for authorization. PHLP will work with food advocates to reach out to vendors to improve food access in neighborhoods with the goal of increasing WIC authorized vendors and healthy foods in more neighborhoods.

- In another project, CWA is partnering with Community Health Councils (www.chc-inc.org), Watts and LAbiomed WIC to improve food access in the Watts-Willowbrook neighborhoods. CHC staff will work with WIC participants to survey grocery stores using a survey called Neighborhood Food Watch, http://www.chc-inc.org/chcRegionalHW.cfm. Using the survey tool for feedback, the project will select local vendors to become WIC authorized vendors. Local vendor liaisons, LVLs, will continue their important work to communicate and partner with currently authorized vendors to assist them in the food package rollout.

Our Own Shining Star!

At the Annual APHA Meeting in San Diego on October 26, 2008, Laurie True, CWA Executive Director, was honored with the Excellence in Dietary Guidance award for her outstanding contributions in policy, research, education and dietary guidance formulation. As a founding member of many California advocacy organizations and coalitions, including the California Food Policy Advocates and the Strategic Alliance for Healthy Food and Active Environments, Laurie has been instrumental in pushing for policy and legislation that promote environmental solutions and institutional and government practices to support healthy eating and activity.

Coming Soon!

California Breastfeeding Roundtable

In partnership with the California Breastfeeding Coalition, CWA will reconstitute the Breastfeeding Promotion Advisory Committee (BPAC) as the California Breastfeeding Roundtable with a more proactive and task-oriented focus.

With funding from the California Department of Public Health (CDPH), the committee will work closely with state partners to improve breastfeeding for California families. The first task of the roundtable will be to develop a strategic plan to improve breastfeeding rates as one of six areas of focus for a five year Center for Disease Control and Prevention (CDC) grant to CDPH. The Roundtable will be able to use as a framework the recently released second edition of Breastfeeding: Investing in CA’s Future.

http://www.cdph.ca.gov/HealthInfo/HealthyLiving/ChildFamily/Pages/BreastfeedingInvestinginCaliforniaFuture.aspx
CWA Updates

continued from page 5

CWA Rocks Washington

WIC delegates from across the country convened this week in DC for an exciting and substantive NWA Leadership conference. A lively crew of almost 50 California WIC shared our exciting messages of change and creativity in the WIC program with members of the Obama administration and our large and influential Congressional delegation. We held a well-attended and substantive California WIC Briefing on Capitol Hill to make sure staff understood important funding and policy issues. Our thanks to the five terrific local Directors, who spoke so eloquently about the crisis they are witnessing in their communities, and conveyed our priorities. CWA Briefing materials will be uploaded to www.calwic.org. Extra fun was had by all when USDA Secretary Tom Vilsack helped Cookie Monster, Elmo and the Talking Vegetables officially launch the Sesame Healthy Habits campaign! Secretary Vilsack discussed the urgency of meeting the President’s goal of ending childhood hunger by 2015.

Senator Patrick Leahy, Rep. Rosa DeLauro, CBPP Director Robert Greenstein, USDA’s David Lazarus, and a host of other speakers spoke about the federal fiscal scene and its impact on WIC and other programs. Monday’s White House Briefing featured key appointees from OMB, Domestic Policy and the First Lady’s office, and repeatedly conveyed the commitment of the new administration to full funding and creative governance.

CHANGE HAPPENS!

The CWA Annual Meeting is set for April 26-29 in San Jose. This is an historic year for WIC, and Local Agency Sharing is an opportunity to share ideas for Food Package rollout and not have to reinvent ideas that work!

Costume Contest: To celebrate the success of the Healthy Habits staff trainings, we ask you to don creative and fun Healthy Habits or Sesame costumes on Opening Day, April 27th. We will have fun prizes for the most creatively costumed individual and WIC Agency. Best costume awards will presented at the closing day luncheon.

CWA Web Forums:

Mark your calendars for a series 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. Find out about best practices and resources that can be used to Make Change Matter in your community! Each Web Forum is tailored to the interests and needs of particular WIC partners, so click on link below to register for the one that best suits your needs.

- Childcare and Early Childhood Providers and Advocates - April 1
- Grocery and Farmer’s Market Partnerships - May 27
- Breastfeeding and Early Feeding Providers - August 5
- Medical and Nursing Care Providers - August 26

www.calwic.org/webinars.aspx

CWA Stars, Gloria Pecina, Shelly Lewis, Shirlee Runnings, Tracie Barrow and Mary Sammer spoke eloquently about California issues at the CWA Capitol Hill Briefing.
**FEDERAL UPDATES**

**WIC Funded in Recovery Bill:** President Obama signed the American Recovery and Reinvestment Act into law. The huge bill’s most important nutrition provision will provide an immediate $20 billion to boost SNAP (food stamp) benefits by April 1. With some twists and turns along the way, WIC funding was also included: $400 million placed in a “reserve” food fund to enable states to meet rising need, and $100M to fund “wrench-ready” automation projects. Other nutrition programs in the bill include $100 million for senior nutrition programs, $100 million for school lunch equipment assistance, and $150 million for food banks.

**WIC FFY 2009 Funding:** On March 11th, President Barack Obama signed a $410 billion Appropriations Bill that will allow federal programs like WIC to operate through September 30, 2009. After much delay and wrangling, the omnibus bill finally passed the Senate by a 62-35 vote. The bill contains $6.84 B for WIC.

**WIC FFY 2010 Funding:** On February 26, the President released “highlights” of his proposed “Responsibility” budget for next year (details to follow in mid-April). The Administration announced the intention to fully fund the WIC Program at a target caseload of 9.8 million – a substantial increase! “The President’s Budget supports a strong Child Nutrition and WIC reauthorization package that will ensure that low-income children receive the nutrition assistance they need and help fulfill the President’s pledge to end childhood hunger by 2015.”

**STATE UPDATES**

**Budget Update:** The only good news is that California avoided bankruptcy, but there are no winners in this budget, which was signed into law on February 20, after 107 days of agonizing and rancorous deal-making. The final agreement plugs the $15 billion deficit in the current year (2008-09), and attempts to balance 2009-10 state spending plan with $26 billion worth of cuts, new taxes and new loans. Not only are most safety net programs deeply slashed, but a complex spending cap and a corporate tax giveaway spell doom and gloom for years to come. Two key health proposals will go to the voters as part of a May 19 special election. On that ballot, voters will decide whether to re-direct $608 million from Prop 10 (First Five, which funds services, including health coverage, for children 0-5); and $227 million from Proposition 63 (mental health services) in the budget year.

**CWA State Bill Update:** CWA is the sponsor of 2 bills both focusing on breastfeeding: 

**SB 257:** Senator Fran Pavley (D-Los Angeles, Ventura) has enthusiastically agreed to carry this CWA-sponsored Worksite Lactation bill. This bill requires every state agency and department, including local offices, to notify each state employee of the provisions in existing law (AB 1025, Frommer 2001). Currently employers are required to provide a reasonable amount of break time to employees desiring to express breast milk, and make reasonable efforts to provide the use of a room, or other location, other than a toilet stall, in close proximity to the employees’ work area, for the employee to express milk in private. **CWA sponsored and supports.**


**AB 513:** This bill authored by Assemblyman Kevin De Leon (D-Los Angeles) mandates the health care service plans and insurers, including HMOs and Medi-Cal Managed Care, to include coverage for lactation consultations with IBCLCs and for the rental of breast pumps as part of their contracts and policies. **CWA sponsored and supports.**

Posted at: [http://info.sen.ca.gov/pub/09-10/bill/asm/ab_0501-0550/ab_513_bill_20090224_introduced.html](http://info.sen.ca.gov/pub/09-10/bill/asm/ab_0501-0550/ab_513_bill_20090224_introduced.html)
Stefan Harvey Award
The distinguished Stefan Harvey Scholarship is awarded to one exceptional applicant. This scholarship recognizes the distinctive achievements of Stefan Harvey, former Director of the WIC Project at the Center on Budget and Public Priorities, who led national advocacy during its first thirty years. Ms. Harvey is now Assistant Director of the California Center for Public Health Advocacy.

Anne Peterson Award
We dedicate this scholarship to the memory of a beloved WIC state colleague. Anne Peterson’s unique blend of operational and technical skills, combined with her passion for the WIC Program’s mission made her an invaluable member of the State team. Anne really embodied the “heart and soul” of what it means to work in the WIC Program.

California Nutrition Corps 2008 Scholarship Award Recipients

<table>
<thead>
<tr>
<th>Scholarship</th>
<th>Winner</th>
<th>WIC Program</th>
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<tbody>
<tr>
<td>Stefan Harvey</td>
<td>Rachel N. Daniels</td>
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<td>Anne Peterson</td>
<td>Annabel Castelo</td>
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<td>Denisse Abdo</td>
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<td>Graciela Aguilera</td>
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<td>Alexandra Alvarado</td>
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<td>Aubrey Bailey</td>
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<td>Marissa Bane</td>
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<td>Mariam Boulas</td>
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<td></td>
<td>Veronica Castillo</td>
<td>CRP WIC</td>
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<td>Vicky Cuevas</td>
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<td></td>
<td>Catherine Fusano</td>
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<td>Erin Garcia</td>
<td>Community Medical Centers</td>
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<td>Laura Gonzalez</td>
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<td>Jessica Handy</td>
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<td>Roxana Hernandez</td>
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<td>Sheila Ho</td>
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<td></td>
<td>Autumn Jones</td>
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<td>Kanwaldeep Kaur Bains</td>
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<td>Kathleen Lang</td>
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<td>Christine Lee</td>
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<td>Juanita Mendoza</td>
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<td>Erendira Olivas</td>
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<td>Morgan Poole</td>
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<td>Angelica Rojas</td>
<td>San Benito Health Foundation</td>
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<td>Viridiana Romero</td>
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<td>Rita Ruiz</td>
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<td>Elizabeth Vigil</td>
<td>Sac. Co. Health &amp; Human Serv.</td>
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<td>Mindy Sapilewski</td>
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<td>Christine Skorup</td>
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<td>Telma TerHovianians</td>
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<td></td>
<td>Ilianna Trayber</td>
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MEET THE FUTURE!
California Nutrition Corps
Healthy Habits Evaluation

State WIC Division is evaluating the impact of the Healthy Habits Campaign and the new food package. Data will be collected in English or Spanish to assess baseline practices and beliefs, and to evaluate changes after the Healthy Habits campaign as well as after the new food checks are issued. The survey questions will be about food and early infant feeding behaviors and beliefs. Randomly-selected participants will be telephoned beginning mid-March to request their voluntary participation in a 15-20 minute phone survey at three critical points in time between March 2009 and March 2010. Over 3000 WIC participants will be contacted during each survey period.

Healthy Habits Training

To help WIC staff be well prepared for a smooth rollout of the new food packages on October 1, the state has developed a number of trainings as part of the Healthy Habits campaign. This graphic displays an overview of the various training components that will be taking place at your sites over the next six months. For more details and for the training schedules, please turn to Page 14.
I am sure you have all experienced printer problems and know how stressful it can be for both the staff and the participants patiently awaiting their Food Instruments. We at the help desk appreciate the hard work you do and can empathize with you; and we do our best to get your printer up and running as fast as we can. However, we provide services to over six hundred clinics and over three thousand grocers, and you all know how difficult it can be to get through to the Help Desk, especially during sever outages or when we are experiencing application problems. We are now offering a program that can help you out and give you more control over your printing.

VPS, (Virtual Printer Service) is a program that runs on the CDPH (California Department of Public Health) mainframe computer, located in Sacramento. This is the very tool that your Help Desk analyst uses to start, stop and clear queues on the printer in your clinic. You will have complete control over your print jobs and not have to ever worry about calling the Help Desk to start, stop or clear the queue on your printer. VPS is very easy to use and with some simple training you will be able to reduce your stress level and it will allow you to serve your participants more efficiently.

Several agencies are already using VPS and the following testimony will give you an idea of how this application can work for you in your clinic.

“My suggestion to any agency that has printer clogs is to become trained, so you no longer have to call the help desk. VPS is not that tough to learn and even our front desk staff knows how to run through the steps fairly fast. When it works, it’s wonderful. When it doesn’t work, you keep trying until eventually the transmission makes it through the maze of routers along the route.”

Thanks to Julie Wetmore of Butte County, who was kind enough to share her experiences with VPS.

Training is now available. Please contact “James.Villapuda@cdph.ca.gov” by email to schedule training for your clinic today. Include your clinic name, agency and clinic number, and the number of staff to be trained. We will then send you the necessary forms to request VPS logon ID’s and schedule your clinic for training. In the future we hope to be able to offer WEB based training. But don’t wait to take control of your printer. Contact us today and put an end to your printer worries.

Email: James.Villapuda@cdph.ca.gov
The New WIC Foods Flyers Are Here

To help WIC stakeholders understand the new WIC foods, CWA has revised our popular one-page flyers to reflect the finalized California food lists.

The bright and colorful new editions compare the current and the new foods, and highlight the variety and flexibility of the new food packages for three types of WIC participants, pregnant women, exclusively breastfeeding women, and children. Detailed comparison charts are on the back of each flyer. We’ll be translating them into Spanish very soon.

These are great for sharing with your local WIC partners or using to train interested community members! To download and make your own copies, go to www.calwic.org!
The United States Department of Agriculture (USDA) has reviewed California’s proposal and provided preliminary approval of the WIC Authorized Food List (WAFL). The WAFL communicates California’s WIC food policies to vendors, food manufacturers, local WIC agencies, and the general public. This new WAFL was developed to implement the Interim Final Food Package Rule and will be in effect on October 1, 2009. To develop the WAFL, we requested and reviewed information from food manufacturers, vendors, local agencies, and others. The information in the WAFL will be incorporated into the WIC Shopping Guide for participants.

### California WIC Proposed New Foods

The United States Department of Agriculture (USDA) has reviewed California’s proposal and provided preliminary approval of the WIC Authorized Food List (WAFL). The WAFL communicates California’s WIC food policies to vendors, food manufacturers, local WIC agencies, and the general public. This new WAFL was developed to implement the Interim Final Food Package Rule and will be in effect on October 1, 2009. To develop the WAFL, we requested and reviewed information from food manufacturers, vendors, local agencies, and others. The information in the WAFL will be incorporated into the WIC Shopping Guide for participants.

### Food Category | California WIC Authorized Foods
---|---
Milk | Any brand, in any of the following fat levels: Nonfat (fat free, skim), 1% Low fat (light), 2% Reduced fat, Whole (for children 12 – 23 months). Includes pasteurized or ultra-pasteurized cow’s milk, Lactose free cow’s milk, acidophilus, evaporated, and powdered dry milk.
Cheese | Any brand, domestic cheese only (1 pound (16 oz) package only). Low sodium, low fat, or reduced fat cheese allowed including Natural Cheddar, Jack, Mozzarella, Colby cheese authorized blends, and Mozzarella string
Tofu | Any brand, plain (12 - 16 oz package). Includes Refrigerated or shelf-stable, Any texture (Silken, Soft, Medium firm, Firm, Extra firm), Light tofu, Organic. Must be calcium-set, prepared with only calcium salts (e.g. calcium sulfate)
Soy-Based Beverage | Pacific Natural Foods Ultra Soy Brand (Quart size only). Plain and Shelf-Stable
Breakfast Cereals | Any cereal specified below (bolded cereals are whole grain) Box or bag (12 oz package or larger). Includes General Mills Cheerios (Plain & Multi-Grain), Kix (Plain & Honey), Kellogg’s Corn Flakes (Plain), Frosted or Unfrosted Mini-Wheats (Big Bite or Bite Size), B&G Foods, Whole Grain Cream of Wheat, Cream of Wheat (1 minute, 2-1/2 Minute, 10 minute), Malt-o-Meal, Malt-o-Meal Original (Plain), Post Honey Bunches of Oats (Honey Roast & Vanilla), Premium Bran Flakes, Quaker, Life (Plain), Oatmeal Squares (Hint of Brown Sugar & Cinnamon), Crunchy Corn Bran, Store Brands (See list of authorized labels), Crisp(y) Rice, Instant Oatmeal (Regular unflavored, in 11.8 oz or 12 oz box of individual serving packets)
Juice-Frozen Concentrate | Any brand (11.5 oz, 12 oz, or 16 oz containers). Must state “100% Juice” on the front label. Added Calcium and Vitamin D allowed. Includes Orange, Grapefruit. Any brand (11.5 oz, 12 oz, or 16 oz containers). Must state “100% Juice” and “120% Vitamin C” on the front label. Added Calcium and Vitamin D allowed. Includes Apple, Cranberry, Grape (Red, Purple, or White), Pineapple, and Blends of authorized flavors, such as Cran-Grape or Apple-Grape.
Juice-Shelf-Stable | Any brand, shelf-stable (64 oz containers and 11.5 oz concentrate). Must state “100% Juice” on the front label. Added Calcium and Vitamin D allowed. Includes Orange and Grapefruit. Any brand, shelf-stable (64 oz containers and 11.5 oz concentrate). Must state “100% Juice” on the front label. Added Calcium and Vitamin D allowed. Includes Apple, Cranberry, Grape (Red, Purple, or White), Pineapple, Vegetable, Tomato, and Blends of authorized flavors, such as Cran-Grape or Apple-Grape.
Eggs | Any brand (Dozen size carton). White chicken eggs. Large only.
Fresh Fruits & Vegetables | Any Brand. Any variety of fresh fruits and vegetables except white potatoes* (sweet potatoes and yams are allowed). Whole or cut vegetables, Bagged salad mixtures, fruits and vegetables, Organic allowed (*White potatoes are any potatoes other than sweet potatoes and yams.)
**New Foods List is Here!**

<table>
<thead>
<tr>
<th>Food Category</th>
<th>California WIC Authorized Foods</th>
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<tbody>
<tr>
<td>Canned Vegetables</td>
<td>Any Brand. Any size and type of container. Any variety except while potatoes*. Any vegetable mixtures without white potatoes*. Regular or low sodium. Organic allowed. (*White potatoes are any potatoes other than sweet potatoes and yams.)</td>
</tr>
<tr>
<td>Canned Tomato Products</td>
<td>Any brand. Any size and type of container. Paste, purees, whole, or crushed tomatoes. Organic allowed.</td>
</tr>
<tr>
<td>Canned Fruits</td>
<td>Any brand (packed in water or juice). Any size and type of container. Any plain fruit or fruit mixture without added sugar. Unsweetened Applesauce. Organic allowed.</td>
</tr>
<tr>
<td>Frozen Vegetables</td>
<td>Any brand. Any size and type of container. Any variety or mixture of vegetables without white potatoes* (sweet potatoes and yams are allowed). Beans of any kind (such as green beans, black beans, pinto beans, etc.). Organic allowed (*White potatoes are any potatoes other than sweet potatoes and yams.)</td>
</tr>
<tr>
<td>Frozen Fruits</td>
<td>Any brand (with no added sugar). Any size and type of container. Any variety or fruit mixture. Organic allowed</td>
</tr>
<tr>
<td>Dried Fruits &amp; Vegetables</td>
<td>None Allowed</td>
</tr>
<tr>
<td>Whole Grain Options</td>
<td>Any brand (16 oz package). Includes “100% Whole Wheat” bread, buns, or rolls (Package must state “100% Whole Wheat” on the front label), Soft corn tortillas, Whole wheat tortillas (Package must state “100% Whole Wheat” on the front label), Oatmeal, bulk allowed (Old fashioned: rolled, cut, or instant, Quick – 1 minute, Steel cut and Crystal wedding), Brown Rice, bulk allowed (Short, medium, or long grain, Regular, quick, or instant, Basmati Brown and Jasmine Brown allowed, Whole grain barley, bulk and organic allowed. Bulgur, bulk and organic allowed.</td>
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<tr>
<td>Fish Options</td>
<td>Any brand. Includes Tuna (5 oz cans, Water-packed Chunk Light, Low sodium allowed), Salmon (6 oz or 14.75 oz cans), Water-packed Pink Salmon (Skin and bones allowed), and Sardines (15 oz cans), Packed in water, mustard, or tomato sauce (Skin and bones allowed). (* The FDA/EPA consumer advisory on fish consumption recommends that breastfeeding women limit fish consumption to 12-ounces per week.)</td>
</tr>
<tr>
<td>Peas, Beans or Lentils</td>
<td>Any brand, any variety (16 oz packages or bulk). Includes Uncooked dry beans, peas, and lentils. Plain, mixed beans, peas, and/or lentils. Organic allowed. Canned beans (only if specified for purchase on the food instrument). Any brand, any variety (15-16 oz cans) Plain beans, peas, and lentils. Low sodium allowed.</td>
</tr>
<tr>
<td>Peanut Butter</td>
<td>Any brand, plain (16 oz to 18 oz containers). Includes Creamy, chunky, or super chunky styles (Low sodium, Low sugar, or Old fashioned or natural allowed)</td>
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<tr>
<td>Infant Formula</td>
<td>Infant Formula specified on food instrument (FI). Container size and quantity specified on the FI. Enfamil LIPIL with Iron (Powdered or Concentrate, 13 fl. oz liquid concentrate or powder in a 12.9 oz can), Enfamil ProSobee LIPIL (Powder or Concentrate, 13 fl. oz liquid concentrate or powder in a 12.9 oz can), Enfamil Gentlease LIPIL (Powder Only in a 12 oz can, Enfamil A.R. LIPIL (Powder Only) in a 12.9 oz can. Other formula is allowed ONLY if specified for purchase on FI.</td>
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<tr>
<td>Infant Cereal</td>
<td>Gerber infant cereal only (8 oz boxes) Dry pack cereal with iron. May buy any combination of allowed cereals: Barley, Rice, Oatmeal, and Mixed.</td>
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<tr>
<td>Infant Foods</td>
<td>Fruits and Vegetables (Any brand, 3.5 oz twin-packs or 4 oz containers). Stage 2 or 2nd foods. Plain fruits, plain vegetables, or combinations of two or more plain fruits or vegetables. Organic allowed. Meats (only if specified for purchase on the food instrument). Any brand (2.5 oz containers) Added broth or gravy.</td>
</tr>
</tbody>
</table>
### Getting Ready for October 1: Staff Training Calendar

<table>
<thead>
<tr>
<th>Month/Year</th>
<th>Healthy Habits</th>
<th>Staff Training for Food Package Changes</th>
<th>Staff Training and Sharing Opportunities for ISIS Changes**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct-Dec 2008</td>
<td>3 hour HH4L Staff Wellness Kickoff</td>
<td>1.5 hour staff training: Part 1: What’s New for Moms and Babies*</td>
<td></td>
</tr>
<tr>
<td>Jan 09</td>
<td>1 hour employee wellness session: Eat a Rainbow*</td>
<td>2 hour staff training: Part 2: Infant Assessment*</td>
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</tr>
<tr>
<td>Feb 09</td>
<td>1 hour employee wellness session: Lowfat Milk*</td>
<td>1 to 2 hour staff training: HHBB lesson plans* (Breastfeed Me; Hold Me, Love Me, Feed Me) and older infant education messages</td>
<td></td>
</tr>
<tr>
<td>Mar 09</td>
<td>2 hour staff training on <em>Get Healthy Now!</em> participant education*</td>
<td></td>
<td>Dates and times of the upcoming ISIS trainings over the summer will be communicated to local agencies.</td>
</tr>
<tr>
<td>April 09</td>
<td></td>
<td></td>
<td>90-minute navigational overview of ISIS changes related to implementation will be presented at CWA Spring Conference. This session will be targeted for local agency administration staff.</td>
</tr>
<tr>
<td>May 09</td>
<td>2 hour staff training on <em>Lose the Fat, Keep the Vitamins…Drink Lowfat Milk</em> participant education*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>June 09</td>
<td></td>
<td>8 hour training providing an Overview of The New Food Package (can be broken into shorter sessions). Lesson plans and materials provided by the State</td>
<td></td>
</tr>
<tr>
<td>July 09</td>
<td>2 hour staff training on <em>Make Half Your Grains Whole</em> participant education*</td>
<td>2 hour training on the policies related to participants who need medical referrals</td>
<td></td>
</tr>
<tr>
<td>Aug 09</td>
<td></td>
<td>8 hour training sessions will be held at each of the four ISIS training centers throughout the state (Sacramento, Fresno County, Riverside, Los Angeles County) during August and September to present the ISIS lesson plans. The trainings will be offered 3-4 times at each location.</td>
<td></td>
</tr>
<tr>
<td>Sept 09</td>
<td>3 hour staff training on New food package participant education*</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Curricula and supporting materials provided by the State.

Local agencies may determine the sequence of these three 1 hour sessions.

**Regular ISIS trainings will not occur from June-September due to implementation of the new food package.
From the WIC Grapevine...

 ■ WIC Division Chief, Linnea Sallack announced her engagement to Terry Bryce, State Director Oklahoma State Department of Health WIC Service. It’s a match made in WIC! We wish you every happiness, Linnea and Terry!

 ■ The State WIC Division has reorganized, with three new Assistant Division Chiefs working with Linnea Sallack. Congratulations, Michele van Eyken (Nutrition and Programs), Maria Paman (Financial Management and Operations), Curtis Cadwallader and Kim Frinzell (Vendors and Training)!

 ■ Anne Patterson, Director, Santa Barbara County WIC, announced her retirement. At the NWA Leadership Conference, held in D.C. March 8-10, Anne received the NWA Leadership Award for her years of determined advocacy on behalf of WIC families. Wish you the best, Anne!

 ■ Eileen Stocum retired last December after more than 20 years of dedicated service to the mothers and children of the Trinity County WIC program. One of the best things about working at a small Agency, says Eileen, was truly getting to know the families that were on the program. She was able to support and watch the growth and maturation of many young women, some who started out in their teens with drug or alcohol problems or domestic violence issues, and were able to turn their lives around as they “grew up”, holding responsible jobs and being caring providers and nurturers for their families. Julie Wetmore, Director of Butte county WIC, who worked closely with Eileen for many years says, “I’ve loved working with Eileen as a friend and a peer – although she was always so calm, she was assertive about our responsibilities, especially for the very small agencies.

 Sue Doron, Director of Siskiyou County WIC program says, “Eileen has been such an advocate over the years for nutrition education and for the new food package changes—especially low fat milk. The support and friendship she’s given me during our WIC years together has been very special. It just won’t be the same without her!”

 “For her tireless advocacy and service to the WIC families of Trinity County, Eileen was recognized by State WIC and CWA at the November Regional meeting in Redding. WIC will miss your guiding spirit, Eileen.

 Leslie McDonnell (l) and Eileen Stocum at the Regional Meeting.
Thanks, WIC! Letters from Families

With the economy in a tailspin, WIC Agencies across the state have been serving increasing numbers of families who are new to WIC. They really appreciate your hard work and services.

Dear Ms. Sallack,

I was referred to the WIC Program by a friend of mine. I was pregnant, alone and scared. I was not proud of my situation, but I knew I had to take responsibility for myself and for the life growing inside me. I entered the NEVHC WIC Program in North Hollywood in 2005. I came alone to register. The staff was very kind and welcoming. After my WIC paperwork was done, and the nutritionist had explained the food brochure to me, and I got my checks, another staff member provided me information on low-cost medical and dental plans. The market next door to the North Hollywood WIC Center was so convenient. During my pregnancy, I learned about breastfeeding. After my baby girl was born, I called the breastfeeding consultant when I had a clogged duct, and she returned my call and lowered my fears and worries. Every month, the food checks are an enormous help.

I often feel that without WIC, and with no family living near enough to check up on my needs and progress, I would not have been able to take care of me and my baby. After Leila was born, I realized that the most useful literature and information about raising a healthy infant came not from my doctors, but from WIC. The colorful and easy to understand brochures of the different stages of a baby’s life were hung dutifully in my kitchen as a daily reminder.

When I returned to school (I am now a Sophomore at California State University in the Family and Consumer Studies Program, with a Nutrition option), the center accommodated my schedule by giving me coupons for two months at a time, since I was so busy with school and the baby.

I cannot tell you how comforting it was to be treated with such kindness at such a turning point in my life. No one at the WIC Program ever acted as if they were judging me – and that made all the difference in the world. So, for all the wonderful services, high care and excellent customer service, I wanted to thank you from the bottom of my heart. It is wonderful to know that the WIC program is available for mothers in need such as myself and the many women who are not as fortunate as I am.

Please let me know if there is anything I can give back to you.

Best regards,
Louisa Bayoud
Northridge, CA

Dear Ms. Sallack,

I am writing this letter to show my support for the WIC program.

I think it is wonderful that there are programs like WIC that are made available to young mothers/fathers and children, so that they may become educated about healthy nutrition and be able to provide nutritious meals for their families. My deepest thanks go to all of you at WIC who work so diligently on behalf of others less fortunate. There are many nursing mothers, babies, and children whose bellies are satisfied and nourished tonight, on account of your organization and its humanitarian efforts.

Sincerely,
Ima Kearny-Johnson
Child Development Student
Grossmont College
Clinica Sierra Vista’s WIC program successfully launched the statewide Healthy Habits campaign featuring Elmo. In anticipation of the April 2009 launch date of the participant-centered education in healthier habits, WIC staff are being educated, motivated, and supported in their efforts to incorporate more healthy habits into their lives and that of their families. Surveys completed by staff helped Local Agencies tailor the session to staff-specific health needs.

On December 17th, a fun WIC All-Staff meeting featured wellness stations including body fat testing, waist and hip measurements, and glucose monitoring. Information was given on determining personal BMI. Every staff member received incentives to kick start their wellness journey – a copy of “My Wellness Journal”, pens, activity cards, and a measuring tape each. Staff enjoyed the “Sometime, Anytime Foods” activity, that emphasized that fruits and veggies were “anytime” foods. Each person got to munch on an apple, Cookie Monster’s favorite “anytime food”. They learned how practice healthy activities and earn” healthy bucks. Concepts discussed during the meeting included the power of branding with Sesame Street to deliver healthy messages to our WIC families; the importance of goal setting and rewards in achieving a healthier weight or eating habits; using personal measurements as a motivation to eat better and move more; and the benefits of including the family unit in the pursuit of healthier habits.

In the next few months, look for more information on ways to continue the journey, plus nutrition and fitness information and ways to share this information with participants.

Maria Zepeda uses time between counseling sessions creatively, working out at her desk.

For more information on the many fun challenges and activities being conducted at Clinica Sierra Vista to reinforce the Healthy Habits messages, and to receive their Healthy Habits newsletter, please contact Janelle Webb at webbj@clincasierravista.org.

Remember, YOU are the only YOU you’ve got! Treat yourself well.

Eating a rainbow of fruits and vegetables will add flavor to your meals and will keep you healthier.

Every fruit and vegetable has a unique combination of vitamins, minerals, and fiber so it is important to have a variety of colors.

Try choosing at least one new fruit or vegetable to try every time you go grocery shopping; ask the produce manager if you are not sure how to prepare it.

When possible, shop for locally grown produce to take advantage of lower cost, increased freshness, and a greater nutritional content.

Consider planning your meals in advance to leave room on the plate for fruits and veggies. If you find one you like, serve it often. Enjoy!
One of the most vigorously debated topics is the issue of climate change. We have scientific evidence, more convincingly than ever before, that human actions are writ large on the changes we are seeing, and will see, to our climate.

We have become more aware of the energy that gets wasted at home, but workplaces can be huge energy guzzlers. Offices generate unnecessary rubbish and waste energy, and there are many easy, practical ways to cut the waste, without spending a penny. In fact, we can save costs significantly by taking a few steps to reduce waste in our workplace.

**What Has Health Got to Do With This?**

Climate change influences our living environment on the most fundamental level, which means it affects the basic biological functions critical to life. It impacts the air we breathe and the food available for us to eat. It impacts the availability of our drinking water and the spread of diseases that can make us sick. Living “green” means making healthy, Earth-friendly choices that are good for the environment and good for your health. Since preventing disease is at the heart of public health, giving people options to make healthier lifestyle choices, including environmental health, food safety and good nutrition is a matter of Health.

**“We are often eco-angels at home, but when it comes to the workplace, we don’t know what to do.”**

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**Green Your Workplace in 5 Easy Steps**

Transform your workplace into a greener environment with these top tips.

1. Make sure your PC is totally switched off rather than left on standby when you leave work.

2. Reuse or recycle your waste paper in the workplace: Make the most of used paper around the workplace rather than simply binning it all. 36% of landfill sites are unnecessarily filled with waste paper that could be reused or recycled. Do not use disposable cups for everyday office use.

3. Switch unnecessary lights off. Cut your workplace energy usage by switching off lights when rooms and areas are not in use. Target meeting rooms, individual offices and staff rest-areas which are most likely to be left unoccupied with the lights still on.

4. Encourage your workplace to buy more recycled products. Check out which of your workplace items could be replaced by recycled products. From printer paper to toilet rolls, a switch to recycled materials could have a huge impact on your energy and water savings.

5. Install a water filter on a faucet. Do not buy bottled water.
Sacramento County WIC Makes a Difference

Teri Duarte, Director of the Sacramento County WIC Program is a tireless advocate of urban planning and community design principles aimed at improving public health outcomes. She shared steps taken by her team has taken to improve physical activity, and reduce waste.

1. They use copy paper and old handouts into their computer printers so that both sides of all usable paper are used.

2. Some staff members ride their bicycles to work several times a week; and Teri tries to schedule staff to work at the clinic closest to their home, although this is not always possible, with the different languages needed at each clinic.

3. Jody, the Office Assistant, worked with the county office to stop the use of envelopes from all invoices sent to every office in Sacramento County. With the county making electronic payments, the envelopes were being thrown away.

4. Teri purchases secondhand. For example, to decorate our clinics with silk plants, baskets, art work, and tablecloths, we shop at the neighborhood Goodwill and other thrift stores. It’s amazing the quantity and quality of attractive, used, completely usable merchandise they carry. We buy things at a fraction of their original price, and we feel good that we’re not contributing to the carbon-intensive practice of buying new products,” says Teri.

Using iReuse (www.iReuse.org) and Freecycle (www.freecycle.org) to give away your surplus or to get some things for the clinic, buying produce at local farmers market for food demos, and encouraging transit-use in places that have a good public transportation system are some other ways to choose a healthier way to work. Teri wishes there was more she could do. She admits it is hard to go against established ways of doing things and change institutional practices. “The notion that we are entitled to use up resources as fast and as quickly as we want is deeply embedded in our culture”, she says. “Often people who try to reverse that are labeled as “green” or “hippies”.

Small changes can have a big impact!
Worksite Wellness

Evaluation of Health Improvement Programs for Success

Dr. Joseph Leutzinger, Principal, Health Improvement Solutions

Evaluation of health improvement programs is an issue that receives constant attention from organizations that have a program or those that are considering one. Evaluation is useful for three reasons:

1) It establishes a baseline for determining program effectiveness,
2) It helps with determining and justifying the individual program components such as weight management, physical activity or blood pressure control, and
3) It is necessary to sustain programs by creating and evolving the business case through ongoing data analysis.

The following tools help develop smart and comprehensive evaluations.

CALCUL8 Analysis

A primary reason for most organizations to provide an integrated health management program to their employees is to reduce or manage the rise in health care costs. CALCUL8 will help to determine success of a health improvement initiative through evaluation of a company’s lifestyle-related health care claims.

In summary, a portion of an organization's health care claims data can be reviewed to determine the magnitude of lifestyle-related health care costs compared to the overall cost of health care for the target population. The CALCUL8 Analysis will also quantify health-related productivity loss costs. These two large cost categories will then be used to prescribe interventions, break-even analyses, and a return-on-investment methodology that can be used to further evaluate the program and determine if the risk trend is moving in the right direction. Tracking lifestyle-related claims over time will allow for trends to be reviewed and the efficacy of program interventions to be determined.

Presenteeism Assessment

Presenteeism, defined as employees at work who are not fully productive due to health issues or related problems, is fast becoming the largest productivity loss cost variable for organizations. It is important to select the presenteeism survey that best fits the organization and an appropriate distribution method for the survey.

The presenteeism measure will round out and further clarify the productivity-loss costs associated with lifestyle-related health risks within an organization.

Corporate Culture Audit

Using a corporate culture audit will help to examine the root causes of lifestyle-related behaviors by identifying cultural strengths and barriers to health improvement among employees.

Highly successful organizations create health-enhancing cultures that support self-responsibility, healthy norms, mutual respect, and achieving one’s full potential. The culture audit will assess various aspects of an organization’s culture (such as values, norms, support systems, and climate) that could make or break employee efforts to adopt healthier and more productive lifestyle practices. The audit will also examine work climate factors such as sense of community, shared vision, and positive outlook which are related to health norms and health-related outcomes.

Health Improvement Solutions specializes in program evaluation, strategic planning and installing an integrated health management program within organizations. Dr. Leutzinger presented at the annual California WIC conference in 2008 and is a frequent speaker on various health-related topics. If interested in having him speak at your event or to discuss any of the tools mentioned above please contact him at – joe@healthimprovementsolutions.com or 402.827-3330.
Employee Engagement for Change

Adapted from the Participant Manual of Employee Engagement for Change by Francois Basili, President, HumaNext LLC

PRINCIPLES OF EMPLOYEE ENGAGEMENT

1. Employees Are Not Assets or Resources, they are the Organization
   - Employee engagement is about people, not systems, processes, or technologies.
   - We Must Become the Change We Want to See in the World
   - Employees embrace the change when their input and interests are considered.
   - The process of effecting change together creates the strongest bonding between team members.
   - Engagement comes from employees exercising the right to be, to know, to grow, and to do

2. We must become the change we want to see in the world (Mahatma Gandhi)
   - An “Employee Engagement for Change” initiative must put this powerful concept to work by asking people to become the change they are talking about.
   - People are asked to exhibit, by their attitude, behavior, and communication, the values and vision of the new culture or the new change that is being planned.

3. Change Is Positive and Carries Its Own Rewards
   - When the process is designed to make organizational change a positive and exciting process, employees do not resist change. They resist the way some in management try to change them. Inviting employees to be the drivers of change, not its victims, and integrating freedom, fun and friendship in the process ensures success.
   - There is nothing as powerful and meaningful for people as the feeling that they are the ones in control of their own change and of the changes they create for the organization.

4. Change is Social
   - We need to enable employees to think, act, and create change together, and leverage the powerful human need for belonging, social-
Management

continued from page 17

The process of effecting change together creates the strongest bonding between team members and dramatically heightens morale and employee engagement.

5. Work outside the Box with a Bias for Action

- Working “outside the box” requires that employees acquire the power of thinking differently, voicing their opinions, and making decisions regarding certain aspects of their work, thus feeling truly empowered, entrusted, and in ownership of their work.

6. There Are No Ordinary People

- The engagement for change process should include everybody. Top managers and front-line staff all become change agents when they are owners of their work and their organization. Each person has the potential to achieve extraordinary accomplishments.

It is important for us to internalize these six Principles and be guided by their meaning and spirit in our work throughout this initiative.

EMPLOYEE ENGAGEMENT FOR CHANGE MODEL

First Dimension: Recognition & Relationships (The Need to Be)
- Addresses the employee’s need for self actualization, respect and recognition, self awareness, and confidence.
- Provides the exciting opportunity of personal change as a gateway for culture and organization change.

Second Dimension: Communication (The Need to Know)
- Ensures a better change of commitment to an effort from people when they have a good understanding of what the journey means to them.
- Emphasizes the critical role of the Manager as communicator.

Third Dimension: Training, Participation, Decision Making (The Need to Grow)
- Ensure that employees are offered opportunities for growth and personal and professional development through things like training, career advancement opportunities, coaching and mentoring.
- Ensures that employees participate in decision-making and attain a degree of freedom and autonomy.

Fourth Dimension: Collaboration & Innovation (Need to Do)
- Stresses that collaboration and innovation be realized by the Action Teams.
- Uses creative techniques helps make this part both fun and productive.
- Shows that the level of engagement employees have in their work is in direct proportion to the level of freedom they enjoy.

Looking for a Dramatic Way to Change the Work Culture?

Role of the Manager

- Communicate more, listen more
- Give the big picture
- Encourage employees to voice their opinions
- Bring up employees’ concerns to upper management and act as advocate for your staff.
- Be a role model for the change desired.
- Give employees the opportunity to do different types of work
- Think of ways to enrich the job and make it more stimulating
- Give employees a degree of autonomy to get the job done the way they see fit
- Give employees the opportunity to join teams with people from inside and outside the department

Get innovative ideas on training, employee communication, and culture change. To find out more about the tools and trainings offered by HumaNext, and to subscribe to their free newsletter, please go to http://www.HumaNext.com

Telephone: 973-427-3004
Educational Resources

- Risk Management for Health/Fitness Professionals: Legal Issues and Strategies
  JoAnn M. Eickhoff-Shemek, PhD; David L. Herbert, JD; and Daniel P. Connaughton, EdD. Lippincott Williams & Wilkins; 1 edition (October 1, 2008)
  Laws and legal issues in the health and fitness arena become clear with this well-organized text. Contains risk management strategies to promote safe programs and environments.
  http://www.lww.com or 800-638-3030 (Outside U.S. and Canada, call 301-223-2300)

  by American College of Sports Medicine (Compiler), Nicolaas P. Prong (Editor). Human Kinetics Publishers; 2 edition (February 28, 2009)
  Updated with the latest research and expanded to better support the business case for worksite programs, ACSM’s Worksite Health Handbook, Second Edition, includes an overview of contextual issues, such as, the current state of the field, legal perspectives, and the role of health policy on worksite programs, a review of the effectiveness of strategies in worksite settings; a thorough discussion of program design and implementation, and key features of best practice programs.

- Breastfeeding: Early Influences on Later Health
  Editors: Goldberg, Gail; Prentice, Andrew; Prentice, Ann; Filleau, Suzanne; Simondon, Kirsten. Springer E-book Publications.
  Breast-Feeding: Early Influences on Later Health is a new book which draws together areas of research in early life programming of adult health, with a unique focus on the post-natal period in terms of early life programming particularly the extent to which differences in infant feeding practices can lay an indelible imprint on metabolism and behaviour, and hence affect later function and risk of disease. 978-1-4020-8748-6

- We Like to Help Cook
  by Marcus Allsop (Author), Diane Iverson (Illustrator)
  All the young children in this brightly colored-picture book are helping adults to prepare healthy and delicious foods —in accordance with the Healthy Diet Guidelines illustrated by the USDA Food Pyramid.

- We Like To Move
  by Elyse April (Author), Lewis Agrell (Illustrator)
  The book presents multicultural characters and varied locales, from a busy city street scene to a country landscape, and demonstrates both the physical and the emotional health benefits of exercise.

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Recipe

### Rice Tabouleh

**Ingredients**
- 3 cups cooked brown rice
- 1 cup parsley, chopped
- 3/4 cup cucumber, chopped
- 3/4 cup tomato, chopped
- 1/4 cup mint leaves, minced
- 1/4 cup olive oil
- 1/4 cup lemon juice
- 1 teaspoon salt
- 1 teaspoon ground black pepper

**Preparation**
In a large bowl, combine all ingredients. Toss well. Serve with pita chips or as a refreshing side dish.

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and rhyming text, children and parents will be reminded to eat fresh and whole foods—rather than packaged or junk foods. This book presents the food data along with suggestions for how to eat healthier.
Save the Date

2009 ANNUAL CONFERENCE
Change Happens! Making WIC History
Sun., April 27-Wed., April 29, 2009
(Preconference Sun., April 26)
The Fairmont • San Jose, CA

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:

<table>
<thead>
<tr>
<th>ISSUE</th>
<th>THEME</th>
<th>DEADLINE</th>
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<tr>
<td>Summer 2009</td>
<td>Breastfeeding Advocacy</td>
<td>June 15, 2009</td>
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Please contact Kinkini Banerjee, Communications Coordinator at CWA:

kbanerjee@calwic.org
CWA, 1107 9th St., Ste. 625
Sacramento, CA 95814
916.448.2280 phone • 916.448.7826 fax

Local Agency Support Unit Chief Andy Barbusca’s sons, Nicholas (10), Christopher (3) and Matthew (1) know more about “sometime foods,” as they enjoy trick or treating on Halloween dressed as their favorite Sesame characters.