The WIC Wire

Utah Department of Health • WIC Program

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Mythbusters

Food Safety Myth: It's OK to wash bagged greens if I want to. There's no harm.

Fact: Your intuition says giving bagged greens labeled "ready-to-eat," "washed," or "triple washed" an extra rinse couldn't possibly hurt. However, rinsing of ready-to-eat greens will not enhance safety, but could increase the potential for cross-contamination. Pathogens that may be on your hands or on kitchen surfaces could find their way onto your greens in the process of handling them. Your ready-to-eat greens have been prepared with your safety and convenience in mind - enjoy!

Food Safety Myth: It's only important to rinse fresh fruits and vegetables for safety. I don't need to dry them too.

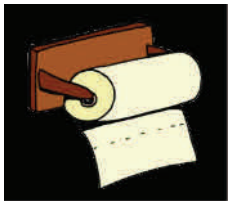
Fact: Using a clean cloth or paper towel to blot dry fresh fruits and vegetables after rinsing is more important than you might realize.

Research has found this drying step further reduces the level of harmful bacteria on the surface of fresh produce. Take a two-step approach to cleaning your produce:

1) just before use, rinse under running water only the fruits and vegetables you plan to eat, including those with skins or rinds that are not eaten; and 2) dry fruits and vegetables with a clean cloth or paper towel.

Food Safety Myth: I don't need to rinse the melon for safety. The part I eat is on the inside.

Fact: Sure you're not eating the rind of the melon, but there are many ways for pathogens on the outside of the melon to contaminate the edible portion. A knife or peeler passing through the rind can carry pathogens from the outside into the flesh of the melon. The rind also touches the edible portion when cut fruit is arranged or stacked for serving and garnish. Play it safe and rinse your melon under running tap water while rubbing with your hands or scrubbing with a clean brush. Dry the melon with a clean cloth or paper towel. Once you've used a towel to wipe hands or surfaces, it can look clean and still contain harmful bacteria.



Winter workouts

By Kendra Manwill, BYU Dietetic Intern

The winter months provide some people with an excellent opportunity to sit on the couch and pack the pounds on. It seems once the weather gets bad, the outdoors become an off-limits zone and many people typically exercise outside. Here is some breaking news: you can still go outside! Even if you don't want to go outside, there are still many things you can do for exercise indoors regardless if you have a gym pass or not. You can avoid packing on some winter weight without even leaving your house if you choose.

"Why should I bother exercising?" you may ask. There are many good reasons, and they include: weight loss, positive body image to combat SAD (seasonal affective disorder), energy boost, mood enhancement, increased blood flow, improved immunity, and reduction in stress levels or anxiety and depression. So while it may be a hassle to put on your gear and break a sweat, your body and mind will thank you for it. The most important thing is: just do something. Something is better than nothing.

Before you begin an exercise routine, ask yourself why you are doing it. What does exercise mean to you? What do you want to get from it? Where do you want to go? Set goals or make statements about your exercise motives and keep them somewhere that you will see frequently. This will help get you off the couch and on the move. Here are some fun and effective winter workout ideas that you can try:

1. Go to the gym. You can swim, bike, treadmill, lift weights, play basketball, take a class, any number of things. Look for discount passes or check your local community center.
2. Take up a winter sport. skiing, snowboarding or snowshoeing.
3. You'll forget you're even exercising while you're having fun hitting the slopes or trekking around.
4. Play outside with your kids or friends. Sledding and snowball fights don't just have to be child's play. Get out there, run around, build igloos, and burn calories doing it. Since it's cold out you will be burning extra calories to keep yourself warm! While you're outside, shoveling snow is also a great exercise.
5. Use resistance bands at home. Resistance bands can be found fairly cheap, and they are a great workout tool to have. Look for videos or tips online for the best resistance exercises.
6. Dig out those workout videos. If you're tired of your videos, try P90x or Insanity if you're ambitious. And believe it or not, DDR (Dance Dance Revolution) games or other Wii/Kinect based dance games are excellent exercise and you'll have a party while doing it. Don't have a game system? Turn on some music and dance around the house with your kids.
7. Turn housecleaning into circuit training. Pick some vigorous cleaning that needs to be done, and every 5 or 10 minutes take a "break" to do some exercises like stair climbs, wall sits, pushups, sit-up's, lunges, jumping jacks, or anything else you can think of. You get a clean house and a healthy body!

Single User Electric Breast Pumps

The State WIC Office authorized the use of funds to purchase Single User Electric Breast Pumps. All orders received from Local Agencies will be filled: 972 Medela pumps and 70 Ameda pumps.

Due to the large amount of funds that are used for this project, staffs are asked to refresh their memory on the issuance policy.

Please see the P & P, FY 2015 Nutrition Services-Breastfeeding\Breastfeeding Promotion and Support, Breastfeeding Aids document.

Highlights of policy:

- The incentive is to promote exclusivity. Single-user electric breast pumps may be provided judiciously to breastfeeding mothers that are "fully" or exclusively breastfeeding their infants and are not receiving infant ABM.
- Participants who receive these pumps must sign the Single User Electric Breast Pump Release Form indicating that they plan to exclusively breastfeed for at least the first 6 months of their infant's life and that they will not use ABM.
- Issuance includes providing instruction to the participant, signing of the Single-User Electric Breast Pump Release Form by the participant, completing proper documentation, and providing appropriate assistance when participants indicate that they are having problems with the pump.
- Single-user pumps should not be issued to:
    i. Infants who have breastfeeding problems such as issues with latch, milk transfer, sore nipples, use of shields or other problems.
    ii. Those that have received a single user pump as covered by their health insurance or another source.
- Initial follow up calls need to be made within two weeks of issuance by the local WIC Staff and thereafter as deemed necessary to provide anticipatory guidance and support.

Inventory Process for Single User Pumps:

- Single-user pumps should be inventoried monthly and stored in a secured area. Inventories will be reported along with serialized breastfeeding equipment schedule of every four months.

Recommendations:

- It is recommended to document issuance in the BF Equipment panel in Vision as a non-serialized item rather than using a hard copy form. (Contact us if you have questions or do not have these items in your drop-down options.) And by doing so, it would allow reports to be generated to track issuance for inventory purposes.

Resources

Expanding Nutritional Counseling to Prevent Childhood Obesity is an archived webinar from the NIHCM Foundation. The December 2013 webinar offers strategies for offering nutritional guidance for children and youth and includes a session by Dr. Michael Lu, the HRSA, Maternal and Child Health Bureau Director.

An article by Dr. Michael Lu in the February 2014 MCH Journal addresses Improving Maternal and Child Health Across the Life Course: Where Do We Go from Here?

Health Care Reform Slideshow, from HHS/ODPHP

The Office of Disease Prevention and Health Promotion has published a new health care reform slideshow entitled "5 Things the Affordable Care Act Can Help Women Do — For Free!" The slideshow highlights the law's requirement that private plans cover breastfeeding support, supplies, and counseling without cost-sharing.

Affordable Care Act Resource

Have you ever wondered where to find basic resources on the Affordable Care Act (ACA)? The ASPHN Maternal and Child Health (MCH) Nutrition Council has created an ACA reference listing to help state public health nutritionists easily access resources to implement health care reform policies. This new reference, developed with the support of the Maternal and Child Health Bureau, is now available on the ASPHN website. http://www.asphn.org/resource_read.php?resource_id=625

Breastfeeding Discrimination Case Settled, from CA

The Legal Aid Society Employment Law Center has settled a claim on behalf of a California journalist for the Chinese-language newspaper *World Journal*, who was allegedly denied legally mandated lactation accommodations at work. In addition to a monetary settlement, the agreement reached between the parties includes injunctive relief requiring the company to change its policies regarding lactation accommodations and to share these policies with staff in multiple languages. All supervisors will be trained on the policy and how to respond to requests for accommodations.

"New Benefits for Breastfeeding Moms: Facts and Tools to Understand Your Coverage under the Health Care Law."
http://www.nwlc.org/sites/default/files/pdfs/final_nwlcbreastfeedingtoolkit2014_edit.pdf

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Utah WIC Program
Box 141013
Salt Lake City UT 84114-1013
www.health.utah.gov/wic

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Christina Perry, Editor