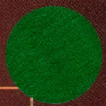


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WIC NEWS

Special Supplemental Nutrition Program for Women, Infants and Children

December 1996
Volume 5, Number 10

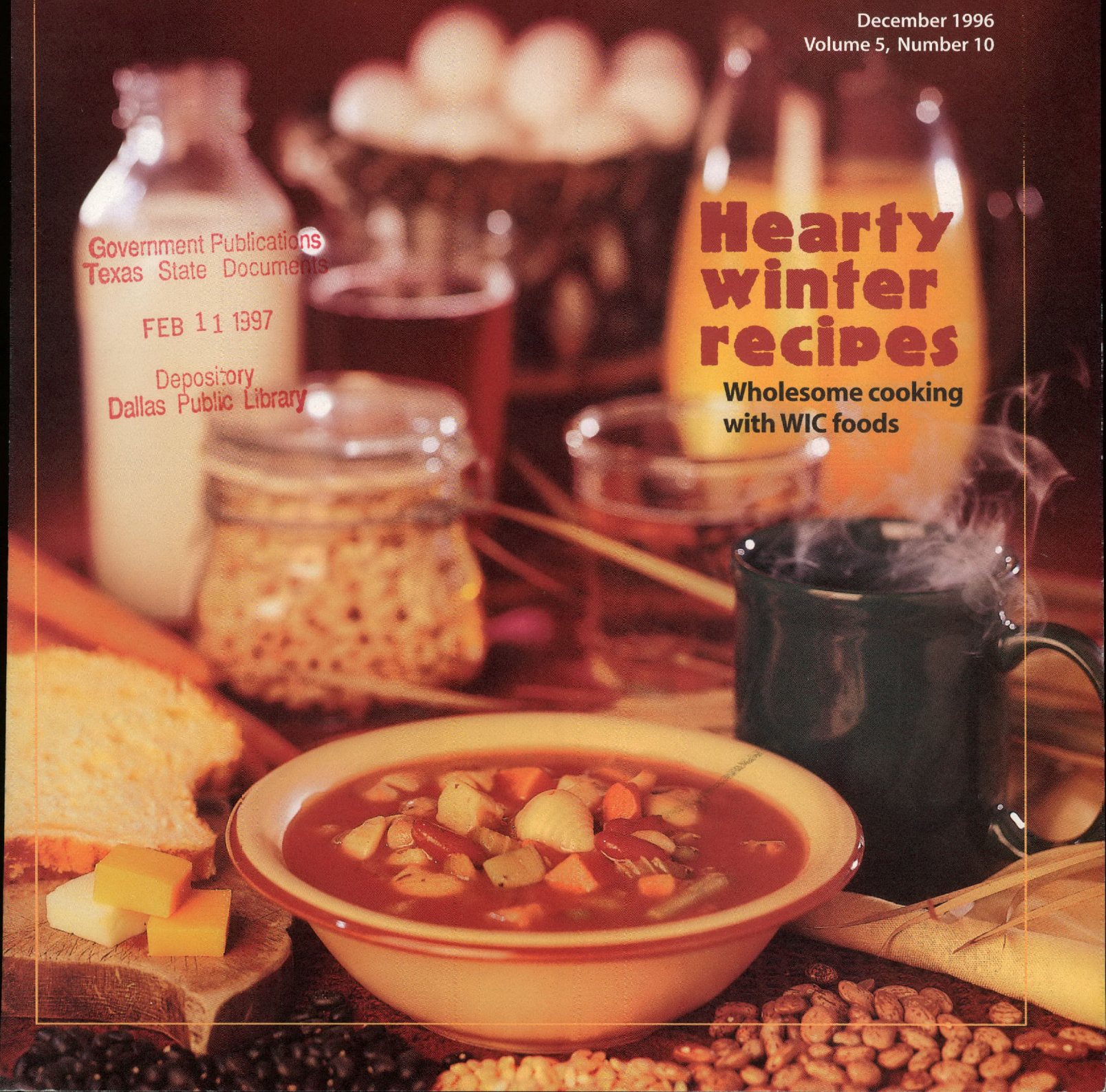
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Hearty winter recipes

Wholesome cooking
with WIC foods



Project 26 wins grand prize in Precious Jewels Challenge

By Debra Stabeno

Associate Commissioner, TDH Health Care Delivery

Top Ten

Participation Growth

1. Project 26, Houston – 4,451 participants
2. Project 7, Dallas – 4,444 participants
3. Project 41, San Antonio – 3,368 participants
4. Project 33, El Paso – 2,434 participants
5. Project 13, Laredo – 2,043 participants
6. Project 48, Harris County – 1,933 participants
7. Project 1, Austin – 1,359 participants
8. Project 17, Houston – 1,110 participants
9. Project 93, Gilmer – 1,066 participants
10. Project 54, Fort Worth – 907 participants

Percentage Growth

1. Project 93, Gilmer – 124%
2. Project 97, La Grange – 87%
3. Project 92, Scurry County – 75%
4. Project 11, Galveston Co. – 19%
5. Project 79, Beaumont – 18%
6. Project 91, Dallas Co. – 17%
7. Project 89, San Antonio – 16.5%
8. Project 95, Fredericksburg – 16%
9. Project 73, San Antonio – 15.9%
10. Project 59, San Antonio – 15%

Community Outreach

1. Project 12, Hidalgo County
2. Project 54, Tarrant County
3. Project 26, Houston
4. Project 34, Abilene
5. Project 48, Harris County
6. Project 81, Region 7
7. Project 38, Corpus Christi
8. Project 31, Bell County
9. Project 83, Regions 9 & 10
10. Project 89, San Antonio

The WIC program at the Houston Health and Human Services Department has won the Texas WIC Precious Jewels Challenge. Project 26, directed by Faye Walker, earned the most overall points. The competition was held from April to September to increase WIC participation during the last six months of fiscal year 1996.

Overall participation in Texas WIC grew by 37,664 new clients. The program served 627,843 clients in April, growing to a high of 665,507 in September.

We are extremely proud of all of our local WIC agencies and their efforts to serve every eligible participant possible. The real precious jewels in the WIC program are the infants and children and moms we are able to serve. They are the ones who will benefit from our challenge.

The Precious Jewels Challenge consisted of three categories: the greatest number of participants added, the greatest percentage increase in clients, and the greatest number of outreach points.

Adding participants

Project 26 won the participation category by adding 4,451 participants. The local agency became the overall grand winner by this accomplishment being added to its rankings as third in the number of outreach points and 25th in percentage growth.

Project 7 in Dallas was a close second in the participation category, with only seven fewer new clients than Project 26. The City of Dallas Department of Environmental and Health Services WIC program is directed by Marie Zaczkowski.

Increasing the percentage of participants

The greatest percentage increase in clients occurred at Project 93 in Gilmer. The Gilmer Primary Care WIC program, led by acting director Angie Vera, grew 124 percent during the six-month period.

Project 97, the Fayette Memorial Hospital WIC program headed by Jane McDermott, was runner-up with a growth increase of 87 percent.

Earning outreach points

With more than 12,000 official outreach points earned for implementing various methods of community outreach, Project 12 in Hidalgo County won the outreach category. Norma Longoria directs the WIC program at the Hidalgo County Health Department.

Project 54, the Tarrant County Health Department WIC program headed by Ann Salyer-Caldwell, earned second place.

Runners-up in overall points

Project 48 in Houston, the WIC program at the Harris County Health Department led by Vickie Bowie, was second in overall points. It scored fourth in participation growth, fifth in outreach points, and 23rd in percentage growth.

Project 13, the City of Laredo Health Department WIC program headed by Beatrice Duarte, was third in overall points. It scored fourth in percentage growth, fifth in number of participants added, and 23rd in outreach points.

The prizes

First-place winners in each category will receive a commemorative plaque. One staffer from each of the three winning local agencies — Projects 12, 26, and runner-up 97 in place of the disbanded 93 — will receive an all-expenses-paid trip to the National Association of WIC Directors meeting. The annual NAWD conference will be held May 24-28 in San Francisco.

As grand-prize winner, Project 26 will be featured in the January issue of *Texas WIC News*, and two of its staffers will receive trips to the 1997 NAWD conference.

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Cover: Warm and hearty winter recipes can be made from WIC foods. Cover design by Christine Grether. Photograph by Jennifer VanGilder.

Project 45

San Saba hosts health fair

More than 500 people attended the annual health fair sponsored by the San Saba County Extension Agency and Brownwood Hospital in San Saba on Oct. 23.

The health fair was held at the San Saba High School cafeteria from 2 p.m. to 6 p.m. WIC staffers from Project 45 handed out pamphlets and information at their booth. The booth's theme was "Score a Touchdown with the Food-Guide Pyramid." Staff members decorated the table like a football field and made pom-poms and megaphones.

People who stopped by the booth could play a food-guide-pyramid game to win prizes. Drawings were held periodically for Captain Planet cups, coloring books, picture frames, and sets of cups, spoons, and plates.

"Some of the people who came by were former WIC participants," says Margaret Sapien, Project 45 WIC director. "The children looked so beautiful and healthy."

At the health fair, Project 45 staffers donated a dinosaur coat rack to the San Saba Pregnancy Crisis Center.



Former WIC clients stop by to visit Project 45's booth at the San Saba health fair.

Project 3

Cameron County honors breastfeeding moms

In conjunction with World Breastfeeding Day on Aug. 1, the Cameron County WIC program held receptions at all of its main clinics to honor breastfeeding mothers.

Area businesses donated door prizes for the events, and mothers and their children played age-appropriate games to win the prizes. Each mother was given a "Very Important WIC Parent Award."

WIC staff members prepared a well-balanced lunch of WIC items for the families attending the celebrations.

"Area newspapers and two television stations were present to provide the media coverage needed for the event," says Project 3 breastfeeding coordinator Mary Lou Saldivar. "Therefore, during that week, the various newspapers wrote some wonderful breastfeeding stories."



Breastfeeding counselor Veronica Perez, center, blindfolds a WIC mom before the client can play "Pin the Baby on the Breast" at the Harlingen WIC clinic on World Breastfeeding Day.



Ann Kelton, left, donates a nursing outfit she made to Project 74 WIC director Georgia Harris.

Project 74

Seamstress helps mend problem

Ann Kelton, a professional seamstress in Brownwood, is helping to mend a problem breastfeeding mothers face — finding affordable clothes that are conducive to nursing.

Recently, a WIC client contacted Kelton about making some nursing-friendly clothes and told the seamstress about the WIC program.

Kelton was so pleased to hear that breastfeeding was encouraged that she donated three of her designs to The Nursing Center

located in the Brownwood-Brown County Health Department WIC office.

Kelton has offered to make dresses, two-piece outfits, and shirts for participants who give her material. Although she usually charges \$25 to make a dress, she charges WIC clients just \$10 for a dress or two-piece outfit and \$5 for a shirt.

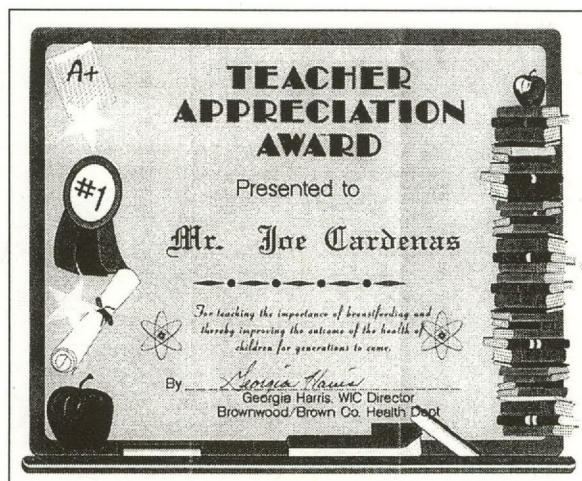
Project 74 WIC director Georgia Harris says clients really like the clothes made by Kelton. “While we only have a few things here, clients are contacting Ann to make other things for them,” she says.

Teacher appreciation

Project 74 recently sent a Teacher Appreciation award to a Brownwood schoolteacher “for teaching the importance of breastfeeding and thereby improving the outcome of the health of children for generations to come.”

Joe Cardenas, an eighth-grade American history teacher at Brownwood Middle School, explained to his students the advantages and benefits of breastfeeding babies for at least one year.

Project 74 WIC director Georgia Harris, in a letter of appreciation to Cardenas, wrote, “You may never know that the seeds of information you have planted will yield a whole generation of children better prepared to learn because their mothers and fathers gave them the smart start by breastfeeding.”



*Patience is bitter,
but its fruit is sweet.*



*Aristotle
Greek philosopher
384-322 B.C.*



Giovanney Bosque, left, Joshua Wikert, Brittany Lucas, Briton Groves, Alexandria DeHoyos, MaryAnna Smith, and Brittany Santos show off their new toothbrush kits.

Project 21

**Kiwanis Club
of Wichita Falls
donates toothbrushes**

The Kiwanis Club of Wichita Falls donated more than 1,000 toothbrush kits to Project 21 to promote dental health among children on the WIC program.

Project 21 staff members distributed all of the donated toothbrush kits during nutrition-education classes in September and October. The classes focused on dental health and diet.

Kits for children ages 1 and 2 contained a toothbrush with a wide-grip handle and a tube of toothpaste. Kits for children ages 3 to 5 contained a toothbrush, a tube of toothpaste, and a container of dental floss.

In addition to the toothbrushes, the Wichita Falls Kiwanis Club had previously donated a diaper-changing station to the Project 21 WIC program. The changing table was installed in the client bathroom at the Wichita Falls-Wichita County Public Health District clinic about two years ago.

Project 59

Staff members add to Halloween fun

San Antonio's Project 59 clinic in the Barrio Comprehensive Family Health Care Center and the other businesses located in the Las Palmas Shopping Center had some special visitors this Halloween.

About 100 young ghosts, goblins, vampires, clowns, and Power Rangers, with parents in tow, paraded through the clinic and received special treats. Project 59 also donated goodies to surround-

ing day-care centers and the YWCA. The annual event was broadcast from the parking lot by local radio stations.

"Parents joined the children and were really pleased with the event," says Elisa Ruelas Perez, Project 59 WIC coordinator. "It was a great success, and it's safer for the kids."

The Las Palmas Shopping Center plans to have a similar Christmas parade on Dec. 18.



Project 59 staff members show their Halloween spirit. Seated from left are Mary Benavidez, L.V.N.; Ruby Farias, nutritionist; and Lucy Perez as a pumpkin. Standing, from left, are Virginia Hernandez, breastfeeding coordinator; Lupe Magana as Fred Flintstone; Rosemary Carrisal as a good witch; Dalia Escamilla as a graduate; Helen Berlanga as a Barrio Queen; Elvia Gomez as Wilma Flintstone; Maria Saenz-Ramirez, nutritionist; and WIC coordinator Elisa Ruelas Perez as a skeleton.

Project 83

Peer counselors make celebration a success

Presidio peer counselors Claudia Nunez and Elena Olivas organized Project 83's World Breastfeeding Day celebration held in August. The two did everything they could to ensure its success.

They designed and delivered invitations to participating breastfeeding mothers. About 10 mothers attended the event, and each received a breastfeeding button when she arrived at the reception.

Contests for everybody

A contest was held to draw the best picture of the human milk-production system on an inflated pink balloon. WIC mom Erica Hernandez won. Her prize was a set of drinking glasses.

Another activity, designed by Olivas, was a word-search puzzle containing 30 words relating to breastfeeding. All of the words were in Spanish.

Staffers Trini Villa and Icenia Valdez of the Department of Human Services judged a coloring contest held for the WIC children.

First-place winners were Manuel Nunez and Anna Cruz. Second-place winners were Ray Medrano, Alicia Ortiz, and Tania Cruz. They won jigsaw puzzles for their efforts. Travel packs were given as prizes in a drawing for infants. Jaime Cruz and Valeria Hernandez won.

Sharing solutions

"There was, of course, lots of food, fun, and conversation and tips as to how each mom was doing with her breastfeeding and how to solve any problems," says Project 83 peer-counselor coordinator Betty Lewis, L.V.N.

"As we close another year, we all look forward to the next year full of new and exciting events," she says. "Our thanks go to Claudia and Elena, who do such a great job."

Project 87

Homemade baby wipes save money

A WIC client from Elkhart in East Texas, Bobbie Moss, shares this low-cost recipe for homemade baby wipes:

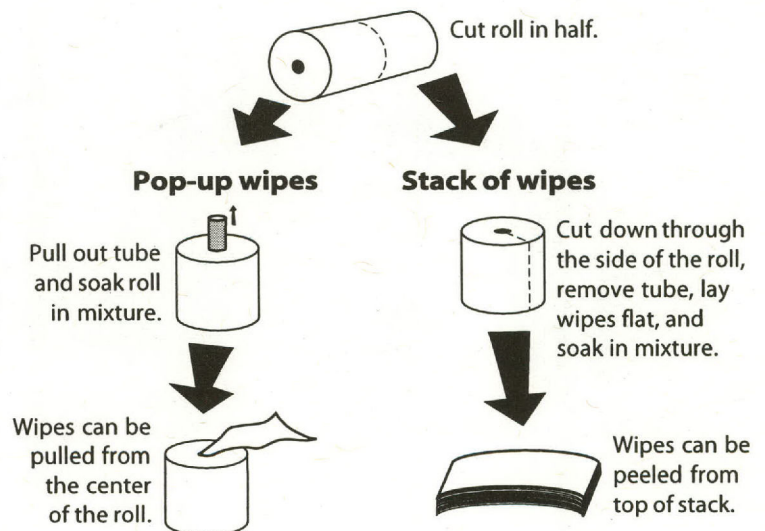
Using a sharp knife, cut one roll of good-quality paper towels in half cross-wise, creating two short rolls. Cut the smaller rolls in half, through the middle, as shown on the right in the illustration below. Remove the cardboard tubes from the centers of both rolls and discard them. You will end up with two stacks of paper towels.

Place the paper towels in a container with a lid. In a separate bowl, combine three cups of water, one tablespoon of baby oil, and one tablespoon of Baby Magic Wash. Pour mixture over paper towels and let sit for 24 hours.

Another option is to create two rolls of wipes instead of two stacks of wipes. To do this, after cutting the original roll of paper towels in half, stand the two short rolls on their ends and remove the cardboard tubes. Place a standing roll in the liquid mixture in a container with a hole in the center of the lid. Baby wipes can then be pulled from the center of the roll and torn off in different lengths.

"Our participants have been very happy to receive this recipe and have reported that their babies have less diaper rash," says Project 87 nutritionist Beth Lloyd, R.D., L.D. "This recipe does not contain alcohol, while commercial baby wipes do."

Commercial baby wipes usually cost about \$3 a box. "Lots of moms just can't afford commercial baby wipes," says Moss, a mother of three children younger than 5. "I haven't bought any at all since I started using this recipe."



L.V.N. Chris Olmos, nutritionist
Lois Grant, and regional
director Richard Proctor, M.D.,
display the first-place banner
designed by Project 84 staffers.



Project 84

Katy clinic wins banner contest

The WIC program at Public Health Region 6 hosted an organizational-day picnic on June 30 at Bear Creek Park near Katy. About 200 people attended the event.

Each department was invited to design a banner depicting their program's activities. The banners were displayed and judged at the picnic.

The WIC banner designed by the Katy clinic staff won first place. L.V.N. Chris Olmos, nutritionist Lois Grant, and clerks Kathy Mathes and Sandra Nino made the banner with the "Growing Healthy Families" theme, incorporating a family of sunflowers and the toll-free WIC information phone number.

The Katy clinic displays the banner at its office and uses it at community-outreach events.



Chris Olmos, L.V.N., keeps the bulletin board updated at WIC Project 84's clinic in Katy. She changes the theme to an appropriate topic each month. October's bulletin board shows off her creativity.



Project 17

The Southwest Community WIC Clinic opened Oct. 14 at 6441 Highstar in Houston. It serves clients from 8 a.m. to 5 p.m. Mondays through Fridays. Its phone number is (713) 728-8592, and its mailing address is:

Karen Gibson, WIC Director
12401½ S. Post Oak Road
Suite 122
Houston, Texas 77045.

Project 20

Monthly WIC services became effective Nov. 1 at Plainview High School at 1501 Quincy in Plainview. The clinic is open from 8:30 a.m. to 9:30 a.m. on the third Friday of each month. Its phone number is (806) 293-0182, and its mailing address is:

South Plains Health Provider
Organization Inc.
2807 W. Seventh
Plainview, Texas 79072.

Project 22

On Nov. 1, Project 22 opened a weekly WIC site at the Waco Head Start Center at 3221 Speight Ave. in Waco. The clinic serves clients from 9 a.m. to 5 p.m. on Fridays. Its phone number is (817) 750-5402, and its mailing address is:

Waco-McLennan County
Public Health District
Carolyn Scott, WIC Director
225 W. Waco Drive
Waco, Texas 76707.

Project 39

On Oct. 2, Project 39 opened a new WIC clinic at the University of Texas Health Center at Tyler. It serves clients from 1 to 5 p.m. Tuesdays through Thursdays, and from 1 to 7 p.m. on Fridays. Its phone number is (903) 877-5739; a backup number is (903) 592-7635. The clinic's mailing address is:

Smith County Public Health District
WIC Program
P.O. Box 2039
Tyler, Texas 75710.

Project 41

The Gamboa WIC clinic opened Sept. 15 at 7333 Barlite Blvd. in San Antonio. It's open from 7:45 a.m. to 6 p.m. Mondays through Fridays. Its phone number is (210) 225-0213, and its mailing address is:

WIC Administration Office
2322 Buena Vista
San Antonio, Texas 78207.

Project 43

On Oct. 1, WIC services at the Gonzales Community Health Center in Hallettsville, serving Lavaca County residents, were converted to Project 43 from Project 88's regional supervision. The clinic is open from 8 a.m. to 7 p.m. on the third and last Thursdays of each month. Its phone number is (210) 672-7083, and its mailing address is:

WIC Program
Emma Garza, WIC Director
312 St. Francis
Gonzales, Texas 78629.

Project 53

On Sept. 9, a new WIC site was opened by the Atascosa Health Center at the Lytle City Office on Main Street in Lytle. This clinic serves clients from 9 a.m. to 4 p.m. on every other Monday. Its phone number is (210) 276-8966, and its mailing address is:

Atascosa Health Center
310 W. Oaklawn Road
Pleasanton, Texas 78064.

Project 83

See Project 94.

Project 88

See Project 43.

Project 89

On Sept. 25, Mary Lou Quijano, R.N., became the new WIC director at Santa Rosa Children's Hospital in San Antonio. She replaces former director Tim Russell.

Project 94

Five WIC clinics were added to Project 94 on Oct. 1. They were converted from Project 83's regional supervision in Andrews and Midland counties. All now share a new mailing address:

Judy Harden, WIC Director
2301 N. Big Spring
Suite 300
Midland, Texas 79705.

1. The Andrews clinic at 801 N. Main in Andrews serves clients from 8 a.m. to 5 p.m. on Mondays and on the first and third Wednesdays of each month. It's open from 8 a.m. to 6 p.m. on Tuesdays and the second and fourth Thursdays of each month. On Fridays, it's open from 8 a.m. to 3 p.m. Its phone number is (915) 523-6465.
2. The Casa de Amigos clinic at 1101 E. Garden Lane in Midland is open from 8 a.m. to 5 p.m. on the second Friday of each month. Its phone number is (915) 682-9701.
3. The Midland clinic at 2301 N. Big Spring, Suite 300, in Midland serves clients from 7 a.m. to 7 p.m. on Mondays and from 7 a.m. to 5 p.m. Tuesdays through Fridays. Its phone number is (915) 682-0185.
4. The Midland Health Department clinic at 501 Andrews Highway in Midland is open from 8 a.m. to 5 p.m. on the second and fourth Wednesdays of each month. Its phone number is (915) 685-7370.
5. The Viola Coleman School clinic at 1600 E. Golf Course Road in Midland serves clients from 8 a.m. to 5 p.m. on the second and fourth Thursdays of each month. Its phone number is (915) 682-0185.

*An unfortunate thing
about this world
is that the good habits
are much easier to give up
than the bad ones.*



*W. Somerset Maugham
English novelist and playwright
1874-1965*

Outreach UPDATE

By John Koloen, Staff Writer

WIC reaches record number of Texans

Thanks to a mass-media campaign and the outreach efforts of local agencies, Texas WIC served 665,507 participants in September. This is the highest monthly total ever in Texas, exceeding the previous all-time high set in August.

The mass-media campaign, which started in August and ended on Sept. 30, brought the WIC message to television, radio, and billboards in Austin, Dallas/Fort Worth, El Paso, Houston, Laredo, San Antonio, and Waco.

Food&Family, Vietnamese poster win national awards

Food&Family magazine and the Vietnamese outreach poster received 1996 National Health Information Awards. These awards are presented annually to the nation's best programs and materials on consumer-health information. Both entries received merit awards in their categories.

Top winners in the magazine category included *Health* magazine by Time Inc., as well as *Prevention* magazine. Top winners in the poster category included the Mayo Foundation. State WIC staffers developed and designed both *Food&Family* and the poster.

Food&Family magazine also received another national award: third-place in the Blue Pencil competition sponsored by the National Association of Government Communicators.

New state director named for Texas WIC

Mike Montgomery, a USDA regional director of five states' WIC programs from 1977 to 1982, has been named as the new Texas WIC director. In this position, he will also serve as the assistant bureau chief in the recently formed Bureau of Clinical and Nutrition Services at the Texas Department of Health. The bureau, headed by Scott Simpson, M.D., oversees the Texas WIC program.

Montgomery's career includes 22 years with the U.S. Department of Agriculture. After five years in Princeton, N.J., he moved to Dallas, where he served in several positions with the Food and Consumer Service in USDA's regional office. After his retirement in 1994, he served as a management consultant with WIC through the City of Dallas Department of Environmental and Health Services and then as head of Texas WIC's project-development team for the electronic-benefits program.

In his new position, Montgomery will be responsible for day-to-day Texas WIC operations and for assisting in overall senior management. "He brings extensive management experience and comprehensive knowledge of the WIC program to his new position," says Simpson. "Please join me in welcoming Mike to TDH."



Mom thanks WIC for 5 years of help

The following letter was sent to staffers at Project 33 in El Paso.

Sept. 16, 1996

Dear WIC Program Personnel,

I would like to thank you all for helping me with my two children throughout these past five years. I don't know what I would have done without this great and special program that helps thousands of people in need.

My children are already 7 and 5. They were raised with WIC's nutritional foods. I hope that there will *still* be a WIC program in the future. Also, I hope that I would still qualify for it if and when I have another child.

My deepest thanks,

Sonia M. Cobos

El Paso

Workshop prepares clinic staffers, others to train peer counselors

By Jewell Stremler, C.L.E.
Peer Counselor Coordinator

Trainers of breastfeeding peer counselors are being trained in a two-day workshop that excites and invigorates its attendees.

"After the Peer Counselor Trainer Workshop, I felt charged and ready," says Ginger Thomas, breastfeeding coordinator at Project 67, which serves residents of Corsicana and Navarro counties. Thomas attended the workshop in September.

"The training was everything I expected and hoped it would be. When I left, I really felt that I could come back and start up a program,"

"When I left, I really felt that I could come back and start up a program."

she says. "I have about 10 people recruited, and I'm ordering materials and planning to train our first group of peer counselors in December or January. I am really excited. We've recruited some wonderful moms; some of them already have a lot of self-confidence, and we feel that they will be great counselors."

Training set for February

The next Peer Counselor Trainer Workshop will be held Feb. 25-27 in Corpus Christi at the Corpus Christi Science Museum. The workshop, co-sponsored by TDH and the Austin chapter of Healthy Mothers, Healthy Babies, offers 16½ hours of continuing-education credits for nurses.

Workshop participants will learn to advocate for a peer-counselor program in their agencies. They review training materials and are taught to design and implement a peer-counselor program and to use interactive teaching techniques in training peer counselors.

Attend the mini-session

A four-hour mini-version of the two-day workshop will be held on the morning of June 11 at the beginning of the third annual Texas WIC nutrition-education and breastfeeding-promotion summer workshop in Austin.

The mini-version will serve two purposes. It will provide an opportunity for agencies with programs in place to exchange ideas, and it can serve as an orientation to agencies that would like to learn the fundamentals to get their programs started.

For more information, contact Jewell Stremler, peer counselor coordinator at TDH's new Bureau of Clinical and Nutrition Services, at (512) 406-0744.

*Courage
is grace
under pressure.*


*Ernest Hemingway
U.S. novelist and short-story writer
1899-1961*



WIC foods

add
to

HEARTY winter recipes



Soups

Soups warm us up on cold days. They taste good, feel good, and can provide "5 A Day" good nourishment the easy way! Soups and stews can be stored in airtight containers in the freezer for up to three months. Thaw in the refrigerator and then reheat.

Black Bean Soup Olé

WIC foods: carrots, black beans, cheese

- 1 cup dried black beans, rinsed well and soaked overnight
- 1 Tbsp. vegetable or olive oil
- 1 cup chopped onion
- ½ cup chopped bell pepper
- ½ cup sliced carrots
- ¼ cup chopped celery
- 1 14.5-oz. can no-salt-added tomatoes, undrained and chopped
- 1 10-oz. can tomatoes with chiles, undrained and chopped
- ½ cup low-sodium beef broth, undiluted
- ½ tsp. ground cumin
- ½ tsp. pepper
- ¼ tsp. garlic powder
- ¼ cup cheese, grated

Drain the beans you soaked overnight. In a soup pan, cover the drained beans with plenty of fresh water. Bring to a boil and boil rapidly for 10 minutes. Reduce heat and simmer covered, for 15 minutes to 20 minutes. Drain, keeping the stock.

Heat oil in large saucepan over medium-high heat until hot. Add onion, bell pepper, carrot, and celery; sauté until tender. Add cooked beans, stock, and remaining ingredients. Bring mixture to a boil. Cover, reduce heat, and simmer 30 minutes, stirring

occasionally. To serve, ladle soup into individual bowls. Lightly sprinkle grated cheese on top of soup.

Yield: 8 cups

Corn, Potato, and Tuna Chowder

WIC foods: carrots, milk, tuna

If your children are older than 2 and you want to make this recipe heart-healthy, substitute low-fat milk or skim milk for whole milk.

- 2 Tbsp. vegetable oil
- ¾ cup chopped onion
- ¾ cup sliced celery
- ¾ cup chopped carrots
- 3 large potatoes, scrubbed and diced
- 2½ cups water
- ¼ tsp. pepper
- 2 Tbsp. flour
- 3 cups milk
- 1 6-oz. can tuna packed in water, drained
- 2 cups canned, fresh, or frozen corn

Combine oil, onion, and celery in a saucepan. Cook slowly until onion is soft. Add potatoes, carrots, water, and pepper. Heat to boiling. Cook over medium heat until potatoes are soft, about 15 minutes to 20 minutes. Mix flour with a small amount of milk to make a smooth paste. Add remaining milk. Slowly

stir corn, milk, and flour into potato mixture. Cook over medium heat until slightly thickened, stirring frequently. Add tuna. Heat to serve.

Yield: 6 to 8 servings

Lentil Bean Soup

WIC foods: lentil beans, carrots

- 3 medium tomatoes, diced
- 1 cup dried lentil beans*
- 3 medium onions, chopped
- 3 carrots, chopped
- 4 celery stalks, chopped
- 3 small potatoes, peeled and diced
- 4 sprigs parsley, chopped
- 1 28-oz. can tomatoes, with liquid
- 1 bell pepper
- 3 cloves garlic, minced
- 2 bay leaves
- 2 Tbsp. dried basil
- 1 tsp. cayenne pepper
- 8 cups vegetable stock or chicken stock (low sodium)
- 1 tsp. salt
- black pepper to taste

Rinse lentils, removing stones and dirt. Combine all ingredients except black pepper in a large pot. Bring to a boil. Cover and simmer for 2 hours to 3 hours. Add black pepper to taste.

*Red lentils cook more quickly than brown lentils.

Yield: 10 1-cup servings

Side Dishes

You can serve these side dishes with any holiday meals. As you can see from this recipe and the others in this feature, WIC foods can be used in many different ways to provide tasty and nutritious meals that brighten cold winter days.

Twice-Baked Sweet Potatoes

WIC foods: orange juice

- 3 medium sweet potatoes
- ⅓ cup WIC frozen orange-juice concentrate, thawed and undiluted
- ½ tsp. cinnamon
- 3 tsp. margarine

Preheat oven to 350 degrees. Bake sweet potatoes for 1½ hours. Cut in half lengthwise and scoop out the insides, leaving skins in one piece. Combine sweet potatoes, orange-juice concentrate, cinnamon, and margarine. Mix until smooth. Refill skins with mixture. Bake until heated through.

Yield: 3 servings

Chili Bean Dip

WIC foods: beans

- 1 cup dried pinto or black beans, rinsed well and soaked overnight
- 1 Tbsp. vinegar
- 1 tsp. chili powder
- 2 tsp. minced onion

Drain the beans you soaked overnight. In a soup pan, cover the drained beans with plenty of fresh water. Bring to a boil and boil rapidly for 10 minutes. Reduce heat and simmer, covered, for 40 minutes to 50 minutes or until soft. Blend all ingredients until smooth. Serve warm, cold, or room temperature. Store in the refrigerator.

Yield: 2½-3 cups

Main Dishes

Like the soups on page 12, these main dishes use WIC foods that offer tasty ways to get calcium for strong bones and vitamin A for good night vision, healthy skin, and help with disease prevention. You can make these recipes heart-healthy and lower-calorie by using low-fat milk or skim milk instead of whole milk and part-skim mozzarella instead of cheddar.

Quiche

WIC foods: cheese, carrots, eggs, milk

Pie crust:

- 1 cup flour
- 1/3 cup vegetable shortening
- 3 Tbsp. water

Filling:

- 1 cup cheese
- 1 1/2 cups chopped vegetables, cooked, including carrots
- 3 eggs
- 2 cups low-fat milk or skim milk

Preheat oven to 350 degrees. To prepare the pie crust, cut shortening into flour. Add water and form a ball. Roll out dough and place in 8-inch or 9-inch pie plate. To prepare quiche, spread cheese on pie crust. Place cooked vegetables over cheese. Combine eggs and milk. Mix well. Pour over cheese and vegetables. Bake for 1 hour or until firm.

Yield: 4-6 servings

Tuna Casserole

WIC foods: tuna, cheese, corn flakes

- 1 6-oz. can tuna packed in water, drained
- 1/2 cup cheese, grated
- 1/4 cup chopped onions
- 1 can regular or low-fat cream-of-mushroom soup (do not add water)
- 1 1/2 cups uncooked macaroni noodles
- 1/2 cup corn-flake cereal

Preheat oven to 350 degrees. Using a paper towel, rub vegetable oil lightly on inside of casserole dish or loaf pan. Boil noodles, drain, rinse with cold water, and set aside. Mix tuna, onions, cream-of-mushroom

soup, cooked macaroni noodles, and half of the cheese in a dish or pan. Cover top of casserole with corn-flake cereal and sprinkle rest of grated cheese over the cereal. Cook for 20 minutes.

Yield: 6 servings

Texas Scramble

WIC foods: beans, eggs, cheese.

To make a lower-fat version of this recipe, use 2 whole eggs and 4 egg whites, instead of 4 whole eggs, and replace the sharp cheddar cheese with the part-skim mozzarella.

- Non-stick spray or 1/2 tsp. vegetable oil or margarine
- 1 medium bell pepper, chopped
- 1 medium onion, chopped
- 1 medium tomato, chopped
- 1/2 cup frozen whole-kernel corn
- 2 cups dried black beans, well rinsed and soaked overnight
- 4 eggs, beaten
- 1/2 cup sharp cheddar cheese, shredded
- 1/4 cup salsa

Drain the beans you soaked overnight. In a soup pan, cover the drained beans with water, bring to a boil, and boil rapidly for 10 minutes. Reduce heat and simmer, covered, for 50 minutes to 60 minutes, or until soft. Spray skillet with non-stick spray or melt a thin layer of oil or margarine in it. Heat over medium heat, sauté bell pepper and onion until tender. Stir in tomato, corn, and beans. Add eggs and cheese; stir as for scrambled eggs. Season with salt and pepper, if desired. Serve with salsa.

Yield: 6 servings.

Breads

Serve these breads warmed, toasted, or at room temperature. Either bread could go with any of the soups to make a complete meal. If you want to make high-fiber versions of these recipes, use whole-wheat flour for half of the amount called for. Use regular flour for the other half.

Cheese Bread

WIC foods: cheese

- 2 1/4-oz. packages dry yeast, or 2 small cubes of compressed yeast
- 1/2 cup warm water
- 1 3/4 cups warm milk
- 3 Tbsp. sugar
- 2 tsp. salt
- 2 Tbsp. melted butter or margarine
- 2 1/2 cups grated American cheese or cheddar cheese
- 6 to 7 cups flour

Sprinkle yeast over the warm water, stirring with a fork until dissolved. In a large mixing bowl, combine the milk, sugar, salt, and melted butter. Blend well. Add the yeast and grated cheese. Beat in 2 cups of flour until mixture is smooth. Gradually add sufficient flour to make a soft, workable dough that pulls away from sides of the bowl. Turn out on a lightly floured board. Knead until smooth and satiny, about 10 minutes. Place dough in a warm, lightly oiled bowl, turning to coat the top. Rinse a clean dish towel in warm water, wring out, and use to cover dough loosely. Allow dough to rise until doubled, about 2 hours.

Pre-heat oven to 375 degrees. Punch down dough and let rise again, about 1 hour. Turn out on a floured surface, knead

lightly, cover, and let rest 10 minutes to 15 minutes. Shape into 2 loaves and place in 9-inch by 5-inch by 3-inch lightly oiled loaf pans or divide into three portions for 8.5-inch by 4.5-inch by 2.5-inch pans. Cover with warm, moist towel. Let rise until just curved over tops of pans, about 1 hour. Bake 40 minutes for larger loaves and 35 minutes for smaller loaves. Remove from pans and cool on wire racks. Yield: 2 loaves

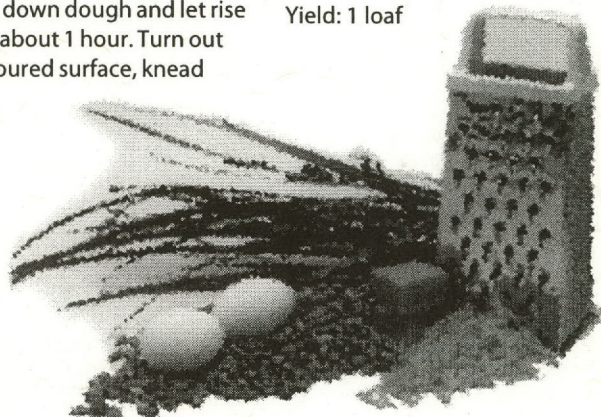
Carrot Bread

WIC foods: eggs, carrots

- 1 1/2 cups flour
- 1 tsp. baking soda
- 1 1/2 tsp. cinnamon
- 2 eggs
- 3/4 cup sugar
- 1/2 cup oil
- 1 1/2 cups diced carrots

Preheat oven to 350 degrees. Cook carrots, drain, and mash to fill 1 cup. Combine flour, baking soda, and cinnamon in a bowl. In a separate bowl, beat the eggs and mix in sugar, oil, and carrots. Gradually mix the flour mixture in with the carrot mixture. Pour into a greased 9-inch by 5-inch loaf pan and bake for 55 minutes to 1 hour.

Yield: 1 loaf



More

HEARTY winter recipes



Desserts

Even delicious desserts can provide a healthy way to use WIC foods such as milk, eggs, and frozen juice. Bread that does not seem quite so fresh any more can be used to make bread pudding. It's a great way to turn possible waste into warm and yummy comfort food. To top it off, we found a way to put some WIC nutrition into a great hot-fudge sauce for the bread pudding.

Apple-Cranberry Crisp

WIC foods: apple juice, quick-cooking oats

- 3 Tbsp. sugar
- 1 Tbsp. cornstarch
- ¾ tsp. ground cinnamon
- ½ tsp. ground ginger
- ½ cup frozen apple-juice concentrate, thawed and undiluted
- 1½ cups fresh or frozen cranberries, thawed
- 1 tsp. grated lemon rind
- 1 tsp. lemon juice
- 1 20-oz. can apple slices in juice, undrained
- Vegetable cooking spray or ½ tsp. vegetable oil or margarine
- ½ cup quick-cooking oats, uncooked
- ¼ cup all-purpose flour
- 3 Tbsp. brown sugar
- 3 Tbsp. margarine

Combine first four ingredients in a medium saucepan; stir well. Gradually add apple-juice concentrate, stirring constantly. Add cranberries, lemon rind, and lemon juice. Bring to a boil over medium heat, stirring constantly. Reduce heat and simmer 10 minutes or until cranberries pop and mixture thickens,

stirring constantly. Remove from heat, stir in apple. Spoon fruit mixture into an 8-inch square pan coated with cooking spray or a thin layer of melted oil or margarine.

Preheat oven to 375 degrees. Combine oats, flour, and brown sugar in a small bowl; cut in margarine with a pastry blender or fork until mixture resembles coarse meal. Sprinkle oat mixture evenly over fruit mixture. Bake for 20 minutes or until fruit mixture is bubbly. Be careful not to burn your tongue when you first bite in!

Yield: 8 servings

Royal Bread Pudding

WIC foods: eggs, milk

- 2 Tbsp. butter
- 2 cups hot skim milk
- 1 cup bread crumbs
- 2 eggs, separate the yolks from the whites
- ⅓ cup plus 3 Tbsp. sugar
- ¼ tsp. salt
- 1 tsp. vanilla

Preheat oven to 350 degrees. Melt butter in the milk and stir in the bread crumbs. Beat the egg yolks. Add salt and ⅓ cup of the sugar to the egg yolks;

Drinks

Easy Hot Chocolate

WIC foods: milk

- 1 Tbsp. sugar-free, fat-free cocoa
- 2 tsp. sugar
- 1 cup skim milk
- Large marshmallows (optional)

Mix sugar and cocoa in the bottom of a small cooking pot. Add a little of the skim milk to the sugar-cocoa mixture and blend into a chocolate paste. Once all of the sugar-cocoa mixture is moist, slowly stir in more skim milk until all of the milk is mixed. Keep stirring as you heat the mixture. Just as it begins to boil, remove the pot from the heat and carefully pour into a cup over two large marshmallows, if desired.

The easiest hot chocolate can be made with a package of hot-chocolate mix and very hot skim milk. Just heat a cup of skim milk in a pot, stirring constantly until it begins to boil. Then, pour it over the mix you have put in your cup. (If you have a microwave, follow the package's instructions for microwaving.)

Yield: 1 cup

Mulled Apple Cider

WIC foods: apple juice

- 2¼ cups apple juice
- 2 cups cranberry-juice cocktail
- 2 Tbsp. lemon juice
- 1 lemon, sliced
- 4 coriander seeds (seeds of the cilantro plant)
- 2 whole cloves
- 1 (3-inch) stick cinnamon, broken in half
- Fresh cranberries (optional)
- Lemon slices (optional)

Combine ingredients. Bring to a boil in a saucepan; reduce heat and simmer uncovered for 10 minutes. Pour through a strainer. Pour into glass or ceramic mugs; serve warm. If desired, garnish with cranberries and additional lemon slices.

Yield: 4 cups

mix well. Add to milk mixture. Stir in the vanilla and pour into a lightly oiled baking dish. Place dish in a pan of hot water and bake 35 minutes to 40 minutes, or until set.

To make meringue, beat the egg whites until stiff and gradually beat in the remaining sugar. Spread meringue on top of the pudding and bake 10 minutes or until meringue is browned. Top with hot-fudge sauce (recipe follows) if desired.

Yield: 4 to 6 servings

Hot Fudge Sauce

WIC foods: evaporated milk

- 1 12-oz. can whole or skim evaporated milk
- 1½ cups sugar
- 1½ cups semi-sweet chocolate chips

Put all three ingredients in a saucepan. Mix well and cook over low heat, stirring occasionally, until boiling. Remove from heat and with wire whisk or fork, beat until smooth. Cool a little and serve over bread pudding (recipe above) or ice cream.

Yield: about 16 1-Tbsp. servings

Abstract

Requests for low-iron formula found to be usually non-medical

By Gary Santel
Vendor Coordinator
Allegheny County, Pa., WIC

The WIC program in Allegheny County, Pa., still gets requests from some participants and their doctors for low-iron infant formula. These requests arrive despite widespread evidence that iron-fortified formula decreases anemia in young children and despite no evidence that it causes constipation or other gastrointestinal symptoms.

The reasons for these requests were researched as part of the thesis requirements for my master's degree in health-care supervision and management at the University of Pittsburgh. Findings showed that most reasons were non-medical.

Two questionnaires, one for pediatricians and the other for WIC clients caring for infants, were designed to answer the following questions:

- ◆ For what reasons do parents request low-iron formula?
- ◆ Who or what influenced this request?
- ◆ Do demographic characteristics influence this request?
- ◆ Does the infant's age influence this request?
- ◆ What other variables influence use of low-iron formula?

Results and conclusions

Of 166 doctors contacted, 110 responded. Of the 71 WIC clients contacted, 64 responded. Santel's research showed the following results:

- ◆ WIC clients often cited gastrointestinal problems, particularly constipation, when requesting their doctor's approval for low-iron infant formula.
- ◆ Pediatricians sometimes suggested that clients insist on receiving low-iron formula.
- ◆ Most doctors did not prescribe low-iron formula, particularly if the infant was older than 3 months.
- ◆ When infants reach 6 months, use of low-iron formula seems to decrease sharply.

Santel concludes that non-medical reasons predominate in requests for low-iron formula.

The data disproved Santel's assumption that many doctors oppose the use of low-iron formula.

He therefore recommends that WIC take the lead in educating health-care providers and parents about the importance of using iron-fortified formula and about the probable causes of gastrointestinal problems in infants. To be effective, Santel says, consistent messages need to be developed and used throughout the entire health-care system.

For more information, call Gary Santel at (412) 350-5809.

*The ideal man
bears the accidents of life
with dignity and grace, making
the best of circumstances.*


Aristotle
Greek philosopher
384-322 B.C.

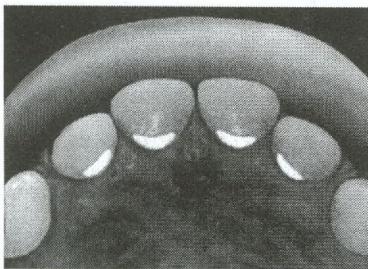
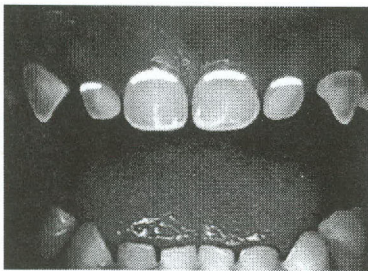
White spots could be start of baby-bottle tooth decay

By Sandy Tesch, R.D.H., M.S.H.P.
Dental Program Specialist

WIC staffers can pass along to their clients the following answers about saving babies from baby-bottle tooth decay.

What are "white spots" and baby-bottle tooth decay?

Baby-bottle tooth decay is a dental condition that can destroy the teeth of a baby or young child. Any tooth can be affected, but most likely this decay starts as white spots on the upper front teeth, where the spots can be most easily seen.



Baby's teeth should be checked regularly for white spots.

These front teeth are the ones that aid in your child's speech, form the shape of the face, and make such a difference in your child's smile.

What causes baby-bottle tooth decay?

Plaque, the bacteria found in the mouth, is the cause of this dental condition. Plaque should be removed daily. Baby-bottle tooth decay occurs when liquids such as milk, formula, fruit juices, and sweetened drinks mix with plaque and are allowed to collect around a baby's teeth for long periods of time. That's why it is *not* a good idea to give your baby a bottle of these liquids as a pacifier, which the infant sucks on

all day, or to put your baby to sleep with a bottle of these liquids in the mouth.

In fact, many health professionals discourage the use of a baby bottle for any liquid other than breastmilk, formula, or plain water.

How can I keep my baby safe from baby-bottle tooth decay?

- ◆ First, you and your family need to keep your own teeth and mouths clean. Have sealants and fillings done as needed to avoid spreading bacteria from your own mouth to the baby.
- ◆ Keep the baby's mouth clean by wiping the teeth and gums with a soft cloth and a tiny bit of fluoride toothpaste after feeding and before sleep time.
- ◆ Never allow your baby to fall asleep with a bottle containing milk, formula, fruit juices, or sweetened liquids.
- ◆ If baby must take a bottle to bed, fill it with cool water only.

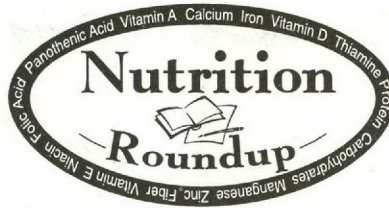
The bottle could be replaced by a clean pacifier or a comforting, soft blanket.

If my baby loves the bottle, how can I take it away?

- ◆ Use a plain-looking bottle for feeding, one that doesn't catch baby's eye.
- ◆ Trade a bright, pretty cup for the bottle as soon as baby can sit up. Babies should be off the bottle by their first birthday.

How can I work with my dentist to protect my baby from baby-bottle tooth decay?

- ◆ First, as a parent, you need to check your baby's mouth once a month by gently lifting the upper lip. Look at the teeth to be sure that white spots are not forming. If you see white spots, call your baby's dentist right away because they could be the beginning of baby-bottle tooth decay. The earlier these white spots are seen, the easier it is to reverse and treat the decay.
- ◆ Take your baby to the dentist at 1 year of age and every six months after that.
- ◆ If you need help finding a dentist for your baby, call the Baby Love Hot Line at (800) 422-2956.
- ◆ If your baby receives Medicaid benefits, call (800) 252-8263 about information on dental checkups and treatment. If you have dental insurance for your baby, check with your insurance company.

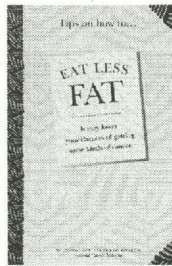


By Mary Van Eck, M.S., R.D.
Nutrition Education Coordinator

Cancer Institute offers various nutrition-education pamphlets

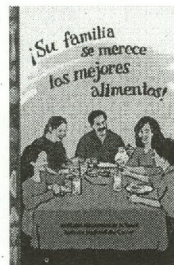
Low-literacy, nutrition-education pamphlets are available from the National Cancer Institute. Some of these are highlighted below, but other materials are also available.

Eat Less Fat and *Como Menos Grasa* are the English and Spanish versions of a pamphlet on how to cut down on fat during cooking. Tips include trimming extra fat from pieces of meat;

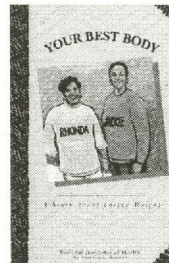


removing the skin from chicken pieces; cooking vegetables with fresh garlic, onions, celery, bell peppers, or lemon juice; and broiling, boiling, baking, or pan-broiling meat instead of frying.

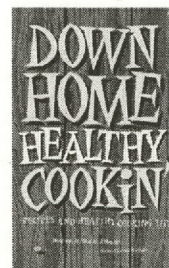
¡Su Familia Se Merece los Mejores Alimentos! is a Spanish-only comic book about a young couple whose doctor tells them to cut down on fat. The couple then buys healthier foods and prepares, eats, and discusses healthy foods.



Your Best Body is a 17-page booklet directed to an African-American audience about two women trying to lose weight. Activities and helpful hints for healthy cooking and eating are included. Tips include eating three meals a day, throwing away your grease can, cutting down on the number of cakes and cookies you buy, taking the stairs, and calling a friend or taking a walk instead of eating. Examples of healthy meals are given. Low-fat ways to cook greens, sweet potatoes, biscuits, fish, and chicken are explained.



Down Home Healthy Cooking is a recipe book that features healthy cooking tips for down-home favorites. Some of its recipes are 20-Minute Chicken Creole, Catfish Stew and Rice, New Orleans Red Beans, Mixed Greens, Baked Pork Chops, Sweet Potato Custard, and Garden Potato Salad.



To order these and other materials, call the National Cancer Institute at (800) 4-CANCER, or (800) 422-6237. Orders of 20 copies of each title are free of charge. Additional copies (maximum of 200) are 10 cents each.

Pyramid poster, handouts available in Spanish

Comer para Vivir/No Vivir para Comer is a Spanish poster, with a corresponding handout, about the food-guide pyramid. These culturally relevant materials illustrate common Hispanic foods and where they fit in the pyramid.

The poster also provides information on healthy foods, non-dairy calcium foods, ways to eat more vegetables, low-fat cooking tips, and appropriate serving sizes for various age groups.

The posters cost \$19.95 each, and the handouts cost \$25 for a package of 50, with discounts available for bulk orders. To order, call (509) 453-4444, or write to:

Healthy Diet, Healthy Life
P.O. Box 2167
Yakima, Wash. 98907-2167.

'Light'? 'Lean'? 'Healthy'? What does it all mean?

Clearing up the confusion over terms in food labels

By Mary Van Eck, M.S., R.D.

Nutrition Education Coordinator

Many consumers still don't understand much of the information and wording used on food labels, even after two years of encountering the new labels. In May 1994, revised food-labeling regulations were made into law by the Nutrition Labeling and Education Act.

Texas WIC nutritionists can use the information below to help their clients clear up some of the confusion about the common terms used on food labels.

Nutrient-content claims

Claims on food labels about nutrient content are defined and explained as follows:

"Healthy" — The food item must be both low in fat and low in saturated fat, can't exceed maximum levels for sodium and cholesterol, *and* must contain at least one of the following: vitamins A and C, calcium, iron, protein, or fiber. Exceptions are enriched grain products and raw and frozen fruits and vegetables.

"Daily value" — This is the recommended nutrient intake for someone consuming 2,000 calories a day. (For example, based on a 2,000-calorie diet, the daily value for fat is 65 grams. Thus, a food with 13 grams of fat per serving would have a label stating that the "percent daily value" for that food's fat content is 20 percent, because 13 grams is 20 percent of 65 grams.)

"Lean" — Less than 10 grams of total fat — of these 10 grams, less than 4 grams can be saturated fat — *and* less than 95 milligrams of cholesterol per serving in cooked meat, seafood, and poultry.

"Extra lean" — Less than 5 grams of total fat — of these 5 grams, less than 2 grams can be saturated fat — *and* less than 95 milligrams of cholesterol per serving in cooked meat, seafood, and poultry.

"Low calorie" — 40 calories or less per serving.

"Light or lite" — One-third fewer calories, *or* 50 percent less fat than in a similar product. If the labeled food item has more than half of its calories from fat, the fat *must* be 50 percent or less than the fat in a similar product.

"Low fat" — 3 grams of fat, or less, per serving.

"Low sodium" — 140 milligrams of sodium, or less, per serving.

"Fat free" — Less than ½ gram of fat per serving.

"Sodium free" — Less than 5 milligrams of sodium per serving.

"Calorie free" — Less than 5 calories per serving.

"Extra," "More," or "Added" — Contains an additional 10 percent, or more, of the "daily value" of a specific nutrient per serving, when compared to a similar food. (For example, the label on a loaf of wheat bread may state, "Contains 10 percent more, or more, of the daily value for fiber than white bread" because the fiber content of white bread is 1 gram per serving, while the wheat bread's fiber content is 3.5 grams per serving, or, clearly, more than 10 percent more than the white bread's fiber content.)

"Reduced cholesterol" — Contains at least 25 percent less cholesterol than a similar food, *and* 2 grams or less of saturated fat per serving than a similar food.

A 2,000-calorie diet is the reference point used in food labels. However, diets vary, and many people normally consume either fewer or more calories daily. The chart below shows appropriate amounts of food components for different levels of daily calorie consumption.

Food component	Calories		
	1,600	2,000	2,500
Total fat	53 g	65 g	80 g
Saturated fat	18 g	20 g	25 g
Total carbohydrates	240 g	300 g	375 g
Dietary fiber	20 g	25 g	30 g
Protein	46 g	50 g	65 g

"High," "Rich in," or "Excellent source of" — Contains 20 percent of the "daily value," or more, per serving.

"Contains," "Provides," or "Good source of" — Contains 10 percent to 19 percent of the "daily value" per serving.

Health claims

Health claims can be made on a label only if the claims can be supported by scientific evidence, and only when a food is a significant source of the appropriate nutrient. An example of a health claim is, "The risk of heart disease may be reduced by diets low in saturated fat and cholesterol."

According to the Nutrition Labeling and Education Act, health claims may show a link between the following:

- ◆ A diet with enough *calcium*, and a lower risk of *osteoporosis*.
- ◆ A diet low in *saturated fat* and *cholesterol*, and a reduced risk of *coronary heart disease*.
- ◆ A diet low in *total fat*, and a reduced risk of some *cancers*.
- ◆ A diet rich in *fiber*-containing grain products, fruits, and vegetables, and a reduced risk of some kinds of *cancers*.

- ◆ A diet rich in *fiber*-containing fruits, vegetables, and grain products, and a reduced risk of *coronary heart disease*.
- ◆ A diet low in *sodium*, and a reduced risk of *high blood pressure*.
- ◆ A diet rich in *fruits and vegetables*, and a reduced risk of some *cancers*.
- ◆ Consumption of *folic acid*, and a decreased risk of *pregnancy affected by neural-tube defects*.

To receive an order form for copies of *FDA's Consumers Special Issue on Food Labeling*, call Mary Van Eck at the state agency at (512) 458-7440.

Some information for this article was obtained from *Environmental Nutrition*, September 1996, Vol. 19, No. 9, p. 2.

Training center to open in Dallas

A grand opening for the new Dallas Regional WIC Training Center is planned for early in the year. Dedicated to the late WIC training director, Tom Gosnell, the opening will feature tours of the new facility and a buffet of WIC-approved foods.

The training center and its attached WIC clinic became operational in October. The facility, funded by USDA, includes a satellite link and video-conferencing equipment. The facility will be used to train staff from local agencies in Dallas and North Texas.

The center will conduct satellite teleconferences as well as two-way videoconferences. A computer lab will allow staffers to use the Web to research training opportunities.

For more information, call John-Paul Morgante at (512) 406-0740.

January 1997

Jan. 8-10 — 1997 Annual Community Health Nursing Leadership Conference, Holiday Inn South, Austin. For more information, call Susie Fournier at (512) 458-7773.

Jan. 15-17 — Intensive Course in Breastfeeding, Phase II, Austin. A week of in-depth training following up on concepts introduced in three-day Phase I session. For more information, contact Missy Hammer at (512) 406-0744.

February 1997

Feb. 4-7 — "Best Practices," sponsored by the Texas Commission on Alcohol and Drug Abuse in cooperation with the University of Texas at Austin, Renaissance Hotel, Austin. For more information, call (800) 882-8784 and ask for the conference coordinator.

Feb. 5-7 — "Alliances for Healthy Communities," 21st annual meeting of the Texas Family Planning Association - Public Affairs Network, the Marriott, Austin. For more information, call (512) 448-4857.

Feb. 10-11 — PEP (Pregnancy Education and Parenting), Single Parents, and Gender Equity Professional Improvement Conference for the state of Texas, Omni San Antonio at the Colonnade, San Antonio. For more information, call Sue Kaulfus at (210) 242-3506.

Feb. 12-14 — Intensive Course in Breastfeeding, Phase II, Austin. A week of in-depth training following up on concepts introduced in three-day Phase I session. For more information, contact Missy Hammer at (512) 406-0744.

Feb. 14-16 — 41st Midwinter Conference and Legislative Symposium of the Texas Osteopathic Medical Association, Fairmont Hotel at the Dallas Arts District, Dallas. For more information, call Vanessa Kemper or Robyn Shapiro at (512) 708-8662.

Feb. 15-19 — Texas Public Health Association's 72nd Annual Convention, Omni San Antonio Hotel (formerly the Wyndham San Antonio), San Antonio. For more information, e-mail Txpha@aol.com or call Terri S. Pali at (512) 451-1846.

Feb. 17-18 — "Women Speaking with One Voice," conference on legislative issues co-sponsored by 60 women's groups such as the Texas Family Planning Association, the American Association of University Women, the Hispanic Women's network, and the League of Women Voters. University of Texas campus, Austin. For more information, call (512) 448-4857.

Feb. 23-25 — Safe and Drug-Free Schools and Communities State Conference, Bayfront Plaza Convention Center, Corpus Christi. For more information, call Barbara Bertling or Jenny Gonzales at (512) 883-9288, ext. 2226 or 2212.

If you know of an event you'd like to include in this calendar, call Shelly Ogle or Callie Jones at (512) 458-7532.

Shipping Report

Have you received all of your nutrition-education materials?

By Mary Van Eck, M.S., R.D.

Nutrition Education Coordinator

In the past six months, the following nutrition-education materials were sent out from the state agency to each local agency:

Videos

Get With a Safe Food Attitude — See memo of May 6, 1996, No. 96-050.

Be Wise, Immunize — See memo of May 6, 1996, No. 96-050.

Weight: Maintaining a Healthy Balance — Described in memo of July 26, 1996, No. 96-079.

Looking to Keep Decay Away — Described in memo of July 26, 1996, No. 96-079.

Mi Bebé Fumando — Described in July 26, 1996 memo, No. 96-079.

Lessons

Weight: Maintaining a Healthy Balance, NT-000-04 — Refer to memo of July 26, 1996, No. 96-079.

Watching Your Child's Weight lesson series, CF-000-07 through CF-000-11 — See memo of July 26, 1996, No. 96-079.

Smart Snacking for Children: Food Demonstration lesson — Sent Nov. 8, 1996, memo No. 96-112.

Self-paced lesson, *Using Leftovers Safely*, SP-000-01 — Sent Sept. 6, 1996, memo No. 96-094.

Other materials

Guidelines for Writing Self-paced Lessons — Sent July 12, 1996, memo No. 96-074.

Guidelines for Using Self-paced Lessons — Sent July 12, 1996, memo No. 96-074.

Nutrition Guidelines for Using the Weight Gain Puzzle Pieces — Sent Sept. 20, 1996, memo No. 96-100.

Weight Gain Puzzle Pieces — Referred to Sept. 20, 1996, memo No. 96-100.

Facilitator's Guide for Nutrition Education — Sent Nov. 8, 1996, memo No. 96-112.

Vitamin A pamphlet — Stock No. 13-9.

Low-fat Milk: Answers to Your Questions pamphlet — Stock Nos. 13-19 (English) and 13-19a (Spanish).

Helpful Hints To Keep Your Child's Teeth Healthy poster — Sent Sept. 20, 1996, memo No. 96-100.

Mom's flu shot won't harm breastfeeding baby

By Jeanne Fisher, M.S.N., R.N., I.B.C.L.C.
Breastfeeding Promotion Nurse

Many mothers are concerned that they might harm a nursing infant by eating something or taking a medication that will pass through their milk to the baby. During flu season, nursing mothers often specifically ask whether it is safe to get the flu shot.

According to the national Centers for Disease Control and Prevention, there are no immunizations given to a mother that can harm a nursing infant.

The mother of an infant may receive the flu shot and be assured that nothing dangerous will pass through her milk. She will be protected from the flu by the shot, and her baby will still receive the best food with the best immunities available.

Breastfed babies should be on a regular immunizations schedule. Breastfeeding helps the baby's immune system respond well to vaccines, giving the baby higher antibody levels than found in a formula-fed baby.

The infant's own immunologic development is stimulated by the presence of Immunoglobulin A (a glycoprotein that functions as an antibody) in human milk. This means that a breastfed baby is protected not only by the IgA in its mother's milk but also by the immunoglobulins produced in its own gastrointestinal tract.

For more information, call Jeanne Fisher at (512) 406-0744.

Crossing borders, cultures

WIC director from Brownwood delivers donated breast pumps to Belizean hospital

On a recent trip to the Central American country of Belize, Project 74 director Georgia Harris brought along some donated Medela and Nurture III breast pumps. She gave three electric pumps to the hospital in the capital city of Belmopan and two to a local missionary in Cayo, near the Guatemalan border. She also distributed Medela hand pumps.

Strong support of breastfeeding

"In visiting with the head nurse in Belmopan, I was impressed at their level of commitment to breastfeeding despite their limited resources," Harris says. "She said that she and four other nurses took the UNICEF 20-hour breastfeeding course about four years ago, and they formed a committee to work on breastfeeding promotion."

The head nurse, Cristina Palacios, R.N., told Harris that new mothers do not go home

from the hospital until they are adequately nursing. In fact, if a doctor suggests that a mother stop breastfeeding, the doctor has to explain the necessity of his decision to the breastfeeding committee.

Donating supplies and information

Harris described the hospital as "primitive" with few resources. "However, they did have a beautiful Medela classic pump, but no parts to go with it," Harris says. "What a thrill to have arrived with the parts that could be used with it."

The refitted pump was put to immediate use, she says. When Harris was at the Belmopan hospital, a young mother there delivered her baby by Caesarean section at 32 weeks gestation. "The baby died, and the mother was extremely engorged," Harris says. "I hooked up the pump so she could relieve some of the engorgement."

Harris told the nurses at the hospital about using cabbage

leaves to relieve engorgement. They had never heard of this technique. She also gave them some Medela fact sheets on sore-nipple management and engorgement as well as Pam Wiggins' book, *Why Should I Nurse my Baby?*, in English and Spanish.

"They were so grateful for the literature. Their entire library consisted of one paperback book, *The Womanly Art of Breastfeeding*," Harris says.

How to share with Belize

Belize is an English-speaking country. If you have any posters, books, or pamphlets you would like to donate, send them to:

Cristina Palacios, R.N.
Head Nurse, Medical Dept.
Belmopan Hospital
Cayo District, Belmopan
Belize.

To help the hospital avoid paying a customs tax, indicate on the package that it is a donation of educational and hospital literature.

"We are so blessed with beautiful literature, and they have nothing," says Harris. "Their walls are just bare cement blocks. Think how a beautiful breastfeeding poster would brighten them up."

Materials can also be sent to Harris, who will pass them on. She can be reached at (915) 646-7821. Her address is:

Georgia Harris
Brownwood WIC
510 Lee St.
Brownwood, Texas 76801.



"Now, Doctor, explain exactly why you recommended formula feeding over breastmilk!"

THE SEVEN HABITS OF HIGHLY EFFECTIVE PEOPLE

Covey Leadership Center ©

Article 10 in a series

Habit 6: Synergize

By Judith Cayton Devin
Training Specialist

Argh! That recurring problem that has been plaguing your clinic for the past few months is back. You've tried everything you can think of but nothing has been effective. Suddenly, you vaguely remember something from your class on Stephen Covey's *Seven Habits of Highly Effective People*. You're recalling the course's sixth habit: Synergize.

Covey defines this term as "the combined effort of individuals in collaboration that exceeds the sum of their individual efforts." In other words, you can get more accomplished by working together instead of working separately.

Unlike the other six habits in the seven-habit group, you can't just decide to go out and synergize. Instead, you need to see synergy as the fruit of practicing Habit 4 (thinking win-win) and Habit 5 (seeking first to understand and then to be understood).

What exactly is synergy?

Covey uses the term in two ways. One way sees synergy as the process of working together creatively. The other view is that synergy is the final product of working together, or, as Covey terms it, the "third alternative."

So, how to synergize? Remember, you have a recurring problem in your clinic. In desperation, you look around your office for people to synergize with. Who shall it be? You think of a few friendly, reliable types you've worked easily with in the past. Then you think of Doreen.

Stop. Think of a person you work with or have worked with who irritated you the most. Keep this person in mind as you read the following paragraph. Circle the adjectives in the following paragraph that best describe that person, or fill in the blank line below.

"Doreen," you think. "Well. She just won't do." Why? She's (white, black, Hispanic, Asian, other), and she's much (older, younger) than you. For goodness' sake, she actually comes to work wearing _____ (multiple earrings, cowboy boots, frilly blouses, tattoos, black lipstick)! Besides, you disagree with Doreen on most subjects. Her ideas are

always too (boring, weird), and she's too (aggressive, shy). She simply makes you uncomfortable.

But wait! Doreen, the total opposite of you in so many ways, is exactly the person you need in your problem-solving group.

Because of her unique life experience, education, culture, family, and friends, Doreen provides a different perspective on the situation. She will approach the problem completely differently than the rest of you, and that difference can help create a better solution. The people you're most comfortable with are not necessarily the people who can help you the most.

Start by *valuing* Doreen's diversity. Believe that, together, you can create a win-win solution, as recommended by Habit 4. Then, strive to understand her position completely, as encouraged by Habit 5. You have set the stage for synergy: creating a third alternative that's better than just your two individual ideas.

The third alternative

Third alternatives are never simply compromises. Covey uses mathematical expressions to show the difference he sees between synergy and compromise:

Synergy is $1 + 1 = 3$.

Compromise is $1 + 1 = \frac{1}{2}$.

Both parties need to give up a little to reach their compromise. The result is that the product of a compromise is less than either one

of the whole ideas. The result of synergy, however, is that all parties add up to more than their total.

To cultivate synergy, think win-win when you go into a problem-solving situation. Then, seek first to understand, and value the differences. In doing so, you will begin moving toward the *process* of synergy, and you may then achieve the *product* of synergy: the third alternative. Employing Habit 6 is fun, it's powerful, and, most of all, it's effective.

—
*No one
can disgrace us
but ourselves.*



Henry Wheeler Shaw
U.S. humorist
1818-1885

Et cetera

By John Koloen
Staff Writer

Public-sector excellence honored annually with monetary awards

The 1997 Innovations in American Government awards competition, sponsored by the Ford Foundation and the John F. Kennedy School of Government at Harvard University, recognizes and rewards innovative government programs. Application for the awards are due Jan. 8, 1997.

Now in its 11th year, the innovations program recognizes effective and creative examples of government at its best. All units of government – federal, state, local, tribal, and territorial – are eligible for recognition and awards.

In 1997, the Ford Foundation will award \$100,000 grants to 10 government programs and \$20,000 grants to an additional 15 programs, for a total of \$1.3 million. Awards to federal programs are managed by the Council for Excellence in Government of Washington, D.C.

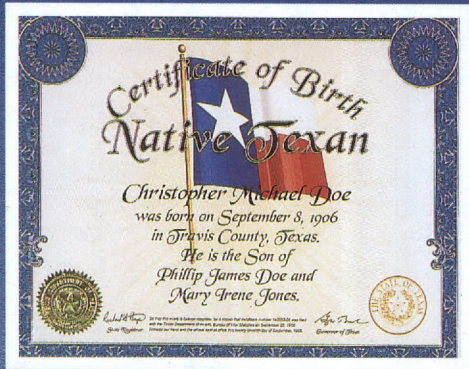
Applications must be received by 5 p.m., Wednesday, Jan. 8, 1997. For an application, call (800) 722-0074, or visit the program's Web site at <http://ksgwww.harvard.edu/innovat/>.

Medicaid-related provisions

New welfare provisions for immigrants will dramatically change the way that many government programs work with non-citizens, particularly regarding Medicaid services. The National Coalition of State Legislators developed the following summary of changes affecting Medicaid:

- ◆ Most non-citizens (with limited exceptions) are barred from the Supplemental Security Income (SSI) program, potentially severing their link to Medicaid eligibility.
- ◆ Qualified aliens entering the United States after Aug. 22, 1996, are barred from receiving Medicaid benefits for their first five years in the United States (with some exceptions).
- ◆ States are given the option to deny Medicaid benefits to qualified aliens already in the

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unique gift to yourself, a family member, or a special friend. (State law prevents issuance of this certificate to persons whose births were established by court order or delayed record procedures.)

For information on ordering an heirloom birth certificate, contact any Texas county clerk, your local city birth-registration office, or

The Bureau of Vital Statistics
Texas Department of Health
1100 49th St.
Austin, Texas 78756-3191.

Phone: (512) 458-7111
Internet: <http://www.tdh.state.tx.us/hcqsbvs/bvs.htm>



WIC, Bureau of Nutrition Services
Texas Department of Health
1100 W. 49th St.
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