



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.

WIC: Strengthening Families for 40 Years

Nationally and in New Hampshire the WIC Program is celebrating 40 years of providing nutrition services for women, infants and young children. In NH, we started in 1974 offering WIC services in 4 Children and Youth Projects in Charlestown, Exeter, North Conway, and Suncook...reaching only 900 families. In 1977, WIC expanded to Cheshire and Sullivan Counties, followed by Hillsborough and Strafford Counties, and the Lebanon area. By the fall of 1982, WIC services were available statewide in all counties and serving just over 10,000 women, infants and children.

Today in 2014 we are serving 15,700 women, infants and children with monthly benefits of nutrition education, breastfeeding support, health care referrals, and healthy nutritious foods purchased at more than 200 grocery stores statewide. THANK YOU to our stores for helping us to reach families with nutritious foods like fruits and vegetables, whole grains, cereal, milk and cheese, eggs, peanut butter and beans, juice, and infant formula.

It is exciting to recognize three WIC staff that has more than 30 years' employment with the New Hampshire WIC Program.

- JoAnn Ames, WIC Program Assistant at Goodwin Community Health in Somersworth, has worked for WIC for 34 years.
- Carol Garlough, WIC Operations Director at Goodwin Community Health in Somersworth, has worked for WIC 34 years.
- Ginger Jackson, Assistant WIC Director at Southwestern Community Services in Keene, has worked for WIC for 32 years.

Congratulations to JoAnn and Carol and Ginger for your many dedicated years of helping families to eat healthy foods because of WIC!

And, we are happy to recognize three WIC vendors who have worked with us since 1974!

- Danis Supermarket of Pittsfield has served WIC families since 1974. A huge thanks to Joseph Danis and his team for serving WIC families!
- Ralph's Supermarket of Charlestown has served WIC families since 1974. Thank you to Brenda Thompson and her team for great WIC service!
- Solomon's Store in West Stewartstown has served WIC families since 1974. Thank you to Michael Daley and his team for great WIC service!

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

We have all heard since childhood the admonishment to “eat your fruits and vegetables,” but apparently the message still is not getting through. A new report from the Centers for Disease Control and Prevention (CDC) entitled [State Indicator Report on Fruits and Vegetables 2013](#) doesn't paint a very healthy picture for New Hampshire, or the nation.

On average in the U.S., adults consume 1.6 servings of vegetables per day but the recommendation is for at least 5 servings of fruits and vegetables per day. In New Hampshire, the average adult consumes at least 1.8 servings per day, which is on the high end for the country. A diet rich in fruits and vegetables helps reduce the risk of cancer and chronic diseases. Fruits and vegetables also provide essential nutrients and vitamins, fiber, and other substances important for good health. Most fruits and vegetables are naturally low in fat and calories and are filling.

"As more is learned about nutrition and its effect on our overall health, the more important the consumption of fruits and vegetables becomes as part of a healthy diet," said Dr. José Montero, Director of the Division of Public Health Services at the New Hampshire Department of Health and Human Services (DHHS). "I am pleased to see that our State is on the high end of fruits and vegetables consumption, but we can and should do better for ourselves and our families and New Hampshire."

According to the report, in 2013 30.3% of adults and 36.8% of adolescents in New Hampshire reported eating fruits less than once a day, and 17.6% of adults and 31.8% of adolescents reported eating vegetables less than once a day. However, New Hampshire has fewer healthier food retailers compared with the national average.

DHHS has been working with the [NH Kids Count Coalition](#) so that children and their families can access affordable, nutritious food, including fresh fruits and vegetables in their local communities. A great goal is for adults to support local farmers markets and other access points for fresh fruits and vegetables. It is not only good for your health but for the local economy as well. To see a list of more than 50 farmers markets in New Hampshire, visit the www.agriculture.nh.gov/publications/forms/documetns/farmersmarket-directory.pdf.

To learn more, visit the DHHS website at <http://www.dhhs.nh.gov/dphs/nhp/index.htm>.



My Plate Holiday Makeover

This edition of the Register Contest will challenge your knowledge of WIC foods and how well you retained the facts from our Nutrition Corner article in the December 2013 edition.

Return a **completed** form to Laurie Desmarais at the address listed on the entry form.

1. True or False (circle your answer)
Fruit can make an excellent dessert.
2. True or False (circle your answer)
You cannot substitute fruit for butter or oil in recipes.
3. True or False (circle your answer)
Whole wheat flour is healthier than white flour.

Name: _____ Store: _____

Store Address: _____

Mail to: WIC Program, 29 Hazen Drive, Concord, NH 03301-6504 or fax to: Laurie Desmarais, Vendor Manager at 603-271-4779. Good luck!

The first five entries that are received and have all the correct answers will receive a prize. This contest is only open to store personnel who work for stores that are currently participating in the NH WIC Program. The winner will be announced in the next edition of the *WIC Register*. If several people from one store would like to enter the contest they may make additional copies of the contest and submit them separately.

NH WIC ADMINISTRATIVE RULES CHANGES

In April the New Hampshire WIC Administrative Rules were updated. **The changes will be effective October 1, 2014.**

Some of the changes are:

- The minimum inventory required by stores has been removed as a rule. The minimum inventory requirements will become a part of the stores Vendor Agreement and are also on the DHHS WIC Vendor website.
- WIC participants will be allowed to use alternate forms of payment (cash, EBT or debit cards. etc.) on fruit & vegetable vouchers when the purchase amount exceeds the value of the voucher.
- Sanction points will no longer be waived for first offenses.
- Sanction points will now be accumulative regardless of the category or type of violation.
- The civil money penalty maximums have been increased to \$49,000.

For a complete list of the updated WIC Administrative Rules they will be located at the following website as of September 1, 2014: <http://www.dhhs.nh.gov/dphs/nhp/wic/vendors.htm>

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

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

WIC PRICE SURVEYS

Price surveys will be sent out the beginning of June. Please make sure staff is using the WIC Approved Food list with the effective date of February 1, 2014 when completing the survey.

The price surveys are due back no later than **JUNE 24, 2014**. They can be faxed to 603-271-4779, emailed to lfdesmarais@dhhs.state.nh.us or mailed to WIC Program, 29 Hazen Drive, Concord NH 03301.

EBT UPDATE

The New Hampshire WIC Program is in the planning process for moving from paper WIC vouchers to an EBT (electronic benefit transaction) card.

We have visited Kentucky and Michigan WIC Programs to learn how they handle EBT process in their state to help us have a more smooth transition to EBT. We gathered great information.

Over the next year you will be getting more information regarding EBT and will be asked to participate in sharing information as we move forward. We are hoping to pilot EBT in 2016.

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: Is canned creamed corn WIC approved?

A: Yes, canned creamed corn is WIC approved.

Q: If a store is having a difficult time locating formula for a participant, what should the store do?

A: The store should contact the WIC Program State office so we can help. All WIC authorized stores must obtain formula for a participant within 48 hours of being asked.