



The New Hampshire WIC Register

VOLUME 23 NUMBER 2

DECEMBER 2014

INSIDE THIS ISSUE

Nutrition Corner	2
WIC Inventory	3
Vendor Reminders	3
Register Contest	3
A Year in Review	4
WIC FAQs	4

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.

Formula Supplier List

Effective January 1, 2014 an updated formula supplier list will be posted on the NH WIC Vendor website located at: <http://www.dhhs.nh.gov/dphs/nhp/wic/vendors.htm>. There are significant changes to this list. Please review the list and confirm your supplier is listed. If you do not see your supplier you can contact our office to see if they can be added. All authorized NH WIC Vendors must use this list when purchasing formula for resale in your stores. Failure to do so may result in termination of your WIC Vendor Agreement.

If you have any questions about the WIC formula supplier list, please contact Laurie Desmarais at 603-271-4935.

WIC PRICE SURVEYS

Price surveys will be delayed due to our new WIC Approved Food list. We will be sending out new price surveys in January along with the new WIC Approved Food list which will be effective February 1, 2014.

The price surveys are due back no later than **JANUARY 24, 2014**. They can be faxed to 603-271-4779, or mailed to WIC Program, 29 Hazen Drive, Concord NH 03301.

If you have any questions related to the price survey, please contact Laurie Desmarais at 603-271-4935.



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



The infographic features a festive background with colorful autumn leaves and snowflakes. At the top, the MyPlate logo is shown with sections for Fruits, Grains, Dairy, Vegetables, and Protein. Below it, the text "MyPlate Holiday makeover" is written in a large, elegant font. The central image shows a holiday meal: a roasted turkey on a platter, a bowl of fruit salad, a pitcher of water with lemon, and a plate of bread. Below this, the text "visit choosemyplate.gov for healthier options during the holidays" is displayed.

tweak the sweets
fruits make delicious desserts

cheers to good health
drink water to manage calories

bake healthier
use recipes with pureed fruits instead of butter or oil

spice it up
use spices and herbs instead of sugar and salt

brighten your meal
fill half your plate with fruits and vegetables

skim the fat
try skim evaporated milk instead of heavy cream

swap the grains
choose whole wheat flour instead of white flour

go easy on the gravy
a little bit of gravy goes a long way

Focus on Nutrition This Summer with a Healthy Cookout

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 July 2013 edition.

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

1. True or False (circle your answer)
Potato salad contains high amounts salt.
2. True or False (circle your answer)
Patty pans and yellow crooknecks are types of squash.
3. True or False (circle your answer)
Watermelon is great way to stay hydrated in the summer.

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.

WIC FOODS INVENTORY

We have updated the minimum inventory stocking requirements for stores. This update will be effective as of January 1, 2014.

The list of all required foods can be found on the WIC vendor website located at:

<http://www.dhhs.nh.gov/dphs/nhp/wic/vendors.htm>

If you have any questions, please contact Laurie Desmarais at 603-271-4935.

VENDOR REMINDERS

Our claims processors have noticed recently that many vouchers are being submitted with missing purchase dates and missing signatures.

When this happens we cannot pay you for the voucher. Please remind your cashiers to double check the vouchers to be sure the participant has written in the date and purchase amount.

If you have any questions or need training materials for your cashiers please visit our WIC Vendor website at:

<http://www.dhhs.nh.gov/dphs/nhp/wic/vendors.htm>
or contact Laurie Desmarais at 603-271-4935.

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

A YEAR IN REVIEW WIC HELPING NEW HAMPSHIRE FAMILIES

- WIC issues 60,000 vouchers each month.
- Participants redeem 515,000 vouchers a year at vendor stores.
- In 2013 WIC participants were issued 124, 320 jars of peanut butter.
- In 2013 WIC participants were issued 309,744 sixteen ounce packages of cheese.
- In 2013 WIC participants were issued 145,524 dozen eggs.
- In 2013 WIC infants were issued 820,224 jars of infant fruits and vegetables.

During 2013, in an average month, NH WIC had:

- 841 new families apply for WIC services in their community.
- 824 pregnant and breastfeeding moms receive counseling from a breastfeeding peer counselor.
- 1,458 young children had their immunizations records screened by a WIC staff person.

During October 2013:

- 977 moms received breastfeeding education.
- 269 pregnant moms talked with a nutritionist about how to eat healthy.
- 1,141 moms talked with a nutritionist about how to offer their child healthy meals and snacks.
- 303 moms learned how to limit high fat and high sugar foods for their children.

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: What is a store required to have to show proof of employee training?

A: Stores must show proof of a sign in sheet for training which lists the date of the training, name of the trainer, name of employee being trained, and signature of employee. In addition, proof of training materials used for training must be provided.

Q: How often are stores required to complete price surveys?

A: Price surveys are sent out twice a year, usually in December and June for effective dates of January and July. If prices change in between these times, stores are required to notify the WIC Program in writing to update their prices.

Q: When is the next Train the Trainer class being held?

A: The Train the Trainer class is usually held in April of each year. If you need training prior to that, contact Laurie Desmarais at 603-271-4935.