

## WIC Advisory Committee Minutes

<b>April 15, 2015</b> 10:00 AM	<b>Facilitator: Jody Hammerschmidt, NE Region Rep</b> <b>Minutes: Patrice Thomsen</b>																																																																	
Welcome and Attendance (Bev)																																																																		
<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 15%;">Region</th> <th style="width: 5%;"></th> <th style="width: 30%;">Representative</th> <th style="width: 5%;"></th> <th style="width: 45%;">Alternate</th> </tr> </thead> <tbody> <tr> <td>Western</td> <td style="text-align: center;">X</td> <td>Tiffani Krause</td> <td style="text-align: center;">X</td> <td>Elizabeth Irby</td> </tr> <tr> <td>South Central</td> <td style="text-align: center;">X</td> <td>Bev Frizell</td> <td style="text-align: center;">O</td> <td>Pam Guldner</td> </tr> <tr> <td>North Central</td> <td style="text-align: center;">O</td> <td>Aarynne Struble</td> <td style="text-align: center;">X</td> <td>Rebecca Potvin</td> </tr> <tr> <td>Southeast</td> <td style="text-align: center;">X</td> <td>Brenda Clugston</td> <td style="text-align: center;">X</td> <td>Nancy Anstey</td> </tr> <tr> <td>Northeast</td> <td style="text-align: center;">X</td> <td>Jody Hammerschmidt</td> <td style="text-align: center;">O</td> <td>Argelia Woods</td> </tr> <tr> <td>LA NWA Rep</td> <td style="text-align: center;">X</td> <td>Laura Drake</td> <td></td> <td></td> </tr> <tr> <td>State Staff</td> <td style="text-align: center;">X</td> <td>Patrice Thomsen</td> <td style="text-align: center;">X</td> <td>Rachelle Hazelton</td> </tr> <tr> <td>State Staff</td> <td style="text-align: center;">X</td> <td>Randy Volz</td> <td style="text-align: center;">X</td> <td>Valerie Merrow</td> </tr> <tr> <td>State Staff</td> <td style="text-align: center;">X</td> <td>Sandi Fry</td> <td style="text-align: center;">X</td> <td>Dave Thomason</td> </tr> <tr> <td>State Staff</td> <td style="text-align: center;">X</td> <td>Lisa Long</td> <td style="text-align: center;">X</td> <td>Martha Hagen</td> </tr> <tr> <td>State Staff</td> <td style="text-align: center;">X</td> <td>Janna Gunckle</td> <td style="text-align: center;">X</td> <td>Sandi Fry</td> </tr> <tr> <td>State Staff</td> <td style="text-align: center;">X</td> <td>Ashley Warren</td> <td></td> <td></td> </tr> </tbody> </table>		Region		Representative		Alternate	Western	X	Tiffani Krause	X	Elizabeth Irby	South Central	X	Bev Frizell	O	Pam Guldner	North Central	O	Aarynne Struble	X	Rebecca Potvin	Southeast	X	Brenda Clugston	X	Nancy Anstey	Northeast	X	Jody Hammerschmidt	O	Argelia Woods	LA NWA Rep	X	Laura Drake			State Staff	X	Patrice Thomsen	X	Rachelle Hazelton	State Staff	X	Randy Volz	X	Valerie Merrow	State Staff	X	Sandi Fry	X	Dave Thomason	State Staff	X	Lisa Long	X	Martha Hagen	State Staff	X	Janna Gunckle	X	Sandi Fry	State Staff	X	Ashley Warren		
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Review and Approval of Minutes	Minutes from the January 21, 2015 conference call were approved by email and are posted on the <a href="#">WIC Advisory Committee</a> page of the Kansas WIC website.																																																																	
NWA Report (Laura Drake)	<ul style="list-style-type: none"> <li>The National WIC Association Annual Education and Networking Conference &amp; Exhibits will be in Los Angeles, CA, May 16 - May 20, 2015. Laura will be attending with Nancy Sanchez from Wyandotte County.</li> <li>Recently Laura participated in the first ever conference call meeting for all Local Agency reps in the Mountain Plains Region. There was considerable discussion of the need for more information about roles of various LA positions on NWA boards to help encourage LA staff understand and be more willing to volunteer. Nancy Sanchez has been the Mountain Plains LA rep to the NWA board. Her term will end after the May conference. (Thank you, Nancy for your service!) New Mountain Plains LA rep will be Rhonda Breiten-Becker (sp?) from Missouri, and alternate will be Cheryl Catterson from Colorado.</li> <li>Contact Laura- <a href="mailto:Laura.Drake@jocogov.org">Laura.Drake@jocogov.org</a> &amp; 913-826-1250</li> </ul>																																																																	

<p>EBT Update, also known as EWIC (Dave Thomason)</p>	<ul style="list-style-type: none"> <li>• We'll be using the name "eWIC" instead of EBT to avoid being lumped into other Electronic Benefit Transfer programs such as SNAP.</li> <li>• Have contracted with Maximus – a company that helps WIC agencies plan the eWIC project. They are gathering information, analyzing, etc. They will help us obtain the contractor that will actually implement eWIC with us.</li> <li>• Maximus will be hosting eWIC orientation/overview webinars for staff of the State Agency, Local Agencies, and WIC vendors. Vendors will also be surveyed. The LA Orientation webinar will be two different days in June. Dates and times will be in the April I-Memo, with registration details sent later.</li> <li>• Timeframe until implementation is very loose, but at least another couple years. Even after we're done planning, actual implementation will depend on if there is USDA money available or if we'll have to wait another year.</li> <li>• Q from Jody: Will we have a phone app like some states that allows a client to scan an item to see if it is WIC-eligible? A: Maybe. Has not been decided.</li> </ul>
<p>NWA dues (Dave Thomason)</p>	<ul style="list-style-type: none"> <li>• Our intent is to pay NWA dues for all Local Agencies for 2015, as for 2014. Because of staffing changes at NWA, there was some confusion about sending the state agency an invoice. Dave is working with NWA to straighten out. In the meantime, if a LA staff person planning to register for the NWA conference, wait to hear from Dave that dues are paid, to get the member rate.</li> </ul>
<p>Opportunity to comment on WIC food package</p>	<p>This information will be in the April I-Memo. Realize that this is part of a very long process.</p> <p>A public comment session regarding the WIC Food Packages will be held on June 25, 2015 at 7:00 am Central Time) in California.</p> <p>The public comments session relates to Phase I of the food package study, which will: review the current scientific literature as well as government reports and other relevant publications to assess the current WIC food packages for consistency with the Dietary Guidelines for Americans; review the nutritional requirements of the WIC population and</p>

	<p>conduct analyses of dietary and energy intakes; conduct analysis of food expenditures of the WIC population; review and assess the impact of cultural food preferences on nutritional needs and food intake patterns; and develop plans for cost analyses on WIC food package components, food group and subgroup costs, and information on program participation.</p> <p>Attendees are invited to provide public comments, up to three minutes in length. For those who will not attend in person, comments can be submitted <a href="#">here</a>. The comment session will begin at 7 a.m. central time and last until all commenters have presented.</p> <p>The website for the June 25 meeting is:  <a href="http://www.iom.edu/Activities/Nutrition/ReviewWICFoodPackages/2015-JUN-25.aspx">http://www.iom.edu/Activities/Nutrition/ReviewWICFoodPackages/2015-JUN-25.aspx</a></p> <p>The general website for the full review project is at:  <a href="http://www.iom.edu/activities/nutrition/reviewwicfoodpackages.aspx">http://www.iom.edu/activities/nutrition/reviewwicfoodpackages.aspx</a></p>
<p>Food Package Changes Update on the WIC Approved Food List process for implementation October 1, 2015. (Valerie Merrow and Martha Hagen). Will at least include discussion about the option of adding yogurt and fruit/vegetable forms (fresh only for all categories, continue canned and frozen too).</p>	<ul style="list-style-type: none"> <li>• Yogurt – see information sent with agenda prior to the meeting at the end of the minutes. It includes some extra information, for reference. If approve, will be only quarts and NOT Greek. So likely plain and vanilla, unless other flavors are available in quarts. <ul style="list-style-type: none"> <li>○ Q: Will yogurt last long enough to use all? A: Date on package is “Sell by”. If product was refrigerated properly should last 7-10 days past the Sell by date.  <a href="http://www.clemson.edu/extension/hgic/food/food_safety/handling/hgic3510.html">http://www.clemson.edu/extension/hgic/food/food_safety/handling/hgic3510.html</a></li> <li>○ Q: If approve for Kansas, will it be for specific brands? A: Yes.</li> <li>○ <b>ASSIGNMENT: WAC members will contact agencies in their region to ask opinions and send to Valerie by May 1.</b></li> </ul> </li> <li>• Fresh, Frozen, or Canned versus Fresh only. We are considering changing all fruit and vegetable checks to fresh only, not just the infant checks. Might do for Oct. 2015 or when we implement eWIC. (A major reason is</li> </ul>

	<p>that with eWIC, we will need to have UPC information for ALL eligible canned and frozen food.) The State Agency will be implementing a client survey in KWIC. Bev piloted the questions and provided feedback so the SA could edit the survey some. Notice will be sent out soon via mass email. Will be a sample of clients during a window of time - not a 3-month survey to try to capture most clients. Staff comments are welcome. (Send to Valerie.)</p> <ul style="list-style-type: none"> <li>• Whole wheat pasta – an option to add. Not widely available in 16 ounce size. Kroger, Hy-Vee, and Affiliated carry now. Thoughts from WAC members? <ul style="list-style-type: none"> <li>○ Elizabeth: Companies might make more available is we add.</li> </ul> </li> </ul>
<p>30-Day Temporary Certifications – (Laura Drake and Patrice Thomsen) Issue raised by Nancy Sanchez, Wyandotte WIC Coordinator. “We think the 30 day temp issue is creating a real barrier and contributing to the declining caseload. The bigger problem is those who don’t make it back within those 30 days and have to start over. They struggled with transportation to get here the 1<sup>st</sup> time and now they are struggling to come back. It seems that a lot of these are working and can’t make arrangements to come again. They might make it back with their info past the 30 days, but now they have to get the kids again.”</p> <p>From State Agency: We have this issue on the agenda so we can get opinions of the effect and ideas for encouraging clients to bring all proofs. But be aware that</p>	<p>Considerable discussion.</p> <ul style="list-style-type: none"> <li>• Rebecca- Ft Riley – Does not seem that clients find it burdensome to come back. But is burdensome for staff. They try to reduce the terminations by scheduling a F/U to bring proofs in 2 weeks. Also run the Thirty-Day Temporary Cert List report and call people to remind.</li> <li>• Jody – Leavenworth - similar to Ft Riley, but ask when people can bring proofs – often that day.</li> <li>• Brenda – Cherokee. Because they are mostly doing mobile clinics, they have tried to do a more stringent job of education when the client calls to make the appt. Client is given the choice to email or fax instead of come to clinic, then it is client’s responsibility to call and be sure the proof was received and meets the requirement. They also have an example sheet that they usually give with the appt letter.</li> <li>• Nancy – Lyon. Seems like people still look at the check dates and think they have until the last day to use. Doesn’t work if recert and check dates don’t start exactly with the cert date. So they really clarify the date on the 30-day notice letter.</li> </ul> <p>When asked opinions if the policy was changed to not proceed with the cert appointment if a person did not present all needed proofs, several WAC members commented that it would create large gaps of open time that would be</p>

<p>this change was based on very specific guidance from USDA (nation-wide).</p>	<p>wasted for staff. Also a lot of mad clients. Although at least some clients would learn to bring the proofs.</p> <p>Bev asked if the text message could be expanded. Sandi Fry explained the text message was very basic – not even enough characters to say the type of appointment or other details. Was longer when we started and some people received the text over more than one messages so was confusing, charged, etc. At this point it does not seem feasible to expand.</p>
<p>Round Table Discussion-All</p>	<p><b>Rachelle:</b> FFY 2016 budget info will be out soon.</p> <p><b>Valerie:</b> The Power Point to train store staff has been updated. She will send a group email to the LA Vendor Managers to let them know.</p> <p><b>Dave –</b> This is the year for WIC Reauthorization so there will be opportunity to comment on things that are federally driven (include “why”). Might see comment information from NWA or USDA on the WIC-Talk list serve. We can put an item in a future J-Memo.</p> <p><b>Brenda – Cherokee -</b> Are there some states that do presumptive eligibility for Infants? They sometimes see such in transfers.</p> <p><b>SA answer:</b> Yes, some states do. Presumptive eligibility is a federal regulation option for both pregnant women and infants. Kansas doe use (in very specific circumstances) for pregnant women, but not for infants.</p>
<p>Next Meeting and Adjourn (Jody)</p>	<p>July22, 2015. 10:00 AM Conference Call. Facilitated by Brenda Clugston</p>

### Information to consider for addition of yogurt to KS food packages

Excerpt from - Final Food Rule - Federal Register released Tuesday, March 4, 2014 – A **maximum of 1 quart of yogurt for 1 quart of milk may be substituted in a month’s food package** for children and women. Whole yogurt is the standard yogurt for issuance to 1-year old children (12 through 23 months.) A State Agency option is to issue lowfat or nonfat yogurt to 1-year old children for whom overweight and obesity is a concern. Lowfat or nonfat yogurts are the only types of yogurt authorized for children  $\geq$  24 months of age and women. No more than a total of 4 quarts of milk may be substituted for a combination of cheese, yogurt or tofu for children and postpartum, mostly or limited breastfeeding women. *Remember only one quart of yogurt can be added to a food package and equals one quart of milk. Other items (cheese or tofu) may be added up to a total substitution for milk of 4 quarts for children, and postpartum, mostly or limited breastfeeding women. (italicized portion added to final food rule*

*language for clarification.*) No more than a total of 6 quarts of milk may be substituted for a combination of cheese, yogurt or tofu for exclusively breastfeeding women.

Yogurt may be plain or flavored with  $\leq 40$  grams of total sugar per 1 cup of yogurt. Yogurt must be pasteurized and conform to FDA standard of identity. Yogurts fortified with vitamin A and D and other nutrients may be allowed at the SA's option. Yogurts sold with accompanying mix-in ingredients are not authorized. Drinkable yogurts are not authorized. SA's may determine the container sizes of yogurt to authorize.

Yogurt Pro's	Yogurt Con's
<ul style="list-style-type: none"> <li>• Substitute for dangling quart of milk if tailoring for cheese.</li> <li>• Gives clients an additional food choice.</li> <li>• Good source of calcium, protein and active cultures – yogurt is a nutrient dense food.</li> <li>• Could be an option for lactose free clients.</li> <li>• Easy ingredient in recipes such as smoothies, excellent substitute for higher fat products e.g. sour cream.</li> <li>• Good introductory food for 1-2 year olds.</li> <li>• Tasty.</li> <li>• Good snack choice.</li> </ul>	<ul style="list-style-type: none"> <li>• If do not take cheese, then have cost of ½ gallon and 1 qt. of milk and more tailoring.</li> <li>• One more food to tailor for.</li> <li>• Potential for more confusion at the grocery store for clients and vendors.</li> <li>• Availability across the state – few options for small containers that will add up to 32 oz. total. Yogurt comes in 4-6 oz. containers – cannot use 6 oz. or 5.3 oz. containers as must total to 32 oz. (full nutritional benefit.)</li> <li>• Whole milk yogurt has very limited availability – e.g. Dillon's only, Stonyfield Farm and too expensive.</li> <li>• Greek yogurt is not allowed.</li> <li>• Most convenient for snacks if in small containers.</li> <li>• Not all grocery stores have refrigerated shelf space for quart size containers or carry 4 oz. containers.</li> </ul>

Cost comparison – 1 qt skim milk milk avg. \$1.56.

No whole milk varieties were available in stores visited. All varieties listed below are low fat.

Type	Size	Sugar content/cup	Price
Yoplait for kids	4 oz.	26 gm	\$1.99 for 4-pack (\$3.98 for 32 oz.)
Dannon Activia	4-oz.	32 gm	\$2.59 for 4-pack (\$5.18 for 32 oz.)
Yoplait strawberry	32-oz.	33 gm	\$2.89 for 32 oz.
Kroger plain	32-oz.	16 gm	\$2.59 for 32 oz
Dannon plain	32-oz	15 gm	\$2.89 for 32 oz
Dannon vanilla	32-oz	33 gm	\$2.89 for 32 oz
Great Value plain	32-oz.	16 gm	\$2.48 for 32 oz.