



The New Hampshire WIC Register

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INSIDE THIS ISSUE

Nutrition Corner	2
WIC Item Pricing	2
Register Contest	3
Vendor Training	3
eWIC Update	4
Vendor Moratorium	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, Nutrition Services Section operates WIC in New Hampshire.

WIC Changes Required Formulas

Effective **October 1, 2016**, there will be a change in the standard infant formulas offered by the New Hampshire WIC Program due to changes in the region's infant formula rebate contract.

Similac Advance will be the standard milk based formula replacing the Mead Johnson's Enfamil Newborn and Enfamil Infant.

Similac Soy Isomil will be the standard soy-based infant formula replacing the Mead Johnson's Enfamil ProSobee.

The following Mead Johnson products **will not be** provided by the NH WIC Program after 09/30/16:

Enfamil Infant	Enfamil Gentlease
Enfamil Newborn	Enfamil AR
Enfamil Reguline	

The following are non-standard Abbott formulas that will be available through WIC, in addition to the standard formulas, starting 10/01/2016:

Similac Sensitive
 Similac Total Comfort
 Similac for Spit-up

The minimum inventory list effective date of October 1, 2016 indicates the change in formulas listed above and can be found on the WIC vendor website at: <http://www.dhhs.nh.gov/dphs/nhp/wic/vendors.htm>.

The minimum quantity for formula has not changed. Only the names of the formulas have changed.

Remember that there will still be vouchers in circulation that have Mead Johnson formula on them until October 31, 2016. The participant can only get the **BRAND, TYPE AND SIZE** printed on the voucher.

If you have any vendor questions, please call 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

Healthy Fall Harvest Fruits And Vegetables

Celebrate this year's fall harvest with an amazing array of Autumn fruits and vegetables. These delicious foods are high in antioxidants with many added nutritional benefits. Include these foods as healthy snacks or incorporate them into fall soups, chili's, stews, pies, and other delicacies. Enjoy pumpkins, sweet potatoes, Swiss chard, cranberries and other scrumptious foods during the Fall when they are fresh and in-season.

Sweet potatoes - This important root vegetable is high in protein, vitamin A, and dietary fiber. It also is a valuable source of vitamin C, vitamin B6, iron, and calcium. Sweet potatoes are recognized for their ability to reduce inflammation. While typically orange in color, some varieties of sweet potatoes are actually purple. Much more than a part of your Thanksgiving meal, try them boiled, mashed, steamed, or even stir-fried. They are usually in-season from mid fall to early winter.

Apples - Because of their deliciously crunchy taste and host of nutritional benefits, thousands of varieties of apples have been cultivated over the ages throughout the world. They are rich in fiber and contain very high levels of antioxidants. Eating apples promotes weight loss and lowers your risk of cancer and heart disease. Organic apple cider vinegar is a well-known home remedy made by fermenting apples in a wooden barrel. Thousands of people swear by its ability to strengthen the immune system, reduce allergies, and improve digestion.

Pumpkin - Nearly all parts of the pumpkin plant are edible, from the pumpkin meat, shell, and seeds, to the plant's leaves and delicate yellow blossoms. Pumpkins are actually gourds, categorized in the same plant family as melons, squash, and cucumbers. This colorful autumn vegetable offers amazingly high levels of alpha-carotene and beta-carotene, which our bodies convert into vitamin A. Pumpkin meat is a healthy source of fiber, and pumpkin seeds contain high levels of protein.

Swiss chard - This brightly colored red and green vegetable (also sometimes called spinach beet or strawberry spinach) is often overlooked. Yet it is tasty, high in nutrition, and its vivid colors make a striking presentation in salads and vegetable dishes. It belongs to the same botanical family as beets and spinach, and is an excellent source of vitamin C, vitamin A, and vitamin K.



WIC Item Pricing

The formula changes effective October 1, 2016 require vendors to supply new pricing information. All WIC authorized vendors that are authorized to sell infant formulas must submit prices for the new formula electronically at: <https://forms.nh.gov/onlineforms>

Select the price survey named: **New Hampshire WIC Formula Price Survey**. Complete and submit the price survey no later than **September 15, 2016**.

If you have any questions, please contact Laurie Desmarais at 603-271-4935 or laura.desmarais@dhhs.nh.gov

Find Your Healthy Eating Style & Maintain It For A Lifetime

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 April 2016 edition.

1. True or False (circle your answer)
A quarter of your plate should be fruits & vegetables.
2. True or False (circle your answer)
Choosing vegetable oil as an alternative to butter and oil based sauces is healthier.
3. True or False (circle your answer)
Choosing foods from each food group helps make a balanced diet.

Name: _____ Store: _____

Store Address: _____

Return a **completed** form to Laurie Desmarais.

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. If several people from one store would like to enter the contest they may make additional copies of the contest and submit them separately.

Vendor Training

All stores are required to provide new formula training to all employees and managers prior to October 1, 2016. Stores must document the training in a training binder under the update section. The training binder log must contain the date of the training, the name of the trainer, the name of the trainee and the training material used.

Proof of training is subject to review during monitoring visit or upon request.

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



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Nutrition Services Section
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eWIC/EBT UPDATE

New Hampshire has received funding from USDA and is moving forward with the next step in the eWIC process. We will be hiring a Project Manager and a Quality Assurance contractor that will guide NH through the implementation process. We are hoping to have them onboard by November 2016.

We are also finalizing our contract with our eWIC processor which is Xerox. Once this is done we will be working with all vendors to help them become eWIC capable. If your store does not have an integrated cash register system, please consider contacting your register vendor for available options.

New Hampshire WIC will also be convening a small workgroup for small and medium vendors that need additional support transitioning to eWIC. If you are interested in this workgroup, please email laura.desmarais@dhhs.nh.gov.

Vendor Moratorium

Due to the transition to electronic benefits the New Hampshire WIC Program will be instituting a vendor moratorium (no new vendors will be added) beginning October 1, 2016 and ending one month after the entire state is rolled out on eWIC.

Vendors that apply from an area with a participant access concern will be considered and the moratorium will be waived to ensure all our participant needs are met.

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 can a store do if they don't agree with a WIC payment on a voucher?

A: All stores have the right to request a review of a payment. The store must submit the original receipt and voucher stub along with a copy of the adjustment notice the store received from WIC. You must do the resubmittal within 30 days of the date shown on the adjustment notice. After reviewing the receipt if a payment is approved we will add it to your next invoice and notify you.

Q: When is a voucher considered to be late billed?

A: All vouchers must be in our office within 30 days of the date that is written or printed in the "purchase date" on the voucher. We highly recommend that stores bill more than once a month to avoid nonpayment for late billing.