The WIC Wire

Utah Department of Health • WIC Program

VOLUME 9, ISSUE 6 JUNE 2015

Farewell to Judy Harris

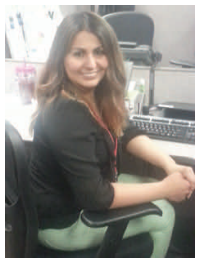
After 22 years of work experience in the Utah WIC Program, Judy Harris has accepted the position of Public Health Nutritionist in the Environment, Policy, and Improved Clinical Care Program (EPICC) effective June 3rd.

Judy has made significant contributions to the Utah WIC Program by laying the foundation for the first WIC & Medicaid MOU, establishing the first comprehensive WIC Product Guide in the nation and promoting breastfeeding with great passion and zeal.

Everyone is aware of Judy's passionate work in coordinating breastfeeding promotion and support activities in the Utah WIC Program over the past 13 years. During this time period, the number of IBCLCs statewide in WIC has increased from 2 to 15 and the number of Peer Counselors from 20 to 40. She also supports efforts in establishing a breast milk bank, and has been working to promote the importance of hospital policy changes to encourage breast-feeding for all mothers who want to try breastfeeding their babies.

Many are appreciative of her work and wish her well in her new job.

If you would like to wish her well, you may reach her at Judyharris@utah.gov



Welcome Lilia Zavala

Lilia Zavala "Lily" started to work in WIC in 2006. She started at the old South Main clinic, then worked at the Rose Park WIC clinic, West Jordan WIC clinic and eventually returned to the South Main WIC Clinic. Lily took a break from WIC to further her education in December 2013. Lily is now working at the WIC state help desk, and will be helping the WIC staff. Lily is a part time student and a full time mother of two girls. She likes to spend her free time with her family. Lily claims she's Disneyland's #1 fan.

Hobbies
Bake , cook Mexican food, ride roller coasters, nature hikes

INDEX

Choose to Eat & Be Active As a Family 2

In's & Out's of Organic 3

Breastfeeding Information 4

Choose to Eat and Be Active as a Family

Courtney Escalon, BYU Dietetic Intern

Eating as a Family

Research shows that eating family meals is protective against the development of becoming overweight or obese in young adulthood. Family meals promote healthier eating by generally providing an increase in fruits and vegetables and a decrease in fried foods and calories. Family meals also help build family relationships and give parents the chance to be good examples of healthy eating.

- Set a time for meals – Set a specific time for each day of the week for meals. This way everyone knows when to be home and when to expect to eat.
- Plan ahead – Don't wait until the day of to decide what to make. Have a week's worth of meals in your head or written down. Planning ahead also helps when grocery shopping so you know what you need to buy. Meals are also more likely to be healthier when planned ahead. Don't forget to plan in the fruits and vegetables!
- Involve the whole family – Let your children help plan and prepare the meals. Let them help make a salad or spread the cheese on the casserole. As they get older, give them more responsibilities such as cutting or cooking the whole meal.
- Turn off the TV – Family meals are a good time to talk and listen to each other. It helps build relationships and keeps you informed on what is going on in your child's life. Minimize distractions by turning the TV and cell phones off.
- Keep length of meals realistic – Don't expect everyone to sit around the table for 2 hours. Plan enough time that everyone can eat and talk at a reasonable pace. Children will get bored and anxious to leave the table if expected to sit too long.

Being Active as a Family

Physical activity is a vital part of a healthy lifestyle. Being physically active is necessary for both children and adults of all ages. Adults should incorporate at least 2 ½ hours of physical activity a week. Children and adolescents should incorporate 60 minutes or more of physical activity a day. Since everyone needs physical activity, why not do it as a family? Below are some tips to becoming an active family.

- Set specific times – It can be hard to get the whole family together so setting specific times throughout the week can help you do what you actually plan. You can plan to do something right after dinner when everyone is together or every Saturday morning before the day gets too busy.
- Plan ahead – Planning ahead will also help you achieve you activity goals. A good way to get the children excited is by letting them help plan the activities.
- Include activities such as work around the house – Involve your children in the yard work. Let them help plant and weed the garden. This can help children step away from the TV and get outside.
- Plan activities for all seasons – The weather can be unpredictable so make a list of activities that can be done inside and outside. Indoor activities could include indoor swimming or active video games like the Wii.
- Limit screen time – It is recommended to spend no more than 2 hours a day watching TV, playing video games, or surfing the internet.
- Invite other families – The more the merrier! Plan parties with active games that are fun for everyone.

The Ins and Outs of Organic

By: Genevieve Pierce, BYU Dietetic Intern

There are many popular trends in nutrition lately. It is hard to sort out the meaning of one trend from another. It is especially difficult when certain claims like "whole-food" or "natural" has no standard meaning or regulations. "Organic" foods have had clear regulations since 2002.

What Is Organic?

Organic foods must meet established regulations from start to finish. That means that organic cheese comes from organic milk that comes from cows that were raised following organic standards. Farmers and producers must be certified by the USDA every year to make sure they are following all organic regulations. Products that meet all standards can have the "USDA Organic" symbol on them. Foods that say they are organic, but do not have the "USDA Organic" symbol might not be organic.

Organic Labeling

- **"100% Organic"** foods must contain *only* certified organic ingredients. The certifying agency must be listed on the product.
- **"Organic"** foods contain at least 95% organic ingredients by weight. The certifying agency must be listed on the product.
- **"Made with Organic"** products contain at least 70% organic ingredients by weight. They cannot contain ingredients not allowed in organic products. They also cannot print the "USDA Organic" label on the package. Organic and not organic ingredients must be listed.

Organic Rules

- Organic crops cannot be grown with irradiation, sewage sludge, man-made fertilizers, not approved pesticides, or genetically modified organisms.
- Farmers must use 100% organic feed and provide animals with access to the outdoors. Animals cannot be treated with antibiotics or growth hormones.
- Organic mixed-ingredient foods must have 95% or more certified organic content.

The Truth behind the Claims

Organic Produce is Healthier: DEPENDS
Some studies suggest that organic produce is higher in anti-oxidants, Vitamin C, and some nutrients. Other studies suggest no differences in the amount of calories, protein, carbohydrates or fat.

Organic Produce is Pesticide Free: FALSE
Organic produce is grown without man-made pesticides, but farmers can use pesticides from natural sources. The effects of these pesticides are still unknown. We don't know if natural pesticides stay on the produce.

Organic Farming is Better for the Environment: TRUE
Organic farming does have a smaller environmental impact. Organic farming helps keep more variety in the number of plant and animal species.

Organic Food Products are Healthier: DEPENDS
Some products may be organic, but they may still be high in organic fats, organic sugar and calories. Like all foods, you must carefully read the nutrition label before you eat them.

Breastfeeding Information

Breastshield Sizing Tool

The Breastshield Sizing Tool has been released. The "Choosing Your PersonalFit Breastshield Size" printable PDF can be found on the website below.

Many months of research, testing and design effort went into the development of the "Choosing Your PersonalFit Breastshield Size" tool. The goal is to help moms have a comfortable and efficient pumping experience and this tool will help.

Visit MedelaBreastshields.com or copy and paste the link below:

http://www.medelabreastfeedingus.com/tips-and-solutions/13/choosing-a-correctly-fitted-breastshield

Breastfeeding and Food Safety

http://waba.org.my/pdf/statement-whd2015.htm

Here are links for information on Breastfeeding Friendly Health Department's

Toolkit:
http://www.health.state.mn.us/divs/oshii/bf/healthdepttookkit.html

Recognition Program Information:
http://www.health.state.mn.us/divs/oshii/bf/healthdeptBFF.html

UTAH | WOMEN, INFANTS & CHILDREN

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

WIC Wire is published monthly by the State Office of the Utah WIC Program.

Christina Perry, Editor