Let’s talk milk – how’s it going?

Low fat milk for children

“He stopped drinking milk when we changed to 1%.”

“She got diarrhea from that watery milk.”

“He won’t drink it because his dad doesn’t like it.”

Now that the change to fat-free and 1% milk for older children has been in place for a while what are you hearing from participants? Or more importantly - is anyone asking them how it is going? Who is asking? And if you hear about an issue, what can you offer? This is a great time to reinforce the importance of milk and calcium in a child’s diet.

Ideas we have heard from Local Agencies

- Provide one or two months of 2% milk to transition to 1%, even if it is in the middle of a cert period.
- Transitioning milk is similar to blending two formulas to make a change.
- Parents are sometimes surprised to hear that Head Start and child care programs are giving 1%.
- Some participants think they have to use fat free milk, so make sure they know about 1%.
- Have staff checking participants in for NE ask about how the milk changes are going and connect them with a certifier if changes are needed.
- Talk to your WIC nutritionist for more ideas!

Have you heard of a low fat goat?

Evidently, these magical creatures are kind of rare. Low fat goat milk for older children and women has been difficult to find. If you have a participant that requests goat milk you may want to suggest they ask if the store can get low fat for them. To make it easier to shop we will be putting fewer quarts of goat milk on each voucher.

Need help finding a special food or formula?

For help finding low fat goat milk or other foods, contact Karen Bettin 971-673-0044 Karen.bettin@state.or.us

For formula, contact Cheryl Alto 971-673-0057 Cheryl.l.alto@state.or.us
Thank you for offering infants the Fresh Fruit and Veggie Voucher!

Remember:

- You can do the required assessment at 5-7 months during the mid-cert health assessment and assign the infant FVV for future food packages. Don’t forget to document the assessment.
- 7 and 8 month old infants should not be issued an infant FVV.
- The infant FVV may only be assigned starting the month the baby turns 9 months and later.

### Birth Month ➔ First Month to Issue an IFVV

- **January** ➔ October
- **February** ➔ November
- **March** ➔ December
- **April** ➔ January
- **May** ➔ February
- **June** ➔ March
- **July** ➔ April
- **August** ➔ May
- **September** ➔ June
- **October** ➔ July
- **November** ➔ August
- **December** ➔ September

Share your ideas. Stay up to date. Join the conversation!

The State WIC program will be celebrating a year of social media savvy! We are delighted to see so many of our local agencies sharing great photos, stories, events and ideas on social media. Be sure to check out our sites for more of the latest and greatest.

You can find us on Facebook and Twitter 📣

Need assistance jumping into social media? Contact our Outreach & Integration Coordinator, Nhu To-Haynes

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