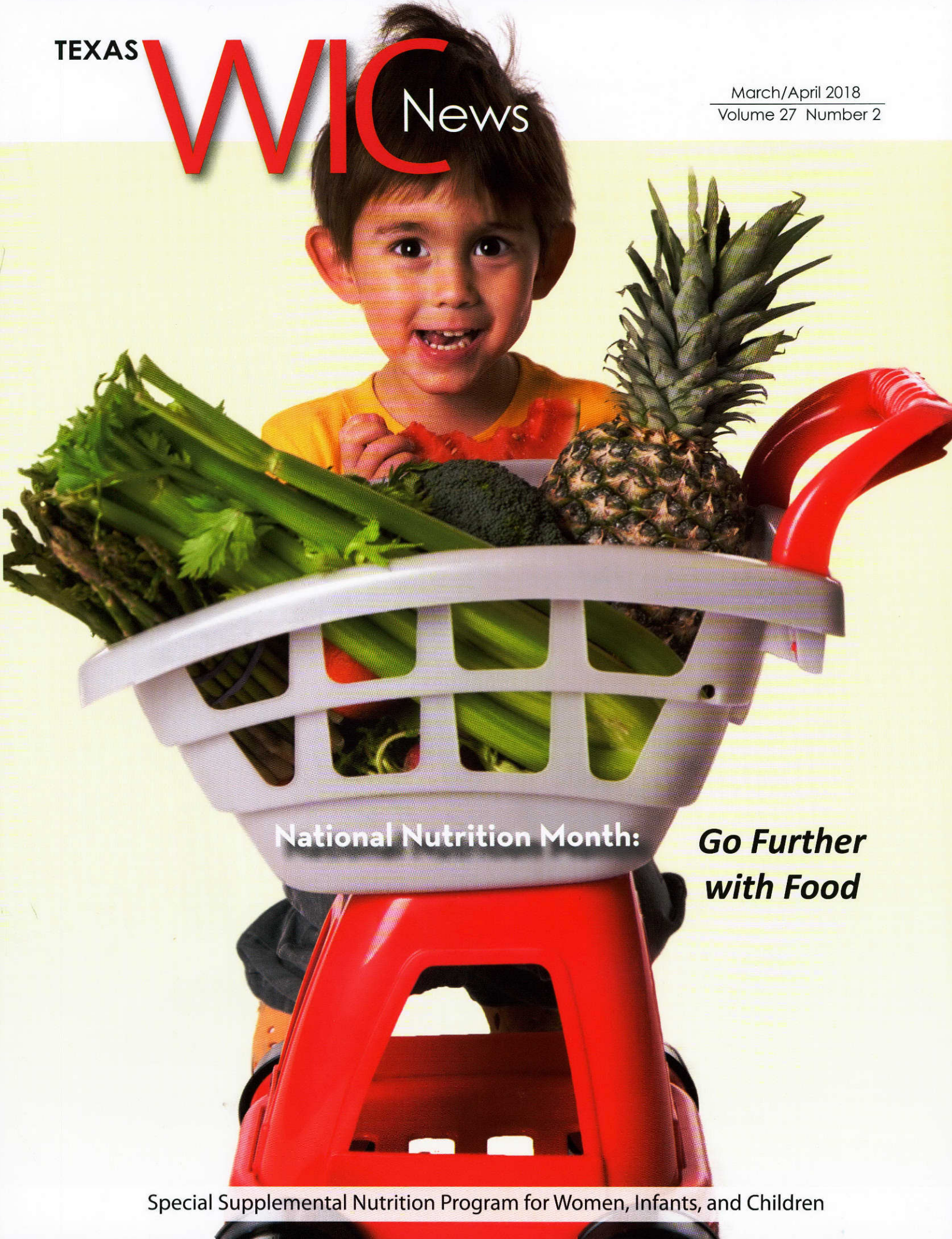


TEXAS **WIC** News

March/April 2018
Volume 27 Number 2



National Nutrition Month:

***Go Further
with Food***

Special Supplemental Nutrition Program for Women, Infants, and Children

Going Further with Food and WIC

It's that time of year when an entire month is dedicated to our program's mission: nutrition and health.

This is a topic I'm passionate about and this year's National Nutrition Month theme... Go Further with Food is a concept I embrace. In a previous career, I served as athletic director to professional athletes in several countries. Athletes' ability to tolerate the extreme and severe training was highly dependent on recovery. The secret was getting from one brutal training to the next with a little energy in reserve. A big part of that recovery is dependent on nutrition and timing.

Food matters, and it is so much more than just avoiding hunger. It's about sustainability and making smart decisions to fuel your body to perform at its best. On page 4, you'll read how to do that before you visit the grocery store.

Going further with food also has significance when it comes to nutrition counseling. The phrase 'you are what you eat' is not just an idiom. Turn to page six to learn about the study of epigenetics and the science of how a families' good health (or bad health) can affect future generations.

If you're inspired to go further with food you can find examples of how to get

started on page 14. You can read about how your colleagues throughout the state are using grants so they and their clients can *Go Further with Food*.

The WIC program's mission is a healthy Texas. We achieve this mission through nutrition counseling, supporting breast-feeding, and providing the nutritious foods our families need. While we have many things we are focusing on right now, let us not forget our core values and goals. Let us not forget how TXIN, participation and a positive customer experience could help us in our mission. Let us all remember how when we put all those things together, Texas families go further with WIC.



From the desk of Edgar Curtis — Texas WIC Director

in this issue

National Nutrition Month

4



- 2** Going Further with Food and WIC
- 4** National Nutrition Month: *Go Further with Food*
- 6** Epigenetics
- 8** Recipes for the Non-Chef
- 10** WIC Wellness Works
- 12** Introducing the New TexasWIC.org
- 13** 5 Easy Ideas for National Nutrition Month
- 14** WIC Goes Further with Food through Improving the Participant Experience Grant Funds — Cooking and Gardening Projects
- 17** Outreach Resource Guide
- 18** Test Your Nutrition IQ

NOTICE TO SUBSCRIBERS:

Texas WIC News is available online at <http://www.dshs.texas.gov/wichd/gi/wicnews.shtm>. If you are a current subscriber who would prefer to receive the Texas WIC News online, send your email address to WICNewsSubscriptions@dshs.state.tx.us and we will notify you by email as soon as an issue becomes available online.

Texas WIC News (USPS 016-975) is published bimonthly by Texas Health and Human Services, P.O. Box 149347, Austin, Texas 78714-9347 <http://www.dshs.texas.gov/wichd/default.shtm>. Subscriptions are free. Periodicals postage paid at Austin, Texas.

POSTMASTER: Send address changes to WICNewsSubscriptions@dshs.state.tx.us or WIC News Subscriptions, Texas WIC News, Texas Health and Human Services, P.O. Box 149347, Austin, TX 78714-9347.

Edgar Curtis
Texas WIC Director

Amanda Hovis
Director, Nutrition Education/Clinic Services Unit

Rachel Edwards
Manager, Clinic Services Branch

Shirley Ellis
Manager, Nutrition Education Branch

Tracy Erickson
Manager, Infant Feeding Branch

Angela Gil
Manager, Publishing, Promotion, and Media Services

Melanie Smith
Publication Coordinator/Editor

Clare Wolf
Managing Editor/Designer

Chris Coxwell
Photographer

Lorise Grimbball, Matt Harrington, Renee Mims,
Jonell Clardy, Erica Harris
Contributing Editors & Designers

Clarissa Miles
WIC Publications Coordinator

TEXAS WIC NEWS SUBMISSION GUIDELINES:

If you have a story idea you would like to submit for consideration in the Texas WIC News please send an email to Melanie.Smith@hhsc.state.tx.us.



TEXAS
Health and Human
Services



In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

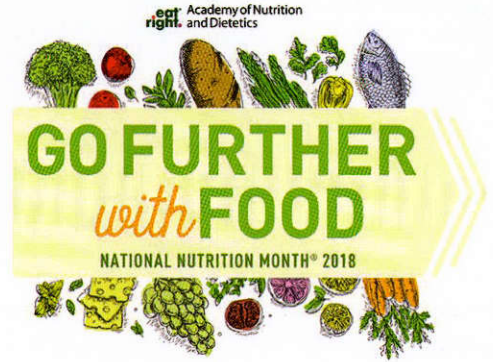
Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the agency (state or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992.

Submit your completed form or letter to USDA by:
(1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410;
(2) fax: (202) 690-7442; or
(3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

National Nutrition Month: **Go Further with Food**



by Lisa Rankine, RD
Clinic Services Program Coordinator

Go Further with Food is the theme for National Nutrition Month 2018! This campaign brings awareness to food planning and preparation in an effort to reduce food loss and waste. Thinking about going further with food starts before that trip to the grocery store, farmer's market or specialty food store, and definitely during a rational time before becoming "hangry" (hungry and angry). Actually going further with food begins with caring for our natural resources: the soil, sun and water. The Academy of Nutrition and Dietetics has provided steps we can all take to *Go Further with Food*.

1. Include healthful food from all food groups.
2. Use what you have on hand before purchasing more.
3. Buy only what can be eaten or frozen in a few days and use left overs to decrease food waste.
4. Watch portion sizes.
5. Practice food safety.
6. Exercise and use a registered dietitian nutritionist as a resource.

Food Waste

Let's focus on how to avoid food waste. We need to be connected with food. We love food, so why do we waste it?

In the United States and throughout the world, food is wasted in many ways. Though one in five children don't have enough to eat, 400 pounds of food per person is wasted annually. Overproduction of food leads to the loss of forests, habitats and biodiversity. We have hunger around the globe, and yet almost 40 percent of food goes to waste. Food is wasted in the field when fruits and vegetables are discarded because they do not appear perfect. Food is

wasted at buffets and grocery stores just so pans and shelves look full. Food is often wasted in the home because of confusion over sell by dates. The average American family wastes about \$1500.00 annually on food that is not eaten. Ninety percent of that food waste goes to the landfill. A head of lettuce alone takes 25 years to decompose. This food waste is a huge source of methane gas. Methane is 23 times more powerful than carbon dioxide, which threatens the environment. It's just as important to reuse the scraps for compost as it is to ride your bike or take public transportation to reduce pollution. What can we do with the food scraps instead of putting them in the landfill?

Food Waste Solutions

Want to save money and the environment at the same time? One way to accomplish this is to repurpose food waste, or scraps, by feeding to animals or composting to create new resources. Many people throw away plants or parts of plants that can be used to create new dishes. Some laws require that food be disposed of even though it remains safe and edible. In Italy, where laws require fish to be sold in two days, and fruits and vegetables to be sold within four to five days, some restaurants and food kitchens are preparing and selling these foods rather than allowing them to be wasted. Fortunately, due to public intervention, many laws that require the disposal of foods that are still safe and edible are beginning to change.

Helping Those in Need

In an effort to reduce food waste there are a variety of groups working on solutions. Daily Table in Massachusetts is a not-for-profit retail store that works with a network of food contributors to make food accessible and afford-

able to the community. This organization is a valuable community resource that accepts excess, healthy food.

Food Waste into Electricity

Though it takes just one gallon of milk to make one gallon of regular yogurt, it takes three gallons of milk to make one gallon of Greek yogurt. This difference is due to the whey that is wasted during the production of Greek yogurt. The solution? Using yogurt to create electricity. Instead of disposing of this wasted whey, it is reprocessed to create methane gas to run the generator to create electricity. This system results in less electricity use which may save the plant more than 2.4 million dollars in one year. What a creative way to reduce waste and save money.

Food Waste for Animals

If more pork producers “fed waste to pigs instead of using the corn-soy mix, it would generate enough food to feed three billion people globally.” In Japan, experiments have been underway to do just that. By feeding pigs a variety of foods, the Japanese have not only reduced food waste, they have also changed the flavor of the pork. Food that would otherwise be discarded is not only contributing to growing more food, but also changing the flavor profile.

Food Waste from Fishing

While Alaskan salmon are well-managed, salmon in the Pacific Northwest and California have declined due to overfishing and habitat loss. It's not only salmon that are in jeopardy. For every one pound of shrimp, six pounds of other fish are wasted because they are caught in shrimping nets. Keep in mind, though salmon and shrimp are part of a healthy diet, they are not the only fish in the sea. There are many varieties of tasty and nutritious fish from which to choose. The greatest impact we can have is being aware of how our food is raised, harvested, and caught. By asking one simple question, “Was this fish caught or farmed in environmentally sustainable ways?” consumers can make a difference.

Community Gardens

Community gardens and school gardens are real assets in helping children learn how food is produced. When children put forth effort to

prepare the soil, sow the seed, remove weeds, and provide food and water to the plants they are more likely to eat what they helped grow. Food that children work hard to grow and harvest will not be wasted. They have an interest in it. Children can also be taught to use scraps or food waste as compost to give new life to more plants. Even what might have been wasted becomes valuable.

What can I do?

Each of us can do our part to *Go Further with Food* by thinking about the foods we eat, where that food comes from, and how it's grown. By choosing more whole foods, we not only reduce waste, we eat healthier. By thinking about how much we need before purchasing, less food is thrown away. Where are the solutions going to come from? The solution is from the consumer. We have to think outside of the box, or the bowl. Being open to trying a variety of foods can also help reduce food waste. After all, there is more to the chicken than the breast.

Everyone can participate in the effort to reduce food waste. Be a wise consumer, purchase less, choose real food, don't overlook the ugly produce, learn to cook, and let your voice be heard. Be an active citizen by demanding change from the food industry. *Go Further with Food*.

Resources:

- Go Further with Food, Eat Right Academy of Nutrition and Dietetics, <http://www.eatright.org/resource/food/resources/national-nutrition-month/national-nutrition-month>, August 1, 2017, accessed 11/28/2017
- Wasted! The Story of Food Waste, Anthony Bourdain, 2017 https://www.amazon.com/Wasted-Story-Waste-Anthony-Bourdain/dp/B075RNMZ1Y/ref=sr_1_2/147-0234909-1074021?ie=UTF8&qid=1510697821&sr=8-2&keywords=food+waste accessed 11/28/2017
- 27 Solutions to Food Waste. <http://www.refed.com/?sort=economic-value-per-ton> accessed 11/28/2017
- Food Waste Facts <https://feedbackglobal.org/food-waste-scandal/> accessed 11/28/2017
- 5 alarming statistics from the new food waste documentary narrated by Anthony Bourdain May 5, 2017 <http://www.newsweek.com/food-waste-statistics-anthony-bourdain-documentary-594747> accessed 11/05/2017

Epigenetics

by Faith Njoroge, MS
Breastfeeding Education Consultant

The word “epigenetics” is everywhere these days, from academic journals and popular science articles to advertisements for miracle cures. But what is epigenetics, and why is it so important?

Each creature inherits genes from its parents which provide blueprints for how its cells will grow and act. These blueprints usually dictate how the cells will act from conception until death. Sometimes the environment we live in can affect those blueprints, and alter a gene. This altering of genes is referred to as epigenetic.

The “epi” in epigenetics is derived from the Greek word meaning “above” or “over.” Epigenetics refers to processes that bring about heritable changes in gene expression without changing the DNA sequence.

Influence on Health and Wellbeing

Researchers have in recent years come to realize that genes aren't a fixed, preset program simply passed on from one generation to the next. Instead, genes can be turned on and off by external factors such as our experiences and environment. Our thoughts, emotions, nutrition, lifestyle choices, exercise and stress management all send signals that determine whether genes become active or lie inactive. Epidemiological studies show how certain exposures have shaped the health of specific populations over time, particularly between mother and child. Mother-child attachment begins during pregnancy, and is known to be a strong influence in the behavior, health, and personality of a child. The mother's attachment changes the brain development, personality, and genetic expression of her baby. Therefore, the prenatal period is critical as it is affected by the emotional and nutritional experience of the mother, and has a lot to do with who babies turn out to be.

Nutrition and Epigenetics

Nutritionists and dietitians have long known that ‘you are what you eat’ is not just an expression. Several studies have shown that the environment and nutrition in early life and at critical periods of development, may influence the expression of genes with short- and long-



term effects on the child. The most critical period of development is from conception to age three. This is the time when our DNA is most receptive to epigenetic tags that mark our DNA and shift the way our organs develop and our likelihood to contract certain diseases. The maternal environment during pregnancy and then the baby's first nutrition significantly influences the genes. Data obtained from animal studies shows that poor nutrition during pregnancy results in growth delays and changes in the expression of genes that help control metabolism.

According to research, the epigenome is not only changed and added to during fetal and early life, but our epigenetic tags are passed down through generations. Human studies found that adult disease risk may be associated with unfavorable environmental conditions early in development. In particular, the risk of obesity and its associated conditions may be related to the timing of nutrient restriction during pregnancy.

Several studies focusing on individuals born to mothers exposed to famine during pregnancy found that individuals whose mothers were exposed to famine in their first trimester of pregnancy had low birth weight compared with unexposed individuals. These individuals also showed an increased risk of obesity and cardiovascular disease in adulthood. No effects were found in individuals born to mothers exposed to famine late during pregnancy, demonstrating that epigenetic changes might be particularly sensitive during early development.

Breastmilk is baby's first nutrition. Research shows that many of the components in human milk can change gene expression in the newborn baby through breastfeeding. New evidence also suggests that human milk has beneficial effects on health via the epigenetic process. Breastfed children have a lower risk of necrotizing enterocolitis, infectious diseases, obesity, and related disorders. Breastfeeding mothers may have a lower risk of breast cancer, even if a genetic predisposition for the development of this disease is present. The different epigenetic mechanisms involved are still unclear. More research is needed to provide more

explanation about the relationship between human breastmilk and gene expression, in particular in the prevention of non-communicable diseases in adult life.

WIC Can Help

WIC staff have contact with families during different stages of development such as before, during and after pregnancy. This provides an ideal opportunity for WIC staff to provide information and resources that can promote healthy choices and outcomes for families both at present and in the future. WIC staff can:

- Encourage pregnant clients to get early prenatal care. Women who see their healthcare provider early and regularly have healthier pregnancies.
- Encourage clients to diversify diets. WIC offers nutritious foods like fruits, green leafy vegetables, beans, whole grain bread and cereals, milk, eggs, and cheese.
- Promote and support breastfeeding by providing breastfeeding education and assisting clients with breastfeeding.
- Provide nutrition education on infant feeding and educate clients on healthy lifestyles before, during, and after pregnancy.

References

- American Academy of Pediatrics. Breastfeeding and the use of human milk. *Pediatrics* 2012;29, e827–e841.
- Lillycrop KA; Burdge GC. Epigenetic changes in early life and future risk of obesity. *Int. J. Obes.* 2011;(35) 72–83.
- Lillycrop KA. Effect of maternal diet on the epigenome: Implications for human metabolic disease. *Proc Nutr Soc.* 2011 Feb;70(1):64-72. doi: 10.1017/S0029665110004027.
- McInerney TK. Breastfeeding, early brain development, and epigenetics. *Getting children off to their best start. Breastfeed Med.* 2014; Sep;9(7):333-4. doi: 10.1089/bfm.2014.0073. Epub 2014 Jul 15.
- Stein RA. Epigenetics and environmental exposures. *J Epidemiol Community Health.* 2012 Jan;66(1):8-13. doi: 10.1136/jech.2010.130690. Epub 2011 Nov 1.
- Stover PJ; Caudill MA. Genetic and epigenetic contributions to human nutrition and health: Managing genome-diet interactions. *J. Am. Diet. Assoc.* 2008;(108) 1480–1487.

Recipes for the Non-Chef

Submitted by Kristina Arrieta, IBCLC, MPH
Peer Counselor Coordinator

Cooking can be a daunting task for some, especially when it comes to healthy cooking. These recipes are easy and nutritious and should have even the most novice cook delighting the family's taste buds.

Garlicky Broccoli and Cauliflower Mix

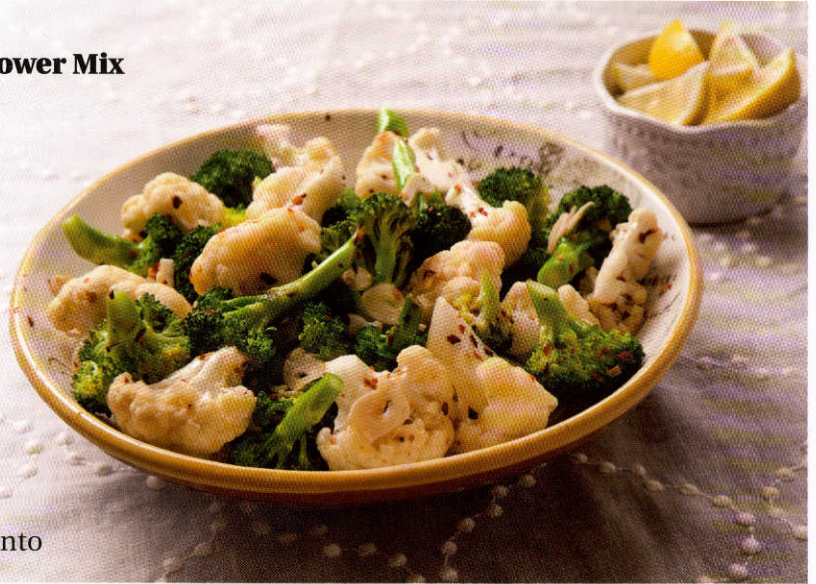
— by Kristi Arrieta
25 minute cook time
4 servings

Ingredients:

1 bunch broccoli
1 head cauliflower
2 tablespoons olive oil
5 cloves garlic
½ teaspoon crushed red pepper
Salt and pepper to taste

Instructions:

1. Slice broccoli and cauliflower into 2 inch pieces.
2. Heat olive oil in pot.
3. Add garlic and cook over low heat for 5 minutes.
4. Remove garlic and set aside.
5. Increase heat to medium and add broccoli and cauliflower, red pepper flakes, salt, and pepper.
6. Cover the pot and cook for 7 minutes, stirring occasionally.
7. Add the garlic back into the pot.
8. Remove from heat and serve hot.



Banana Cereal Bites

— by Kristi Arrieta
15 minutes prep time
2 servings

Ingredients:

½ cup colorful multi-grain circle cereal
1 banana, peeled
2 tablespoons creamy peanut butter

Instructions:

1. Place cereal in recloseable food storage bag.
2. Tap the bag lightly with a heavy-bottom saucepan to break cereal into bits.
3. Transfer to a shallow plate.
4. Trim ends from banana.
5. Spread peanut butter over outside of banana.
6. Roll in crushed cereal.
7. Cut into 6 pieces.

Personal Biscuit Pizza

— by Kristi Arrieta

25 minute cook time

8 servings

Ingredients:

- 1 can of biscuits
- 1 8-ounce can of tomato sauce
- 1 cup part-skim mozzarella cheese
- 1 15-ounce can of diced tomatoes
- 1 cup sliced zucchini or favorite vegetable
- 1/3 cup diced onion
- 1 tablespoon balsamic vinegar

Instructions:

1. Preheat oven to 425°F.
2. Flatten biscuits and place on baking sheet.
3. Spread evenly with tomato sauce.
4. Top each flattened biscuit evenly with cheese, drained tomatoes, zucchini, and onion.
5. Bake 15 minutes or until cheese melts and biscuits are browned lightly and crisp.
6. Drizzle each with balsamic vinegar before serving.



Not Your Grandma's Meatloaf

— by Katie Coyne

This recipe takes a Mediterranean twist on a traditional meatloaf.

Ingredients:

- 2 eggs
- 1/4 cup extra virgin olive oil
- 1/2 cup plain breadcrumbs
- 1 tbsp. dried parsley
- 1/4 cup chopped sun-dried tomatoes
- 2 cloves garlic (minced)
- 1/2 cup feta cheese
- Salt and pepper, to taste
- 1 pound ground turkey
- Cooking spray

Instructions:

1. In a bowl, whisk eggs and oil. Then add breadcrumbs, parsley, sun-dried tomatoes, garlic, feta, salt and pepper—mix well. Add ground turkey and mix with hands until well blended.
2. Portion the meat out into a 12 cupcake pan (pre-greased with non-stick spray). This helps it cook faster for a week day meal and is already perfectly portioned. Cook the meatloaf at 350 for 18 minutes. Check with a meat thermometer to make sure the internal temperature is 165° and enjoy.



by Katie Oliver, MS, RD
WIC Wellness Coordinator

Joining the *Go Further with Food* campaign National Nutrition Month, 2018

CONTRIBUTED BY: RONIKA KIM, UNIVERSITY OF TEXAS DIETETIC INTERN

Adopt a Healthier Eating Style

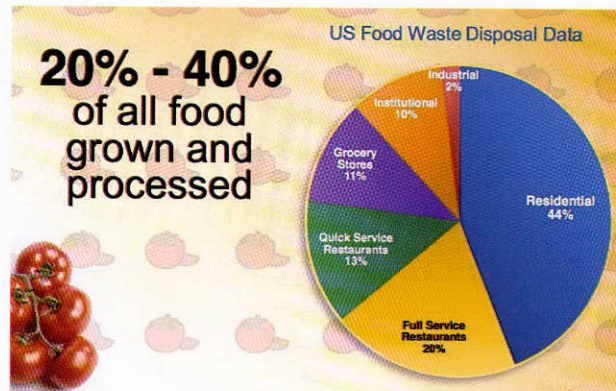
How would you define “healthy?” Everyone may have a different answer to this question. There are many components of health, but when it comes to nutrition, what works best is unique to each person. Start by rethinking your perception of healthy foods. There are no “good” and “bad” foods. Food does not have moral value. There are foods that would offer more benefit to your body than others. After all, food is intended to provide what we need to keep us going, but also to be enjoyed.

So how can we balance healthful eating and enjoyment?

- Feed yourself regularly, every few hours, when you are hungry but not starving. If you get to the point of being too hungry, you are in survival mode and will tend to eat the easiest, fastest option – which may not be the one that’s best for you.
- Do not restrict yourself from foods you love. Have a small amount of what you are craving, with your meal, so that you don’t give in later and over eat.
- Allow yourself to enjoy your meal free of distractions like watching tv or looking at your phone. This way, you can savor the flavors, and notice when you are still hungry or full.
- Eat until you are satisfied or not feeling hungry anymore.
- Add more vitamin and mineral rich foods to your meals, like whole grains, fruits and vegetables. Focus on adding foods not taking away the foods you are already enjoying.

Reduce Food Loss and Waste

As much as 40 percent of the food supply in the United States ends up in the landfill. A large portion of this (44 percent) comes from our homes. The result is damage to the environment from methane gas (coming from food breakdown) and less food



available to those who need it. Check out the following questions for ideas on how to make your food go further. We can lower the percentage coming from homes and make the biggest impact.

What can I do with limp carrots & celery?

Save vegetable scraps to use in making stock. Make stock right away, or freeze veggies for later.

How can I make my fresh produce last longer?

- ✓ When storing, try mesh produce bags or wrapping fruits and vegetables in paper towels to separate them (plastic bags encourage faster spoiling).
- ✓ Put a paper towel in the bottom of the container with your greens or berries to absorb extra water.
- ✓ Freeze extra herbs in ice cube trays with water for pre-portioned, ready to use ingredients.

What else can I do to prevent produce waste?

Buy frozen vegetables to help prevent spoiling before use.

What is composting and how can it help?

Composting can be as simple as saving food scraps so that they can be recycled instead of ending up in the landfill. There is a lot of free information on composting available. Web-search “composting 101” for more information.

(Continued on page 11)

recipe

How to make vegetable stock with vegetable scraps!

You can make vegetable broth with almost any left-over veggie scraps but it's best to always include onions, celery and carrots as your starting base. From there, tailor your broth to whatever you will be using it for or what is left in your kitchen. Keep in mind that some items like cabbage, broccoli, cauliflower and brussel sprouts can leave your broth tasting bitter, so you may want to avoid these. And finally, what is the difference between broth and stock? Broth is seasoned, while stock is not. Even if the seasoning is as simple as salt and pepper, it would still be considered a broth.

Basic Vegetable Broth

Makes: 6 cups of broth

Ingredients:

8 cups water
 1 tablespoon olive oil
 1 large onion
 2 stalks celery, including some leaves
 2 large carrots
 1 bunch green onions, chopped
 8 cloves garlic, minced
 8 sprigs fresh parsley
 6 sprigs fresh thyme
 2 bay leaves
 1 teaspoon salt

Preparation:

Chop cleaned vegetables into 1-inch chunks. Heat olive oil in a large dutch oven or stock pot over medium heat. Add garlic, onions, celery and carrots. Cook until softened, about 5 minutes, stirring often. Add the water, remaining vegetables, parsley and thyme. Reduce heat to low and simmer, partially covered, for 45 minutes. Pour the broth through a fine mesh strainer into a large heat proof bowl or pot. Once the broth is cooled, transfer to airtight containers or freezer bags and store in the freezer. You can divide up the broth into smaller portions so that you don't have to thaw all the broth every time.



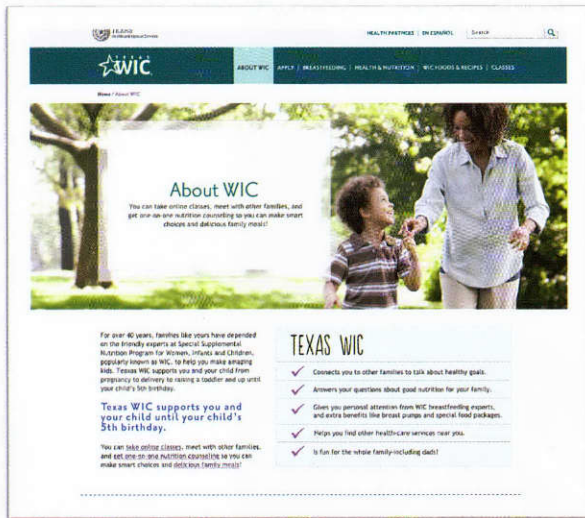
Nutrition Information Per Serving: 1 cup

37 calories, 1.4 g total fat, 227 mg sodium, 5.9 g carbohydrates, 1.3 g protein, 0 g cholesterol

References (continued from page 10):

- Learn to eat normally: provide for yourself, don't deprive. (n.d.). Accessed November 13, 2017, from <https://www.ellynsatterinstitute.org/how-to-eat/adult-eating-and-weight/>
- PDF: <https://www.ellynsatterinstitute.org/wp-content/uploads/2016/03/evidence-base-for-satter-eating-competence-model-webinar-references.pdf>
- National Nutrition Month®. (2017). www.eatright.org. Accessed November 13, 2017, from <http://www.eatright.org/resource/food/resources/national-nutrition-month/national-nutrition-month>
- USDA | OCE | U.S. Food Waste Challenge | FAQ's. (2017). [Usda.gov](http://www.usda.gov). Accessed November 13, 2017, from <https://www.usda.gov/oce/foodwaste/faqs.htm>

Introducing the New TexasWIC.org



Texas WIC clients and potential clients will soon have a new website to learn all about WIC.

Over the past year, WIC staff and the Sherry Matthews Advocacy Marketing team have been building a new and improved [TexasWIC.org](https://www.texaswic.org). The new site is scheduled to launch mid-to-late March. Below are features of the new website.

Mobile Friendly

- Designed with the user's smartphone in mind.
- Easier to navigate and find information.
- How to apply, find a clinic, and find a grocery store will be featured on every page of the site.

Monthly Newsletters

- Ages 1-5, includes information on nutrition, health, wellness, dental health, developmental milestones, and more.
- Designed for smartphones.

Health and Nutrition Articles and Classes

- Health and nutrition information will be available to WIC clients online, from a trusted source.

Recipes and Videos

- This section will feature testimonials and recipes perfect for social media posts as well as shopping tips.

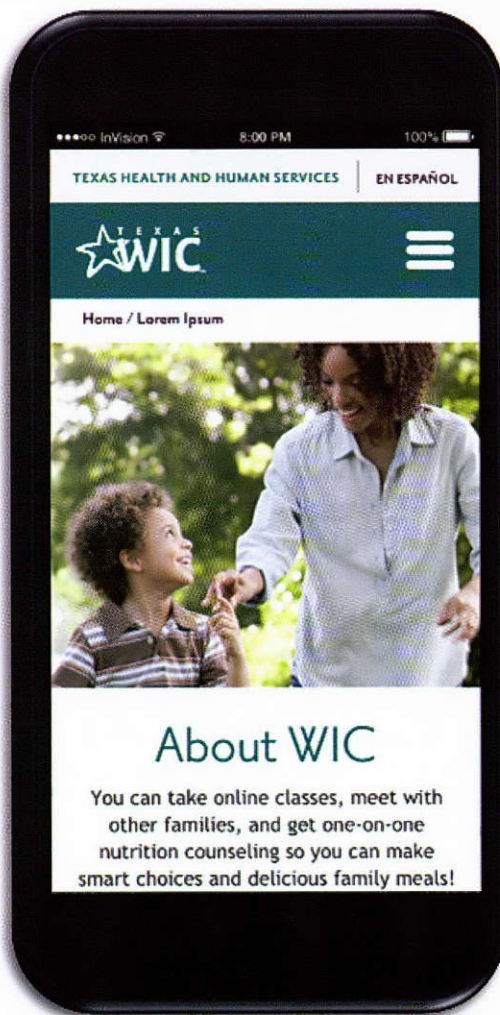
Find a WIC Office and Find a Grocery Store

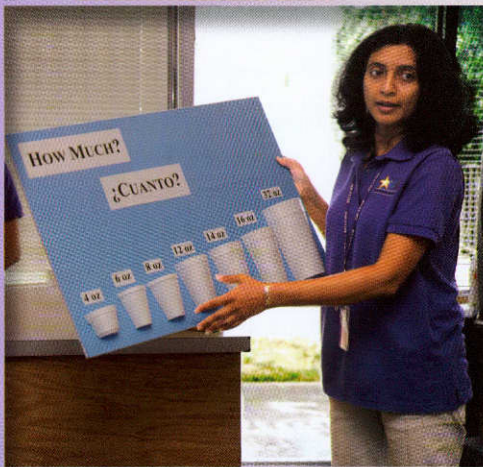
- Both features will be updated to use Bing maps.

Health Partners

- Information for health partners like trainings, downloading forms, and breastfeeding services that WIC offers.

The state agency is promoting the new site and local agencies should have received promotional materials as well. Please make sure your local agency and parent agency websites link to [TexasWIC.org](https://www.texaswic.org) instead of the Department of State Health Services (DSHS) page. If you have any questions about the new website, please contact Jessica.Leyendeker@hhsc.state.tx.us.





5 Easy Ideas for National Nutrition Month

by Melanie Smith
WIC Communication Strategist

It's National Nutrition Month! A time we celebrate the importance of making healthy food choices. The Academy of Nutrition and Dietetics provided several ideas for celebrating the month. If you don't have anything planned here are five of the easiest ideas you could do with little preparation.

- 1 Dial-a-dietitian. Partner with a radio or TV station and invite callers to ask nutrition questions for registered dietitian nutritionists to answer.
- 2 Contact the local library and schedule a story time. Read Toby and Luna and provide an activity sheet for the kids. Bring business cards and WIC outreach materials, too!
- 3 Create a "nutrition question of the month" contest posted on a display. When clients stop in the clinic, challenge them to answer it and if they answer correctly, their name goes into a box to win a prize.
- 4 Set up a "nutrition station" staffed by registered dietitian nutritionists who answer questions on nutrition.
- 5 Veggie of the week. Put a different vegetable on display in the clinic with an easy recipe for clients to try at home.

WIC Goes Further with Food through Improving the Participant Experience Grant Funds – Cooking and Gardening Projects

by Yvonne Martinez, RD, LD
WIC NE Program Specialist IV

The National Nutrition Month theme is *Go Further with Food*, and it relates well with the WIC program's mission to improve the health of low-income women, infants, and children up to age five who are at nutritional risk. WIC staff issue food benefits, teach group nutrition and breastfeeding classes, offer TexasWIC.org online classes, provide face-to-face counseling during certification appointments, provide breastfeeding support and promotion, as well as provide referrals to healthcare and other resources within communities. The program benefits make WIC a great resource for the many Texas families who rely on WIC to supplement their dietary needs to *Go Further with Food!*

The Improving the Participant Experience (IPE) Grant is a special fund that allows Texas local agencies the opportunity to create initiatives that are specific to the communities they serve, and ultimately to develop and implement initiatives that improve the participant experience and overall quality of WIC services. In its second year, local agencies were awarded IPE special funding. Many of the local agencies' initiatives started last year, and a few created new ones. In celebration of National Nutrition Month, WIC highlights eleven local agencies that have implemented cooking and gardening initiatives to improve the participant experience, enhance nutrition education and improve WIC services.

Local Agency 01

Austin Public Health

"Improving the Participant Experience" – An initiative that provides training and materials to allow WIC sites to teach demonstration style cooking classes, which feature easy, healthy, and simple recipes that include WIC foods. Participants attending classes get a sample tasting and a printed version of the recipe to prepare at home. In addition to teaching cooking classes, Local Agency 01 has developed a rapport with grocery store management which has allowed increased WIC presence inside grocery stores near WIC clinics to aid participants shopping for WIC and other healthy foods.

Local Agency 05

Driscoll Children's Hospital

"Cook in Color" – An initiative that provides participants nutrition information in a manner useful and positive through group or individual meal preparation or cooking discussion, and gardening classes. Clients attending one-on-one sessions for high risk, certifications, mid-certs, and mid-point appointments can choose a "Cook in Color" option. Clients can also elect to complete a self-paced lesson choosing from topics like healthy beverages, vegetable gardening, or increasing fruit intake, and then receive an educational reinforcement or incentive item.

Local Agency 20

Regence Health Network

"WIC Cooks on YouTube" – This initiative uses the video sharing website YouTube to help participants learn to prepare healthy foods for their families. So far the videos have been viewed more than 1000 times. Recipe videos are in English and a few are in Spanish. Selections include Pollo Chile Posole, Popa's Simple White Chili, Green Chili Chicken Noodle Casserole, Easy Avocado Carrot Cabbage Coleslaw, Fruit and Yogurt Treats & Pineapple Cooler, Healthy and Fun Kid Snacks, Mango & Radish Salad, and Green Pea Hummus. Participants receive a printed recipe and can count the video viewed towards nutrition education contact by completing an evaluation form when they return for a WIC class appointment.



Local Agency 21

Wichita Falls County

“Healthy Cooking - the Right ‘Weigh’” – This initiative provides a positive educational experience that focuses on increasing healthy at home cooking and eating among WIC families by promoting involvement of WIC children. Healthy Cooking — the Right Weigh is in a group Client Centered Nutrition Education setting and is scheduled monthly. An exciting fun component is the ‘Help Your Child Be a Junior Chef’.



Local Agency 34

Abilene Taylor County

“WIC Family Style Café” – This initiative is a monthly cooking class that features a food group in the recipes. Participants can attend multiple times because recipes and new cooking techniques are different in each class. This initiative helps educate families on how to prepare simple healthy meals and snacks at home along with encouraging families to eat home cooked meals together as a family.

Local Agency 42

Williamson County

“Cooking/Gardening Demonstration – Cooking with Colors” – This quarterly initiative is offered at four sites during their Nutrition Fair which provides participants new ideas on using WIC foods, and ways to increase vegetable and fruit consumption for better health. The cooking/gardening demonstration also allows participants to taste the recipe prepared. At two other sites, the “Let’s Cook with Colors” class series is offered to WIC participants as well as the general public.



Local Agency 26

City of Houston

“WICooks with You” – This initiative is a monthly cooking class led by WIC nutritionists and registered dietitians. Classes focus on promoting increased consumption of whole grains, fruits and vegetables and plant protein. The goal is to encourage participants to prepare healthier family meals at home and to increase self-confidence in preparing healthier, affordable and quick recipes at home by promoting “MyPlate” messaging. Classes engage participants through hands-on guided cooking demonstrations.

Local Agency 31

Bell County

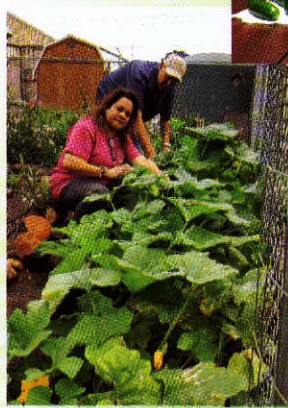
“What’s Cooking with WIC?” – This is an ongoing initiative of monthly cooking classes scheduled at four clinics. Each participant attending the class receives the recipe card and educational reinforcement to help motivate participants to cook healthy meals at home.



Local Agency 43

Community Health Care of South Central Texas

“Growing Your Own Foods” – This is an ongoing initiative that welcomes WIC participants, WIC staff, and the community to grow vegetables and fruits in the well-established sustainable garden, which is equipped with rain collection and irrigation systems. Classes take place outside in the garden, with cooking classes held in the classroom. Attendees sample fresh homegrown fruits and vegetables in hopes that they gain confidence in their ability to grow and prepare healthy foods.



Local Agency 51

San Patricio County

“Ready...Set...Grow” – This initiative is a partnership as well as participant/employee involvement in teaching WIC participants how to grow their own produce and healthy ways to prepare the produce. Through this collaboration, Texas A&M Agricultural Agency helped to create five garden plots, with 15 rows. Three WIC staff devote four hours a week to maintaining the garden. Every Friday the “Ready...Set...Grow” garden class is held at each site and participants help in the gardening, and learn about the nutritional value of the produce and different cooking techniques to prepare healthy meals using the produce grown. In 2017, the garden produced over 500 pounds of produce for the participants. The goal for 2018 is 1000 pounds.

Local Agency 53

Atascosa

“WIC Garden” – This is a continued initiative to expand and up-keep the current garden. The goal of the project is to teach participants to eat healthier at home and to use their available resources to create and maintain a garden, as well as spend time with their children by doing an outside activity. The garden offers opportunities for participants to be involved through gardening lessons and to use the vegetables in preparing healthier home meals.

Cooking and gardening IPE projects would not be possible without the many dedicated and creative Texas WIC staff who put on aprons to teach a healthy recipe during cooking classes or put on gardening gloves to plant seasonal crops in the garden — all to improve the WIC participants’ experience!

WIC impacts health outcomes by providing healthy food benefits, nutrition education, breastfeeding support, promotion and education, referrals to other resources and IPE initiatives — all amazing benefits to help make amazing families *Go Further with Food!*



Outreach Resource Guide

Outreach is critical to the long-term success of any nonprofit or for profit organization. Whether it's traditional advertising or word of mouth, potential clients have to know where you are, what you offer, and how they benefit from your services. Establishing yourself in the community can play an important role in carrying WIC's message to potential WIC clients.

The following are organizations that are potential resources or partners for outreach. It is recommended to have a contact for each of these types of organizations and to touch base with them quarterly to explore opportunities for outreach.

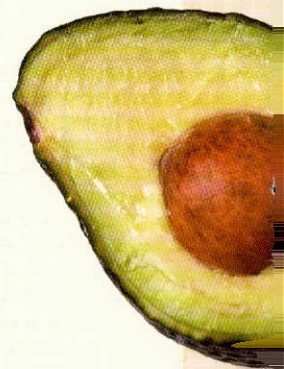
Type of Service	Contact	Number
Family Nursing Partnership		
Early Childhood Intervention		
Daycare		
Medicaid Health Care Providers		
Ob/Gyn, pediatrics, family practice, etc.		
Hospitals		
Diaper Bank		
Breastfeeding Coalition		
Ministerial or Faith Alliance		
Food Bank		
Medicaid offices		
Foster agencies		
Pregnancy centers		
Libraries		
Chamber of Commerce		
Media Outlets		
Domestic Violence shelters		
Refugee Assistance groups		
Low income housing programs		
Thrift stores		
Legal Aid groups		
Public Transportation		
Colleges		
Parks & Recreation		
Free services		
Free tax preparation		
Safety seat checks		
Texas Workforce Commission		
Other		

by Eaton Wright, B.S., NUT
Nutrition Expert

Hello everybody! Eaton here to celebrate National Nutrition Month®! National Nutrition Month® is a time to think about the food that we eat, how we prepare it and our physical activity habits. The fine folks at the Academy of Nutrition and Dietetics have outdone themselves this year with the theme *Go Further with Food*. Let's see if old Eaton can outdo himself with the quiz...

Quiz:

1. True or False – the international Herb of the Year™ is cilantro. Or is it coriander?
2. Botanically speaking, banana is a:
 - a. Fruit
 - b. Herb
 - c. Both
 - d. Neither
3. True or False – The pecan tree is the state tree of Texas.
4. Name the single-seeded berry with fleshy endocarp and mesocarp.
 - a. Aoacatl
 - b. Palta
 - c. Zaboca
 - d. Alligator Pear





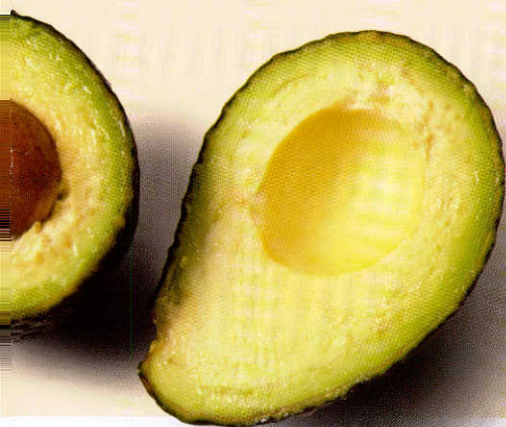
Answers:

1. The answer is true. It is cilantro and/or coriander. The leaves (cilantro) have a distinct, strong aroma and mature seeds (coriander) are used in cooking and baking. Think cilantro tastes like soap? You're not alone. Cilantro's aroma is created by several substances, called aldehydes. Aldehydes, similar to those in cilantro, are also found in soaps and lotions. Pico de Lifebuoy anyone?
2. The answer is C. The sweet and creamy banana (the peel-covered thing that we eat) is a fruit (containing the seeds of the plant), though since commercially grown banana plants are sterile, the seeds are reduced to little specks. The banana plant is called a tree, but it's technically an herbaceous plant because the stem does not contain true woody tissue.
3. The answer is true. Pecan is the state tree of Texas. And state pie of Texas? That's right, pecan. Some other Texas foods: State vegetable... sweet onion. State fruit... red grapefruit. State pepper... jalapeno. State snack... tortilla chips and salsa. State pastry... sopapilla. State dish... chili.
4. Yes, they are all correct and they are all names for avocado. Originally cultivated by the Aztec's, the avocado has gone by many names (one author counted over 40!) but one thing is clear... guacamole is awesome! Hold the cilantro.



About the author: Eaton Wright is a certified NUT based in Austin, Texas.

Bonus: The state mammal, the nine-banded armadillo, can jump 3-4 feet when frightened.



Texas WIC
Texas Health and Human Services
P.O. Box 149347
Austin, TX 78714-9347

PERIODICALS



ADDRESS SERVICE REQUESTED

Publication No. 06-10664

Texas WIC News is also available on the Texas WIC website!
<http://www.dshs.texas.gov/wichd/gi/wicnews.shtm>

next issue:
Seasons of Change



For information about subscriptions to Texas WIC News, email WICNewsSubscriptions@dshs.texas.gov or call 1-512-341-4888.