

### Staff In-service: Changing to a low fat milk

**Target Audience:** WIC staff, certifiers providing participant education on switching to lower fat milk

The following in service outline uses a facilitated discussion format. This format allows staff to participate in the training, express feelings or concerns about the subject, and contribute to the development of solutions. Facilitated discussions model participant-centered education by asking open ended questions and providing for feedback from staff participating. The in-service has been divided into multiple activities from which local agencies can select depending on staff training needs.



**Goal:** Staff understand the basic changes to milk in the food package and are able to counsel participants on use of low fat milk.

Participants can begin to make many of the changes required by the new food package now, which may smooth transitions later. Switching to lower fat milk is something participants may want to consider. This in-service is designed to help staff best support and encourage participants to make those changes.

**Note:** For this in-service we are using the term “low fat” or “lower fat” to include any milk that is not whole – fat free, non-fat, skim, low fat, 1%, reduced fat, or 2%.

#### Objectives:

- Activity 1: Staff will explore their own milk preferences
- Activity 2: Staff will become aware of the changes that are being made to the food package regarding milk.
- Activity 3: Staff will identify barriers to switching to lower fat milk.
- Activity 4: Staff will discuss ideas/strategies for helping participants transition to lower fat milk
- Activity 5: Staff will review the nutrition aspects of the different kinds of milk and how to answer questions in a participant centered way.
- Activity 6: Staff will discuss nutrition education methods for participants related to using lower fat milk.

#### Materials:

Activity 1, 3, 4: Flip Chart, paper and markers

Activity 2: Staff handout *Fresh Choices and low fat milk*

Activity 4: Handouts from Dairy Council on low fat milk – English and Spanish

- *Low fat milk is a healthy choice/ Great Tasting Ways to use milk & cheese* (double sided)
- *Escoge Bien, Vive Bien*

Activity 6: Group Nutrition Education outline

Handouts

- *Low fat milk is a healthy choice/ Great Tasting Ways to use milk & cheese* (double sided)
- *Escoge Bien, Vive Bien*
- *Which milk is healthiest?*

### Presenter Preparation:

- ◆ Read the materials provided
- ◆ Information in quotes are talking points to guide the presenter
- ◆ Words in **bold** and *italic* are listed in the glossary
- ◆ Arrange meeting time and space for staff

Estimated time: Depending on discussion and size of staff, each activity would take between 10-15 minutes

### Activity 1: Group discussion on what kind of milk staff currently uses

Introduction:

“WIC is changing what kind of milk is offered to women and children over 2. We are likely to have many questions from participants about this change. To get us started thinking about what kind of milk participants drink and what their reasons for drinking that kind of milk are, let’s talk about our own milk drinking and purchasing patterns.”

Discussion questions:

- “What kind of milk do you drink?”
- “What kind of milk do others in your family drink?”
- “What do you like about that kind of milk?”
- “What do you look for when you shop for milk? Do you look at cap color, name of milk, %fat, nutrition label?”
- “What is the ‘name’ of the milk you use? Do you say Fat free, skim or non-fat? Low fat or 1%? Reduced fat or 2%? Whole milk or Vitamin D?”

- If a lower fat (not whole) milk is already being used by staff, “How did you transition to low fat milk?”
- “What influenced your decision to drink a lower fat milk?”

Activity: Note taker keeps track of responses on flip chart

Alternative activity:

Post pictures of the different kinds of milk, or have different milk jugs and have each person vote using adhesive dots/notes or check marks.

### **Activity 2: Discuss the upcoming food package change.**

Introduction:

“Changing to lower fat milk is something participants can start doing now to get ready for the bigger food package changes that are coming next August. Lets take a look at the changes to milk we can expect.”

Activity: Review *Fresh Choices and lower fat milk* staff handout and discuss

Discussion questions:

- “What changes stand out for you or do you notice first?”
- “What changes might be difficult for our participants?”
- “What advantages might there be for our participants?”

### **Activity 3: What barriers to transitioning will you come across?**

Introduction:

“Change is always difficult and there could be many different reasons why a participant may not want to change to lower fat milk. Let’s talk about what those barriers are.”

Discussion questions:

- “What barriers are out there/ have you heard from participants in regards to using or switching to lower fat milk?”
- “What differences are there between the different cultural groups we serve?”
- “What are the reasons a participant might drink whole milk or give whole milk to their children?”
- “What influences a persons’ decision to drink whole milk?”
- “What makes it hard to change to lower fat milk?”

Activity: Notetaker write responses on flip chart

### Examples:

- Names of milk might be misleading. Participants might not realize that % means % of milk fat. Whole milk is referred to as Vitamin D, which implies more nutrition.
- Hispanics prefer the taste and texture of whole milk over reduced fat varieties
- Many Hispanics perceive whole milk to be more nutritious and wholesome
- Studies show African-American moms want to consume dairy, especially if they can avoid lactose intolerance symptoms. Milk is served with dinner only 6-7% of the time, compared with 45% in the balance of the population

### **Activity 4: Strategies for making the transition to lower fat milk.**

#### Introduction:

“Let’s think about ideas we can provide for families as they work to use lower fat milk.”

#### Discussion questions:

- “How could someone transition from whole milk to lower fat milk?”
- “How would you move to lower fat milk?”
- “What are some strategies to help make this transition easier on the family?”
- “How would you encourage a WIC participant to change the type of milk they are currently drinking?”
- “What are we currently saying to moms when this comes up?”
- “What words could we use when describing milk that would best communicate the fat content of milk? 2% versus reduced fat? 1% versus low fat? Fat free v. non-fat v. skim?”

Activity: Notetaker write ideas on flip chart

Review and discuss Low Fat Milk handouts from Dairy Council

- *Low fat milk is a healthy choice/ Great Tasting Ways to use milk & cheese* (double sided)
- *Escoje Bien, Vive Bien* (targeting Spanish speaking population);

#### Potential Suggestions:

- Use low fat milk in cooking (ex: soups, sauces, casseroles, pudding)

- Mix milk to transition, add 2% to whole, gradually increasing the amount of 2% until whole is no longer used. (repeat with 1% and/or fat free)
- Try low fat milk with cereal or oatmeal
- Make scrambled eggs with low fat milk
- Add chocolate, vanilla, or cinnamon to warmed low fat milk

### **Activity 5: Answering nutrition questions related to lower fat milk.**

Note: Many staff will already be familiar with the nutrition aspects of milk. This discussion can either focus on ensuring that all staff have up-to-date nutrition information or on ways to answer higher level questions in a participant centered way. Remember, only offer information when asked or after asking permission. Then when offering the information a) explore what the participant already knows, b) offer a small amount of information, and c) explore what they think of the information provided.

#### Introduction:

“Many participants will worry about the nutrition provided by different kinds of milk. We need to be prepared to answer their questions with the correct information and in a participant centered way. Let’s make sure we are all on the same page regarding the nutrition aspects of milk.”

Activity: Group discussion of nutrition issues related to milk and how this could be discussed with interested participants. RD’s can answer nutrition questions, or you can refer to on-line resources or participant education materials if needed.

#### *Potential topics:*

- Nutrient content of milk and the importance of calcium for growing bones.
- Nutrient difference of different kinds of milk: whole; reduced fat (2%); low fat (1%); fat free (non-fat, skim)
- Harmful effects of too much fat in the diet of their children- obesity/chronic disease risk
- Dietary guidelines/ recommendations for dairy products

Optional Activity: Review milk carton labels for nutrient comparisons. Nutrient values will vary depending on the brand and what is available in your area.

|  |
|--|
| Whole =8 grams total fat, 5 grams saturated fat, 146 calories, 8 grams protein                   |
| Reduced Fat (2%)=5 grams total fat, 3 grams saturated fat, 122 calories, 8 grams protein         |
| Low Fat (1%)=2 grams total fat, 2 grams saturated fat, 102 calories, 8 grams protein             |
| Fat free (non-fat, skim)= 0 grams total fat, 0 grams saturated fat, 83 calories, 8 grams protein |

### **Activity 6: Determine what classes or clinic activities would be helpful for WIC participants**

Note: If your agency does not do group nutrition education, you may want to finish with a discussion of how you will communicate the expected changes to participants.

Introduction:

“Since all of our participants will be working on this change to lower fat milk, we want to figure out what is the best way to get them thinking about making the change.”

Activity: Group discussion/brainstorming

- “What are we already doing around changing to low fat milk? What do we already have? What can be adapted for use now?”
- “What handouts would be helpful for moms?”
- “What lesson plan or activities would be received well by WIC participants?”
- “What current WIC classes would be appropriate for discussing this topic?”

Activity: Review materials provided by state. Try the activities.

Note: Try the milk tasting with staff. You will be amazed at the results and how it makes you think about how you might use it in nutrition education.

- “One option would be to use the materials and group NE outline provided by the state office.”
- “Which of these would work for us and our participants?”
- “What do we like about the materials or activities?”
- “What would we change?”

Activity: Develop a plan

- “When should we begin these activities?”
- “Who should be getting this information?”

- “What other ways can we reinforce this information? Bulletin boards? Other ideas?”

Optional activity: Review other resources from the web

Have each staff person research the info from a website and report back on options found.

- “Which ideas would work for us?”

### Additional Resources

Bulletin board materials provided by the state

National Dairy Council WIC Education tool kit (includes handouts, articles, etc.)  
[www.nationaldairycouncil.org/NationalDairyCouncil/Health/Materials/WICHealthEducationKit.htm](http://www.nationaldairycouncil.org/NationalDairyCouncil/Health/Materials/WICHealthEducationKit.htm)

Florida Department of Health – Moove to low fat milk campaign

[www.doh.state.fl.us/family/moove/14/index.html](http://www.doh.state.fl.us/family/moove/14/index.html)

[www.doh.state.fl.us/family/wic/pages/nutrition/Carlos\\_and\\_Clarice.htm](http://www.doh.state.fl.us/family/wic/pages/nutrition/Carlos_and_Clarice.htm) (book)

Virginia Department of Health on WIC Works – Move to low fat milk lesson plan

[www.nal.usda.gov/wicworks/Sharing\\_Center/gallery/wic\\_foods3.htm#fo10a1](http://www.nal.usda.gov/wicworks/Sharing_Center/gallery/wic_foods3.htm#fo10a1)

USDA’s My Pyramid milk information

[www.mypyramid.gov/pyramid/milk.html](http://www.mypyramid.gov/pyramid/milk.html)

[www.mypyramid.gov/pyramid/milk\\_tips.html](http://www.mypyramid.gov/pyramid/milk_tips.html)

[www.mypyramid.gov/pyramid/milk\\_why.html](http://www.mypyramid.gov/pyramid/milk_why.html)

### Staff Handout – *Fresh Choices* and low fat milk

#### Why are the food packages changing?

The WIC Food packages are changing to better meet nutritional needs. When the WIC Program began over 30 years ago, the nutritional needs were different in our country and the WIC foods were chosen to help prevent problems related to specific nutrient deficiencies. Now the nutritional needs in our country no longer focus on trying to address those deficiencies. The focus now is to reduce the risk of chronic disease (health problems) by consuming a nutritious diet. The changes that are happening with the WIC foods are intended to improve food choices and promote healthy eating practices to help people live longer, healthier and more active lives.



- Keys to healthy eating: variety, balance and moderation.

#### Why does the milk need to change?

WIC has always given milk and cheese to provide calcium and protein. With obesity an increasing issue, we are looking for ways to decrease the amount of calories and fat in our diets. Milk and cheese can be a significant source of fat. One of the *key nutrition messages* we are spotlighting for *Fresh Choices* focuses on lowering that fat level.

- Serve low fat milk to adults and children over the age of two.

#### How do the new food packages address that?

- Women and children over age two will be able to get fat free (non-fat or skim), low fat (1%) or reduced fat (2%) milk only. (Lower fat milk has all the same nutrition children over 2 and women need, just less fat and calories.)
- The total amount of milk and cheese is being decreased. For example, children currently getting 16 quarts of milk and 2 pounds of cheese, will get 13 quarts of milk and 1 pound of cheese. (Milk is only one part of a well balanced diet. WIC foods are changing to provide better variety.)
- There is no option to exchange additional quarts of milk for more cheese.
- WIC will continue to offer a variety of milk alternatives, such as goat milk, dry milk, evaporated milk, or lactose reduced milk for those participants that need it.
- Women or children receiving special medical foods or formulas may get whole milk if it is needed for a medical reason.

- Soy beverage will now be offered as a milk alternative to women and children. Only children with a medical need such as milk allergy or those on special diets such as a vegan diet will be able to get soy beverage. Stay tuned for more information on soy beverages.

### Summary of milk benefit with Fresh Choices

|  | <b>Children 13-23 months</b>          | <b>Children 2-5 years</b>   | <b>Women</b>  |
|--|---------------------------------------|---|---|
| <b>Type of milk</b>  | Whole                                 | Non-fat, fat free, low fat (1%), or reduced fat (2%)                                  | Non-fat, fat free, low fat (1%), or reduced fat (2%)                                  |
| <b>Amount of milk</b>                                      | 13 quarts                             | 13 quarts   | See table below   |
| <b>Amount of cheese</b>                                    | 1 pound                               | 1 pound   | See table below   |
| <b>Trade milk for additional cheese</b>                    | No                                    | No  | No  |
| <b>Milk alternatives (goat, dry, powder, lactose free)</b> | Yes                                   | Yes   | Yes   |
| <b>Soy beverage</b>  | Yes, with medical documentation       | Yes, with medical documentation   | Yes   |
| <b>Whole milk allowed</b>                                  | Yes, must be issued to this age group | Yes, only if on special medical food or formula <i>and</i> with medical documentation | Yes, only if on special medical food or formula <i>and</i> with medical documentation |
| <b>Tofu as alternative</b>                                 | No                                    | No  | No  |

### Amounts of milk and cheese for women

|               | <b>WP or WB</b> | <b>WE or WP with twins</b> | <b>WE with twins</b> | <b>WN</b> |
|---------------|-----------------|----------------------------|----------------------|-----------|
| <b>Milk</b>   | 19 quarts       | 21 quarts                  | 33 quarts            | 13 quarts |
| <b>Cheese</b> | 1 pound         | 2 pound                    | 2.5 pounds           | 1 pound   |