



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.

Beech Nut Infant Foods

Beech Nut has introduced new products to the market that are now WIC approved. These products are Goya jarred vegetables and fruits in a 4 ounce jar. Please continue to use the WIC Approved Food List for which are allowed and not allowed. We are not authorizing Goya infant cereals at this time.



Please make your store managers, trainers and cashiers aware of these changes.

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

WIC Vendor Contact Information

When vendors complete applications for authorization with the WIC Program we use the contact information given to us to update the stores information in our computer. This information includes:

- Manager's Name
- Phone numbers for store and owner
- Email address for store and owner

If this information changes during the store authorization period it is critical that the WIC Program be notified with updates. This can be done in several ways. The new information can be emailed to Laurie Desmarais at lfdesmarais@dhhs.state.nh.us or faxed to 603-271-4779.

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

Submitted by Lisa Richards, MS, RD

Focus on Nutrition This Summer with a Healthy Cookout

Do you need motivation to achieve your health goals and start eating right?

Celebrate summer with a healthy backyard barbecue while impressing your family and friends with delicious foods they will love.

Start building your healthy barbecue around fruits and vegetables, which are low in calories, high in fiber and packed with the nutrients you need.

Look no further than your local grocery store for fresh, seasonal fruits and vegetables.

Not sure how to feature fruits and vegetables at your barbecue? Here are a few ideas, but feel free to get creative.



Watermelon

No summer gathering is complete without this sweet treat. Made up of more than 90 percent water, it will also keep your guests hydrated on a hot day.

- Caramelize watermelon slices on the grill, then drizzle with honey, lime and a pinch of salt.
- Pair with shrimp on a kabob.
- Carve out a watermelon to use as a bowl for fruit salad.
- Use the juice of a watermelon as a glaze for chicken, shrimp or pork.

Summer Squash

When it comes to summer squash like zucchini, patty pans or yellow crooknecks, you've got options. You can stuff it, bake it, steam it or grill it.

- Grate squash and bake with it. Summer squash can be used in recipes ranging from meatloaf to muffins or breads.
- Stuff squash with a mixture of pre-cooked lean-protein like chicken, fish or beans and brown rice.
- Cut squash into length-wise strips and place directly on the grill or cook smaller pieces in tin foil.

Sweet Potato

While potato salad and potato chips are popular at summertime gatherings, they contain high amounts of fats and sodium. A medium-sized sweet potato contains 3 grams of fiber and just 130 calories, making them a nutritionally sound choice.

- Bake a sweet potato on the grill and top with cinnamon.
- Cut into strips and bake for sweet potato fries.
- Grill sweet potatoes until tender and mash for sweet mashed potatoes topped with a touch of brown sugar or freshly grated nutmeg.

For more information on healthy ways to enjoy summertime, go to www.eatright.org or www.choosemyplate.gov.

Holiday Food Safety

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 2012 edition.

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

1. True or False (circle your answer)

The Partnership for Food Safety Education can help with food safety information.

2. True or False (circle your answer)

The four core messages for cooking are: clean, separate, cook and chill.

3. True or False (circle your answer)

The website for food safety was listed in the article.

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

During the monitoring visits at stores this year we are finding many stores are not stocking the minimum bread and infant food inventory required to be an authorized WIC vendor.

In April of this year we updated the minimum foods required to be stocked by WIC authorized vendors. These foods are required to be in stock at all times.

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.

WIC PRICE SURVEYS

New price surveys were emailed out to all vendors the first week in July. All vendors are required to complete the price survey indicating the current shelf prices for the WIC approved products sold in your stores. Please remember we do not want sale prices.

The price surveys are due back no later than **AUGUST 5, 2013**. 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.

The New Hampshire WIC Register is published by the New Hampshire Department of Health and Human Services, Division of Public Health Services, Healthy Eating & Physical Activity Section. Please forward all questions and comments to the address below:

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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

From the National WIC Association How WIC Impacts the People of New Hampshire

HEALTHY EATING

WIC provides nutrition education and healthy foods to help families make healthy choices. The WIC food package includes fruits, vegetables, low-fat dairy and whole grains. The food package helps combat food insecurity, and contributes to healthy diets which aid in reducing obesity and chronic disease.

14% of New Hampshire children are food insecure*

WIC helps families combat food insecurity and nutrition-related health problems including obesity and type 2 diabetes.

*Food insecurity refers to a lack of access, at times, to enough food or nutritionally adequate food.

BREASTFEEDING

Research shows that breastfeeding provides numerous health benefits to both the mother and her baby, helping to reduce healthcare costs. Breastfeeding lowers a child's risk of obesity, type 2 diabetes, and asthma. WIC is the largest public breastfeeding promotion program in the nation, providing mothers with education and support.

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: How many days does a store have to resubmit documentation for a denied voucher to be paid?

A: Stores have 30 days from the date listed on the adjustment notice to resubmit documents for payment consideration.

Q: If the corner of an ID has been cut by the Department of Safety can a store accept this ID?

A: No, the Department of Safety cuts an ID to make it invalid and stores may not accept it as valid.

Q: What should a store do with vouchers that were left behind in a store?

A: The store should return them to the local agency that covers their area or to the State WIC Office. This should be done as soon as possible so they may be returned to the participant if they are still valid.