

# Working In Conjunction

## What's New With WIC?



Brittany Klein, RD, CSP, CLC  
*WIC Local Agency Liaison*





United States Department of Agriculture

Since 1974  
**WIC**

The Foundation  
of  
Healthy Families



50%

Over half of the infants in the US participate in WIC.



2 out of 3

WIC moms initiate breastfeeding.



loving support.



32%

WIC referrals result in 32% higher childhood immunization rates.



Food

WIC provides nutritious supplemental foods based on science.

2X

WIC participants are up to 2 times as likely to receive well-child care.



Impacts

WIC reduces premature births, infant mortality, low birth weight, and anemia.



45,000

authorized stores offer healthy WIC foods to participants.



10,000

WIC clinic sites provide services to participants.



# The Special Supplemental Nutrition Program for Women, Infants, and Children



*Health and Wellness for all Arizonans*

October 2014  
Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)  
Food and Nutrition Service  
USDA is an equal opportunity provider and employer.

# Who Does WIC Serve?



- **W**omen



- **I**nfants



- **C**hildren

**FFY 16 Assigned Caseload- 164,985**

# Who Does WIC Serve?

- Families with household income at or below 185% of the federal poverty guidelines
- Residents of Arizona
- Nutritional Risk



# Income Guidelines

## Effective Dates:

**April 4, 2016-March 31, 2017**

WIC Eligibility is based solely on your gross income, this chart can help determine your eligibility

Number of Family Members	Income Every Two Weeks	Income Monthly
*2	\$1,140	\$2,470
3	\$1,435	\$3,108
4	\$1,730	\$3,747
5	\$2,024	\$4,385
6	\$2,319	\$5,023
7	\$2,614	\$5,663
8	\$2,910	\$6,304
Each Additional Member	\$296	\$642

\*A pregnant woman is considered a family of 2



# How Can I Find a WIC Clinic?

- 800 Number
- AZWIC.gov
- AZ WIC Clinic Search App

# Arizona WIC Number

1-800-2525-WIC



# [www.azwic.gov](http://www.azwic.gov)



## Arizona Department of Health Services

Health and Wellness for all Arizonans

[HOME](#)[AUDIENCES](#)[TOPICS](#)[DIVISIONS](#)[A-Z INDEX](#)

### Arizona WIC Program

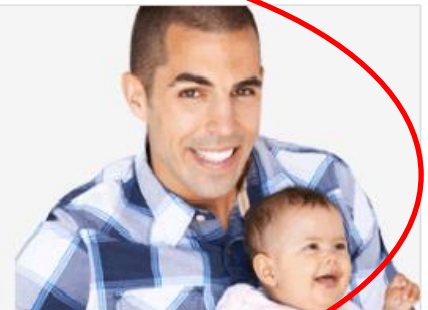
WIC is a nutrition program that helps the whole family learn about eating well and staying healthy.

[WIC en Español](#)

Find out if you are eligible for the Arizona WIC program

CALL 1 (800) 252-5942

Feedback & Support

[Find Out if You're Eligible](#)[Find a Clinic](#)

Health Services

*Health and Wellness for all Arizonans*





**Seventh Ave WIC**  
1260 S. 7th Ave.  
Phoenix, AZ 85007  
(602)252-3988  
Distance: 0.77 miles



**Phoenix Central**  
500 W. Thomas STE 870  
Phoenix, AZ 85013  
(877)809-5092 ext: 3930  
Distance: 2.5 miles



**Downtown WIC**  
1645 E. Roosevelt St.  
Phoenix, AZ 85006  
(602)506-6848  
Distance: 2.52 miles



**St. Mary's WIC**  
3003 W. Thomas Rd.  
Phoenix, AZ 85017  
(602)278-3201  
Distance: 3.21 miles

85007

Search for a clinic by name

Map

Satellite

Phoenix Central  
500 W. Thomas STE 870  
Phoenix, AZ 85013  
[Get Directions](#)  
Phone Number  
(877)809-5092 Ext: 3930



Days-Hours

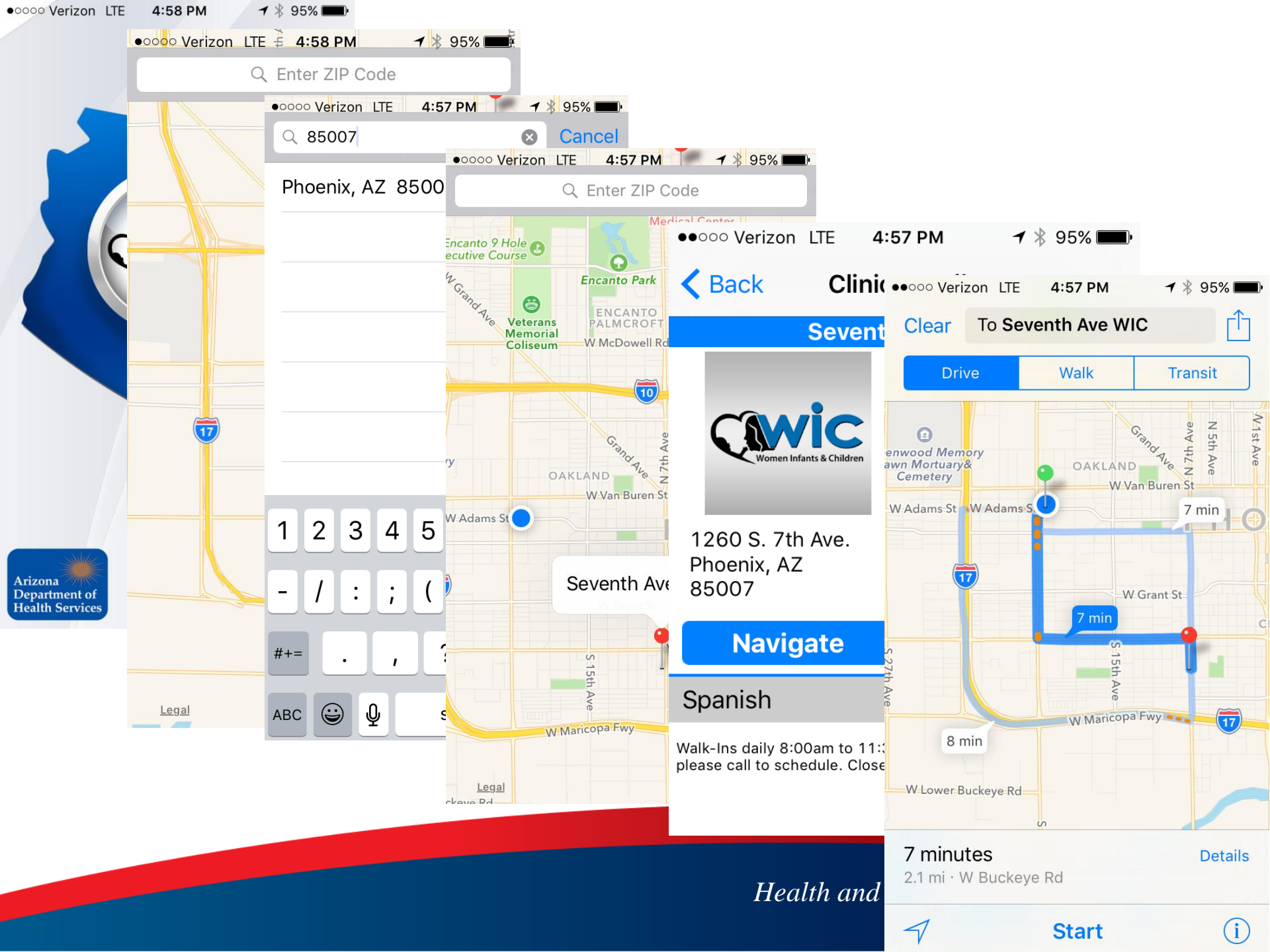
Tue: 08:00 AM - 05:00 PM

Closed for Lunch from 12PM-2PM.

# AZ WIC Clinic Search App



- Available on
  - iTunes Store
  - Google Play Store



Health and

# What Does WIC Provide?





# What Does WIC Provide?



**Nutrition Education**





# Nutrition Risk

## • WIC Codes

### ➤ Identifies nutritional risk

- Anthropometric
- Biochemical
- Clinical/ Health and Medical Codes
- Dietary Codes
- Environmental Codes

### ➤ Codes vary by category

**A Complete Assessment - As Easy As ABCDE**  
 ✓ = Potential WIC Codes/Key Areas to Assess

<b>A</b>	<b>100's Anthropometric = HT/WT, %tiles</b> (Anything related to weight gain, loss, growth) <ul style="list-style-type: none"> <li>What has your doctor said about your child's growth/your weight?</li> <li>How do you feel about your weight changes?</li> <li>How do you feel about your child's growth?</li> </ul> <i>Probe for these topics depending on what participant shares from questions to assess for all risks</i> <table border="1" style="width: 100%;"> <tr> <td>✓ Family's feelings on growth/gain</td> <td>✓ Weight change</td> </tr> <tr> <td>✓ Women: Feelings on weight gain/loss</td> <td>✓ Prematurity/Birth weight</td> </tr> </table>	✓ Family's feelings on growth/gain	✓ Weight change	✓ Women: Feelings on weight gain/loss	✓ Prematurity/Birth weight																										
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<b>B</b>	<b>200's Biochemical = Blood Tests</b> (Anything related to blood- anemia, lead) <ul style="list-style-type: none"> <li>What has your doctor said about your or your child's iron and lead levels?</li> <li>What have you heard about anemia and lead screening?</li> <li>Have you or your child had a lead test before?</li> </ul>																														
<b>C</b>	<b>300's Clinical = Health/Medical Conditions</b> (Anything related to medical history, medical conditions, doctor access or pregnancy) <ul style="list-style-type: none"> <li>What has your doctor said about your pregnancy/baby/child?</li> <li>What concerns do you have about your/your child's/your baby's health?</li> <li>How does this pregnancy compare to your previous pregnancies?</li> <li>How often do you feel down, depressed or hopeless?</li> <li>How often do you have little interest or pleasure in doing things?</li> <li>What has your doctor or dentist said about your/your child's/your baby's oral health?</li> </ul> <i>Probe for these topics depending on what participant shares from questions to assess for all risks.</i> <table border="1" style="width: 100%;"> <thead> <tr> <th>MOM</th> <th>BABY</th> <th>CHILD</th> </tr> </thead> <tbody> <tr> <td>✓ Prenatal Care</td> <td>✓ Allergies</td> <td>✓ Oral/Dental Health</td> </tr> <tr> <td>✓ Nausea/Vomiting</td> <td>✓ Medical Conditions</td> <td>✓ Allergies</td> </tr> <tr> <td>✓ Previous Pregnancy</td> <td>✓ Immunizations</td> <td>✓ Medical Conditions</td> </tr> <tr> <td>✓ Medical History (Recent Surgery, Delivery)</td> <td>✓ Oral/Dental Health</td> <td>✓ Immunizations</td> </tr> <tr> <td>✓ Medications</td> <td>✓ Medications</td> <td>✓ Medications</td> </tr> <tr> <td>✓ Allergies</td> <td></td> <td></td> </tr> <tr> <td>✓ Oral/Dental Health</td> <td></td> <td></td> </tr> </tbody> </table>	MOM	BABY	CHILD	✓ Prenatal Care	✓ Allergies	✓ Oral/Dental Health	✓ Nausea/Vomiting	✓ Medical Conditions	✓ Allergies	✓ Previous Pregnancy	✓ Immunizations	✓ Medical Conditions	✓ Medical History (Recent Surgery, Delivery)	✓ Oral/Dental Health	✓ Immunizations	✓ Medications	✓ Medications	✓ Medications	✓ Allergies			✓ Oral/Dental Health								
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<b>USE TOOL HERE</b>  <b>D</b>	<b>400's Diet and Nutrition</b> <ul style="list-style-type: none"> <li>What is meal time like for you/your family?</li> <li>When do you know baby is hungry? How does baby tell you?</li> <li>How do you feel about your appetite?</li> <li>How do you feel about your child's/your baby's eating?</li> </ul> <i>Probe for these topics depending on what participant shares from questions to assess for all risks</i> <table border="1" style="width: 100%;"> <thead> <tr> <th>MOM</th> <th>BABY</th> <th>CHILD</th> </tr> </thead> <tbody> <tr> <td>✓ Beverage/Water</td> <td>✓ Solids foods/Beverages</td> <td>✓ Beverage Intake/Cup Use</td> </tr> <tr> <td>✓ Appetite (Likes/Aversions/Cravings)</td> <td>• Plan/What/how/when</td> <td>✓ Water source? Bottle, tap, well?</td> </tr> <tr> <td>✓ Prenatal Vitamins</td> <td>✓ Food Safety</td> <td>✓ Milk Intake &amp; Type</td> </tr> <tr> <td>✓ Food Safety</td> <td>✓ Vitamins</td> <td>✓ Vitamins</td> </tr> <tr> <td>✓ Breastfeeding</td> <td>✓ Breastfeeding</td> <td>✓ Food Safety</td> </tr> <tr> <td>• Questions/Feelings</td> <td>• How often/typical feeding</td> <td>✓ Intake/ Foods (picky?, textures, number of meals, portions)</td> </tr> <tr> <td>✓ Milk Consumption and Type</td> <td>✓ Formula (Oz/day, Preparation)</td> <td>✓ Parent/Child Roles</td> </tr> <tr> <td>✓ Bottle use</td> <td>✓ Bottle use</td> <td></td> </tr> <tr> <td>✓ Eating patterns</td> <td>✓ Water source? Bottle, tap, well?</td> <td></td> </tr> </tbody> </table>	MOM	BABY	CHILD	✓ Beverage/Water	✓ Solids foods/Beverages	✓ Beverage Intake/Cup Use	✓ Appetite (Likes/Aversions/Cravings)	• Plan/What/how/when	✓ Water source? Bottle, tap, well?	✓ Prenatal Vitamins	✓ Food Safety	✓ Milk Intake & Type	✓ Food Safety	✓ Vitamins	✓ Vitamins	✓ Breastfeeding	✓ Breastfeeding	✓ Food Safety	• Questions/Feelings	• How often/typical feeding	✓ Intake/ Foods (picky?, textures, number of meals, portions)	✓ Milk Consumption and Type	✓ Formula (Oz/day, Preparation)	✓ Parent/Child Roles	✓ Bottle use	✓ Bottle use		✓ Eating patterns	✓ Water source? Bottle, tap, well?	
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<b>E</b>	<b>900's Environmental/Other Factors</b> (Anything related to smoking, substance use, safety) <ul style="list-style-type: none"> <li>What are your thoughts about smoking in your home or around you or your kids?</li> <li>How do you feel about your safety in your relationship?</li> <li>How do you feel about your child's/your baby's safety in your family relationships?</li> <li>What concerns do you have about drugs or alcohol?</li> </ul> <i>Probe for these topics depending on what participant shares from questions to assess for all risks.</i> <table border="1" style="width: 100%;"> <tr> <td>✓ Smoking ( maternal smoking or smoking in the home)</td> <td>✓ Drug or Alcohol Abuse</td> </tr> <tr> <td>✓ Safety/Abuse</td> <td>✓ Foster Care</td> </tr> </table>	✓ Smoking ( maternal smoking or smoking in the home)	✓ Drug or Alcohol Abuse	✓ Safety/Abuse	✓ Foster Care																										
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# Nutrition Education

- Tailored to the individual based on client's interest, concerns, motivations, and WIC codes
- Some common topics include
  - Using a Cup
  - Portion Sizes
  - Picky Eating
  - Healthy Snacks
- Cannot supplant between programs



# WIC Online

- 3 year USDA special project study grant
- Method of nutrition education through facilitated online discussions
- Overcome identified barriers
- Skype
- Goal= Increase Retention

# How Does WIC Do This?

- Nutrition Experts
  - Nutrition Education Specialists
  - Nutritionists
  - Registered Dietitian Nutritionists

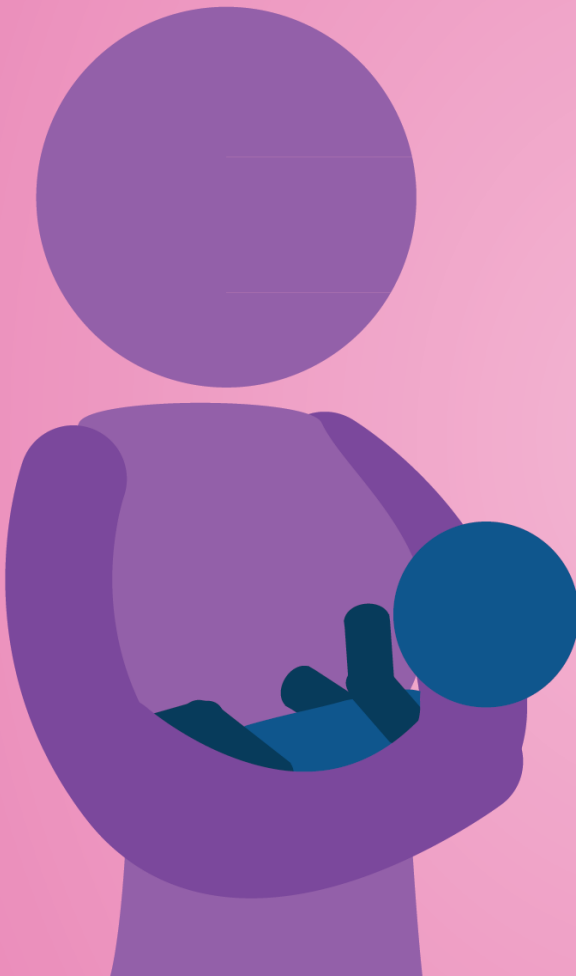


# What Does WIC Provide?





**Breastfeeding Support**





Breastfeeding may be natural and healthy for both mother and child, but it's not always easy. WIC's breastfeeding support helps mothers face this challenging time with lactation consultants and classes, peer groups and phone hotlines.



National WIC Association

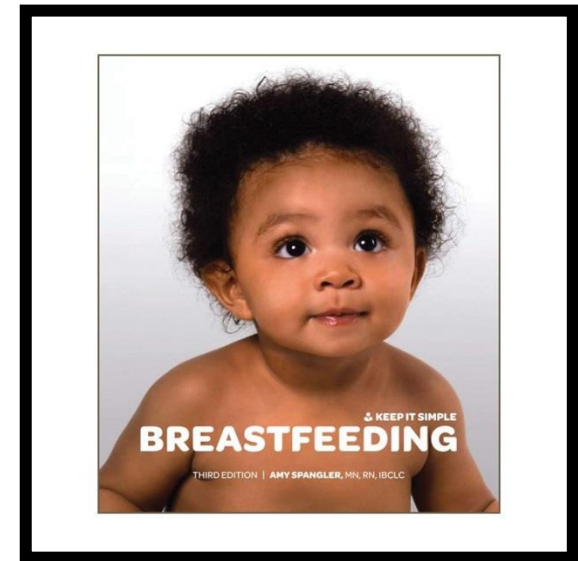
[WICTurns40.org](http://WICTurns40.org)

# Breastfeeding Support

Information while pregnant

and

support after delivery



# Breast Pumps

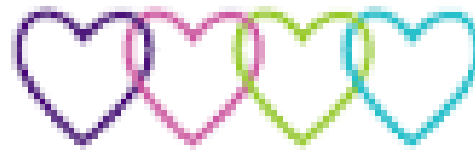


# How Does WIC Do This?

- Breastfeeding Experts
  - International Board Certified Lactation Consultants
- Breastfeeding Peer Counselors
- WIC is the state lead for ALL things breastfeeding!

# Breastfeeding Peer Counselor Program

- Provides mother to mother support



loving support.

MAKES BREASTFEEDING WORK



*Health and Wellness for all Arizonans*



# Breastfeeding Hotline

1-800-833-4642

## Top Topics:

Milk Supply

Latch/Positioning

Medications



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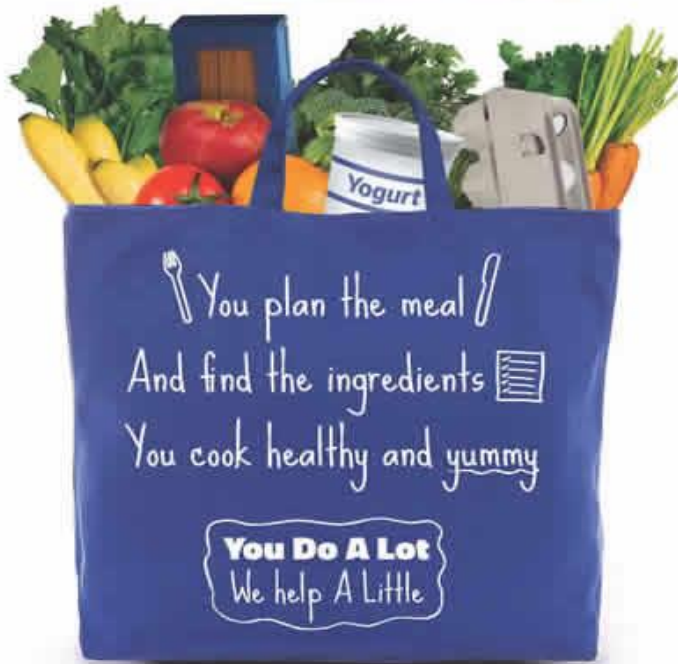
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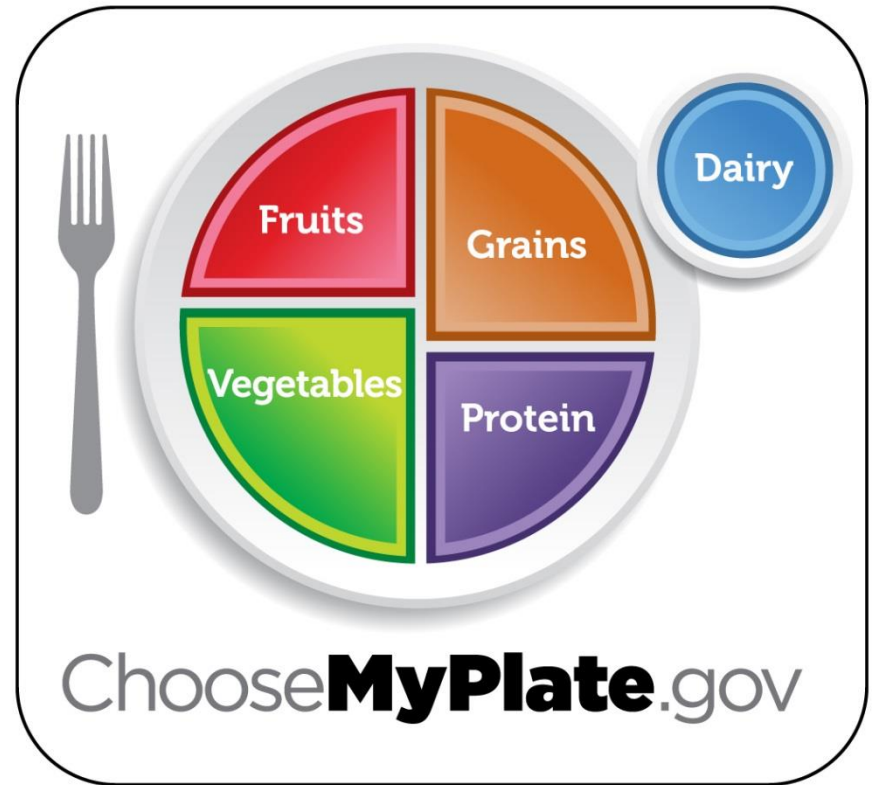
**Healthy Foods**



# Arizona WIC Programs Food List



This food list is effective April 1, 2015. Vendors may not carry all items listed and/or pictured on the WIC food list.



*Health and Wellness for all Arizonans*

# New Foods

## Whole Wheat Pasta

### Can Buy

**Any variety of the following brands of whole wheat pasta in a 16 oz. size only**

- Delallo
- Hodgson Mill

### Cannot Buy

- Pastas that list any other flour besides whole wheat and/or whole durum wheat flour in the ingredients
- Pastas with added sugars, fats, oils or salt



# Yogurt



## Can Buy

**Any flavor of the following brands of 32 oz. quart-sized yogurt\***

- Any of the following store brands
  - Essential Everyday
  - Food Club
  - Great Value
  - Kroger
  - Market Pantry
  - Lucerne
- Brown Cow
- Dannon
- LALA
- Mountain High
- Yoplait

## Cannot Buy

- Yogurt with mix-ins such as granola, candy pieces, honey, nuts and similar ingredients
- Yogurts that are:
  - Greek
  - Organic
  - Drinkable

\*Type of yogurt as specified on your WIC check.

# New Foods



# Milk Alternatives

## New Foods

(only when specified on your WIC check)



### Soy Milk

#### Can Buy

- Pacific Ultra Soy 32 oz. shelf stable, original and vanilla only
- 8th Continent, ½ gallon, refrigerated, original and vanilla only
- Silk, ½ gallon, refrigerated, original only

#### Cannot Buy

- Soy milk with added DHA/ARA
- Organic or Light
- 8th Continent chocolate, fat-free, or complete vanilla
- Silk Soymilk in other flavors

Available Infant formula effective

**October 1, 2015**

## WIC Formula Change

**Before**

If you get



Enfamil  
ProSobee

**After**

You will get

(Current Look)



Gerber Good Start Soy



(New Look  
starting in Nov.)



### Still Available



Similac Advance

### Available with a Prescription Only



Similac  
Sensitive



Similac  
For Spit-Up



Similac  
Total Comfort

# Formula Changes

# Cash Value Voucher Change



- **Increased from \$10 to \$11 for:**
  - Exclusively Nursing, Partially Nursing, Partially Nursing Plus & Postpartum, Partially Nursing with Multiples
  - 2 vouchers of \$5.50 each
- **Increased from \$15 to \$16.50 for:**
  - Exclusively Nursing with multiples; Pregnant women who are also exclusively nursing
  - 3 vouchers of \$5.50 each
- **Children's voucher \$8**



# Redemption of WIC Benefits- Statewide

Issue Month	Net Issuance (After Voids)	FB's Cashed	Average Redemption Amount
January 2016	186,014	186,014	\$23.28
February 2016	159,360	133,405	\$22.82
March 2016	108,437	65,502	\$23.43

\* Data pulled on April 11, 2016

# FMNP

- WIC and CSFP
- \$30 for purchase of fresh, locally grown fruits and vegetables from Arizona growers at approved Farmer's Markets
- [www.azwic.gov](http://www.azwic.gov)



# Redemption of WIC FMNP Benefits- By County

**March 2015- October 2015**

County	Redemption Percentage
Cochise	52%
Coconino	51%
Gila	32%
Maricopa	37%
Pima	34%
Yavapai	53%
State Average	43%

**March 2014- October 2014**

County	Redemption Percentage
Coconino	58%
Gila	30%
Maricopa	39%
Pima	33%
Yavapai	46%
State Average	41%



# Coming Soon To a Clinic Near You

## eWIC!

- 2017
  - All states mandated to implement electronic benefits (eWIC) by 2020



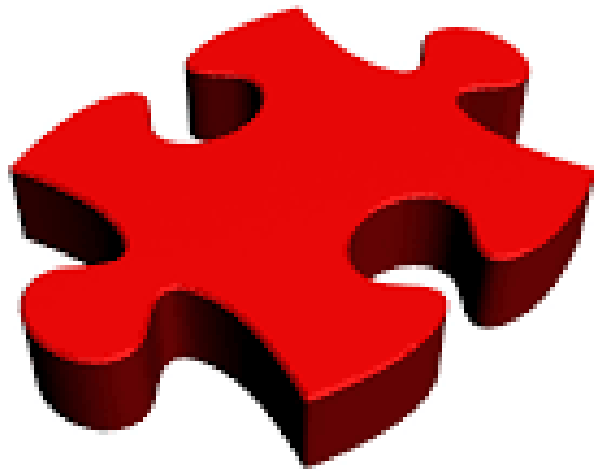
# eWIC Benefits - Participants

- Participants don't have to buy all foods at once
  - Participants currently must buy all foods on a check at time of purchase
  - With eWIC, can get foods gradually throughout the month
- Easier for participants to use at the register
  - Participants will not have to separate WIC foods from their other purchases at check out
- Less participant stigma
- Formula packages can be changed if needed without client coming back to the clinic

# eWIC Benefits - Stores

- Will be easier to identify WIC eligible items
  - UPC codes will be used to determine if a food is WIC eligible
- Faster reimbursement for vendors
- Will be a faster process at checkout
  - Cashiers will not have to double check if each food is WIC eligible or write totals on check

# What Does WIC Provide?



**Referrals**

# Referrals

- AHCCCS
- TANF
- SNAP
- Section 8
- FDPIR
- Summer Foods
- Head Start
- Immunizations
- Substance Abuse Treatment Programs
- Food Banks
- Childcare Centers

# Let's Work Together to Help Families!



*Health and Wellness for all Arizonans*



# What Are Local Agencies Doing?

# Working Together

- Desert Senita Community Health Center
  - Authentically Ajo Farmer's Market
  - SNAP at the market
  - Double Up Bucks program (which doubles funds for fresh fruits and vegetables)
  - Newsletter
    - Nutrition Focused
    - Monthly

## All About Leafy Greens

By Miriam Hoda, Registered Dietitian Nutritionist

Due to their high antioxidants content, green leafy vegetables have been listed among the best cancer-preventing foods. Not only that, but some studies have shown that eating a few servings of green leafy vegetables per week can lower the risk of heart disease as well.

Overall, some of the healthiest foods for us are leafy greens, such as kale, collards, turnip greens, swiss chard, spinach, etc. There are many ways to enjoy a meal with leafy greens: people can make salads, sandwich wraps, add greens to soups, or eat them steamed.

Most of us fall short when it comes to recommended amount of vegetables to eat. Since leafy greens are so healthy, I try to make a plan to have at least 3 servings of them a week – and the way I find easiest is to blend them into a smoothie. Here's a recipe for my green smoothie, made with just a few ingredients and fairly easy to make:



Mustard Greens

### Simple Green Smoothie

- 2 Cups of Frozen Pineapple\*
- 2 Cups of Frozen Spinach (or other mixed greens)
- 2 Cups of Water (more can be added to get the blender going)
- 1 Tablespoon of Honey

This recipe makes a total of 4 smoothie cups.

\*Instead of pineapple, feel free to add another fruit of your choice, such as mangos or a banana.

Another (optional) tip: sprinkle in a dash of ginger and/or turmeric powder into the smoothie before blending. They provide additional antioxidant, anti-inflammatory, anticancer, and cholesterol-lowering properties to the smoothie. Be careful to not add too much, however, because their taste can be overpowering. A tablespoon of ground flax seed and chia seeds can also be added.



*Don't let the bright green color intimidate you; the tart taste of the pineapple and the sweetness of both the fruit and honey cover the green's taste. I hope you enjoy drinking this as much as I do!*

This newsletter is published weekly by Ajo Center for Sustainable Agriculture on behalf of Ajo Regional Food Partnership, and is supported by USDA-FMP and CFSA.



## Leafy Greens cont...

### Benefits of Dark Green Leafy Vegetables

According to the United States Department of Agriculture (USDA), "Dark green leafy vegetables are great sources of nutrition. Salad greens, kale and spinach are rich in vitamins A, C, E and K, and broccoli, bok choy and mustard are also rich in many of the B-vitamins. These vegetables also contain an abundance of carotenoids—antioxidants that protect cells and play roles in blocking the early stages of cancer. They also contain high levels of fiber, iron, magnesium, potassium and calcium. Furthermore, greens have very little carbohydrates, sodium and cholesterol.

The dark greens supply a significant amount of folate, a B vitamin that promotes heart health and helps prevent certain birth defects. Folate is also necessary for DNA duplication and repair which protects against the development of cancers. . . The vitamin K contents of dark green leafy vegetables provide a number of health benefits including: protecting bones from osteoporosis and helping to prevent against inflammatory diseases. . . Perhaps one of the most appealing benefits of



Spicy Asian Greens

dark green leafy vegetables is their low calorie and carbohydrate contents and their low glycemic index. These features make them an ideal food to facilitate achieving and maintaining a healthy body weight. Adding more green vegetables to a balanced diet increases the intake of dietary fiber which, in turn, regulates the digestive system and aids in bowel health and weight management. These properties are particularly advantageous for those with type-2 diabetes.

The Dietary Guidelines for Americans recommends increasing average intakes of fruits and vegetables, particularly those that provide more vitamins, minerals and fiber. Dark leafy greens fulfill this need. Many varieties of greens are available in the American markets—the most popular are collards, mustard greens, turnip greens, chard, spinach and kale.

"Eating dark green leafy vegetables is vital to a healthy, balanced diet."

- *Be sure to stop by the Farm Tables to pick up Authentically Ajo Grown produce including many varieties of nutritious and tasty leafy greens!*
- *Also don't forget to Visit the Annual Health Fair at Desert Senita Community Health Center this Saturday January 30th from 10AM to 1PM*

Authentically Ajo Farmers Market is held every Saturday from January - March, from 9 to 12 noon, in the Ajo Plaza. Setup begins at 8 am. We invite growers, food producers and arts and crafts booths. Please register with the Ajo CSA Farmers Market Coordinator (ajocsa@hotmail.com), who will also advise you on your spot. For more information contact Ajo CSA at [ajocsa@hotmail.com](mailto:ajocsa@hotmail.com). For market updates follow the *Authentically Ajo Farmers Market* Facebook page.



# Working Together

- Yavapai County WIC
  - Health Educators have a education table at Prescott Farmer Market
  - WIC prints checks at the market
  - Use of AzNN Nutrition Education materials and games to use at outreach events

# Now Recruiting!

## Comparison Groups for the Adult Impact Evaluation



### What's a Comparison Group?

Think placebo group. We're looking for people to take the same surveys as the *MyPlate for My Family* classes—but with **no nutrition education** so that we can compare them with people taking classes.

### What Kind of Survey Takers are We Looking For?

- Up to 150 SNAP-eligible parents/caregivers
- People available in groups of 10 or more
- People in these counties: Maricopa, Mohave, Pima, Pinal, Santa Cruz, Yavapai or Yuma



### Where Would I Find these People?

Places where people gather at a SNAP eligible site, like:

- Head Start parent meetings or parent nights at schools
- Health fairs at qualifying sites
- WIC clinics where clients might receive future lessons

**What Do They Do?** Take two short surveys and provide their address to take the surveys again in 4 weeks. Each time they take the surveys, they receive a **\$10 gift card!**

To participate, just identify a possible site and contact Kay Orzech at (520) 626-9233, [kmcelvee@email.arizona.edu](mailto:kmcelvee@email.arizona.edu)

# Yavapai WIC Continued



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# Working Together

- Maricopa County WIC
  - Physical Activity ideas with kids waiting in the lobby
  - Story time
    - Reading nutrition related stories to kids in the lobby
  - Helping with bulletin boards in WIC clinics



# Working Together

- Cochise County
  - Assists child care facilities to become recognized as Breastfeeding Friendly
  - County BF task force (WIC Director and BFPC)
    - Visit the site after AzNN conducts the Empower BF training
    - Then direct staff to ADHS website to complete the Self Assessment
    - Then child care facility is formally recognized at the Board of Supervisors meeting

# Working Together- What Can We Do Next?

- Collaboration to create a infographic
  - Emphasizing home preparation of meals
    - Include cost of average dinner
      - From fast food facility
      - From home
      - Compare \$\$ value
    - Emphasize the home preparation can encourage:
      - Leftovers (more meals)
      - Family meal time together
      - Shopping skills
      - Value of nutrition benefit of the food
- Recipes from AzNN and WIC can be provided

# Working Together- What Can We do Next?

- Comparisons of foods not on WIC list that participants are spending money on (dietary analysis of participants on our programs)
- Eating healthy on the go materials
- Referrals to SNAP-Ed programs in WIC clinics

# Working Together- What Can We do Next?

- Collaborate to making a shopping list
  - Include core ingredients
    - Premade sample shopping list
      - WIC list
      - SNAP list
      - What's on Sale
      - List of common foods
- Grocery Store Tours
  - Shopping the perimeter
  - Shopping sales
  - Reading product labels

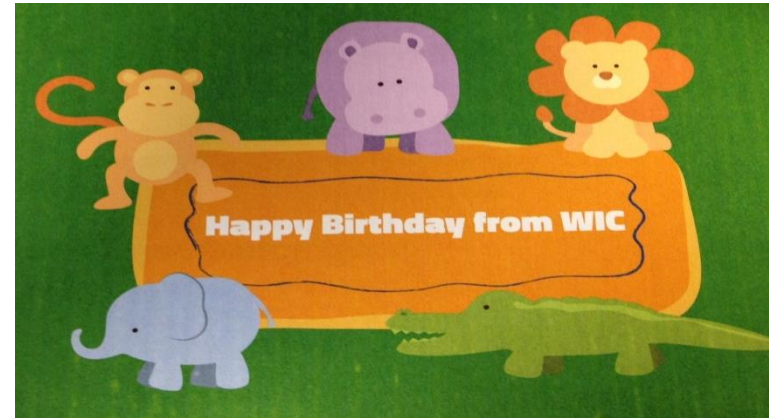


# Working Together- What Can We do Next?

- Gardening
  - WIC clinics may be great sites for a community garden
  - WIC clinics may provide resources on gardening, community gardens, and planting a garden at home developed by SNAP-Ed
  - Promote Farmer's Markets within the community

# Working Together- What Can We do Next?

- Children one years of age
  - Drop off the program
  - Sending a birthday card to encourage them to come back to WIC
  - Fruits and vegetable book
- Referrals to WIC
- Referrals to SNAP-Ed







**Congratulations!**

They hand you a book when they want to hear a story...

They try to say words you say...

They try to do all the things you do...

They smile at you and love to play...

**“Working together is success”**

**-Henry Ford**

Your little one is turning one and WIC is here to help.

Children can stay on WIC until they are 5 years old!

Call your local WIC office to schedule your next visit.

**Bring this card to receive a special  
birthday gift!**

# Questions?



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*Health and Wellness for all Arizonans*