



# The New Hampshire WIC Register

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*NH WIC inspires, promotes and supports healthy behaviors.*

*The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provide nutritious foods, nutrition education, breastfeeding support, and health care referrals to low-income women, infants, and children. The WIC Program is a federally funded program offered by the Food and Nutrition Service, US Department of Agriculture. The NH Department of Health and Human Services, Division of Public Health Services, Healthy Eating and Physical Activity Section operates WIC in New Hampshire.*

## Mandatory Vendor Training

Every three years USDA requires all authorized WIC vendors to complete a face-to-face training with the WIC Program.

The NH WIC Program will be holding this training beginning in April going through May. This is a mandatory training that all vendors must participate in to continue as an authorized vendor with the NH WIC Program.

The training will be held in various locations around the state. An email was sent in February with locations, dates and times as well as the registration form. Sessions will be held in the morning and afternoon in an effort to accommodate everyone's schedule. You may attend at any location that is convenient for you and your staff as long as you register. Seating is limited at each site.

Some of the agenda topics include: changes to the approved foods, eWIC and vendor sanctions

We recommend that the person(s) attending be a customer service manager, trainer, store manager, owner or someone who is designated to train staff.

If you have any questions, please contact Laurie Desmarais at 800-852-3310 Ext. 4935 or email [lfdesmarais@dhhs.state.nh.us](mailto:lfdesmarais@dhhs.state.nh.us).



**Register Routing:** Store Owner(s)\_\_\_\_, \_\_\_\_ Store Manager\_\_\_\_, \_\_\_\_ Assistant Manager\_\_\_\_, \_\_\_\_, \_\_\_\_, \_\_\_\_  
 CSM'S\_\_\_\_, \_\_\_\_, \_\_\_\_, \_\_\_\_ Grocery Managers\_\_\_\_, \_\_\_\_, Bookkeeper\_\_\_\_, \_\_\_\_ Trainers\_\_\_\_, \_\_\_\_, \_\_\_\_, \_\_\_\_  
 Head Cashiers\_\_\_\_, \_\_\_\_ Service Desk Personnel\_\_\_\_, \_\_\_\_, \_\_\_\_ Other Store Personnel\_\_\_\_, \_\_\_\_, \_\_\_\_, \_\_\_\_, \_\_\_\_

## Nutrition Corner

# What do pasta and yogurt have in common? They are both new healthy foods coming to the WIC food package in July!

In February 2014, the US Department of Agriculture finalized changes to the WIC food package to further improve the nutrition and health of the nation's low-income pregnant women, new mothers, infants and young children. The changes are based on the latest nutrition science, and marked the completion of the first comprehensive revisions to the WIC food packages since 1980....34 years ago!

For New Hampshire WIC, the most exciting changes will be in July 2015.

- Whole grain options will be expanded to include whole grain pasta. Whole wheat macaroni products must conform to FDA standard of identity, have no added sugars, fats, oils, or salt, and “whole wheat flour” or “whole durum wheat flour” must be the only flours listed in the ingredient list. Whole grain pasta is naturally an excellent source of fiber and is low in fat, sodium free and cholesterol free.
- We have started researching varieties available in grocery stores in a one-pound (16 ounce) package and are hoping we will have a good variety of brands.

If you have never tried whole grain pasta yourself here are some recipe ideas:  
<http://www.hodgsonmill.com/OurRecipes/RecipeList/tabid/540/c/17/Default.aspx>

Yogurt will be offered as a substitution for a quart of milk. The yogurt must be pasteurized and conform to FDA standard of identity, must contain no more than 40 g of total sugars per 1 cup yogurt, and may be plain or flavored. We plan to offer low-fat and nonfat yogurt to women and children, and are looking at the available sizes and flavors now.

Here are some recipe ideas for cooking with yogurt: <http://www.dannon.com/category/recipes/>

Stay tuned for more information on these two new exciting foods for WIC families! In the meantime, why not have an store challenge to see who can cook the most delicious recipe using whole grain pasta and yogurt!



## You say PO-tato, I say pah-tah-TO.....

By: Fran McLaughlin

Who would ever think that the humble white potato would garner such interest and debate to have the Institute of Medicine review its merits, or as the case may be, retrospectively--its demerits, then for Congress to discard the IOM's scientific determination and pass language in the December 16th, 2015 Continuing Appropriation Act Section 753 mandating potatoes be allowed in the WIC food package. What a hot potato mess!! For those that are interested, the act's [language states](#) that "no vegetable can be excluded until the next scientific review determines otherwise. If the scientific review process by the Institute of Medicine (IOM) results in excluding any vegetable, then an audit of the scientific research by the Comptroller General must occur." And that is how the story goes.

It does also bring us to a question, "let them eat P-O-T-A-T-O-E-S???" Any color potatoes not just the superior orange colored sweet potato or yam? but also white, blue/purple, or red skinned potatoes?? You might ask "Have those in charge gone mad?" of course not! The poor maligned spud has been taken back into the fold of an accomplished/acceptable/allowed vegetable for WIC participants. How could it not?

Not only does the potato have some interesting trivia, a classic toy version of itself and a poem, it also has a NH law associated with it and now a congressional decree! Let's not even get started on all the recipes and versatility of the fine tuber! (Just google potato recipes....)

Also, fyi this power house vegetable packs a nutritional home run!

One medium potato (5.3 oz) with the skin contains:

45 percent of the daily value for vitamin C

More potassium (620 mg) than even bananas, spinach, or broccoli;

10 percent of the daily value of B6;

Trace amounts of thiamine, riboflavin, folate, magnesium, phosphorous, iron, and zinc ...and all this for just **110 calories** and **no fat, sodium or cholesterol.**

**So make sure all of your cashiers and managers are aware that white potatoes are now WIC approved!**

If you have any questions, please contact Laurie Desmarais at 603-271-4935 or email [lfdesmarais@dhhs.state.nh.us](mailto:lfdesmarais@dhhs.state.nh.us).



## Updated WIC Approved Food List Coming in July

We are working on updating the WIC Approved Food List. If you have a new store brand product you want added or there has been a change or discontinuation of a store brand product you must let us know no later than April 15, 2015. Please note NH WIC will be adding yogurt and whole wheat pasta to the NH WIC Food list effective July 1, 2015. This is the result of a change to the final federal food rule for the WIC Program. The yogurt must be a 32 oz container only, plain or fruited, Greek or regular, whole fat, low-fat and no-fat varieties are allowed. The pasta must be a 16 oz box or container and 100% whole wheat.

When submitting a food product include:

1. Food manufacturer's name, address and a designated contact person with an email address and a phone number, in case questions arise during the product review.
2. The full name of the product, as it appears on the product package.
3. All available forms, varieties and flavors of the product.
4. Types and sizes of the product package containers.
5. The product's nutrition facts label and full ingredients, listed in decreasing order of predominance by weight.
6. An electronic copy of the actual package flat or label is required for new product submission. Files should be jpg or gif format. This allows us to put in our food booklet if selected.
7. The availability/distribution of the product in New Hampshire (a listing of the stores that stock your product is very helpful).
8. Average/suggested retail price for the product per container size.
9. If possible, an actual product packaging label.

Please email your product submissions no later than April 15, 2015 to [wic@dhhs.state.nh.us](mailto:wic@dhhs.state.nh.us) or you may mail them to: NH WIC Nutrition Program, Dept. of Health and Human Services, 29 Hazen Drive, Concord, NH 03301.

Any questions, please contact us at [WIC@dhhs.state.nh.us](mailto:WIC@dhhs.state.nh.us) or call 603-271-4546 and a Nutritionist will assist you.

NH Department of Health and Human Services  
Division of Public Health Services  
Healthy Eating & Physical Activity Section  
29 Hazen Drive  
Concord, NH 03301-6504  
Attn: Laurie Desmarais, Editor

Phone: 603-271-4546  
Toll-Free: 1-800-852-3310 ext. 4546

## eWIC (EBT) Update

The New Hampshire WIC Program is in the planning process for moving from paper WIC vouchers to a eWIC (electronic WIC card) card.

We have hired a planning contractor called MAXIMUS that will be holding an informational webinar on April 14, 2015 at 2:00 pm. We encourage all WIC Authorized vendors to participate in this webinar. There is a slot for one call from each store. If you would like multiple people to participate in the webinar, you can use a speaker phone in a conference room or office. This webinar will give all vendors a better understanding of the transition to eWIC and the information we will require from the vendors for this process to be successful. The link to attend the webinar is: <https://core.readytalk.com/prt?an=8667401260&ac=4018676>

To get the audio portion you will also need to call 1-866-740-1260  
Enter access Code: 4018676#

We will be posting this link soon on the WIC Vendor web page located at: <http://www.dhhs.nh.gov/dphs/nhp/wic/vendors.htm> for any vendors that cannot participate in the webinar.

In addition, we will be sending out a vendor survey on April 15, 2015 to gather information from each of our authorized WIC vendors. This information will help us determine the readiness of our vendors to move to eWIC. **All vendors must complete this survey.**

If you have any questions, please call Laurie Desmarais at 603-271-4935 or email [lfdesmarais@dhhs.state.nh.us](mailto:lfdesmarais@dhhs.state.nh.us).

## Change to the Fruit & Vegetable Voucher

Effective April 1st there will be a new voucher issued for fresh fruits & vegetables for infants. This voucher will have a value of \$4.00 and will only allow the participant to purchase fresh fruits & vegetables. The other fruit & vegetable vouchers will remain the same and will still allow the participant to purchase fresh, frozen or canned fruit & vegetables. Please make sure your cashiers are aware of this change. The wording on the voucher will be: 004 dollars Fruits & Vegetables, FRESH ONLY.

If you have any questions, please Laurie Desmarais at 603-271-4935 or email [lfdesmarais@dhhs.state.nh.us](mailto:lfdesmarais@dhhs.state.nh.us).

## WIC FAQs (Frequently Asked Questions)

This section is a summary of questions that we receive at the State WIC office. If you have any questions related to your WIC business, we encourage you to call Laurie Desmarais, Vendor Manager at 1-800-852-3310 ext. 4935.

**Q: Should participants be writing the entire purchase amount on a fruit & vegetable voucher if they are paying the overage amount?**

**A:** No, if the participant is paying for the overage the purchase amount written on the voucher should be the value of the voucher only.

**Q: There is a new formula called Enfamil Reguline that will not scan as WIC approved at the register. What should the store do?**

**A:** This is a new approved formula being offered to WIC participants. If it does not scan as WIC approved, the cashier must override the scanner to allow the formula and notify their scan support department to correct the scanner issue.