



Time to Change Channels

... Tune-In to the New Food List

Your TV hosts:

- Karen Bettin,
- Michelle Aarhus, &
- Sara Sloan



In-service: Food List Update (August 2016)

New foods for a new food list

Not these, silly! These are already on there.





Today's Program Schedule

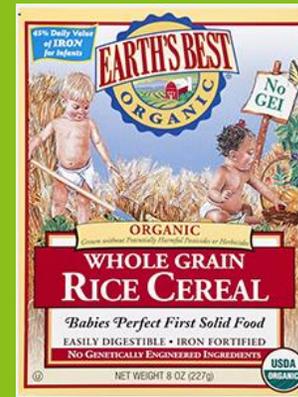
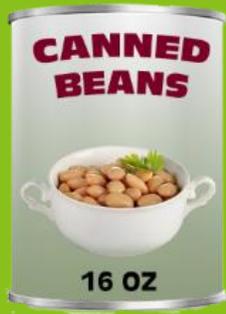
- News Update
- “Game” Show
- commercial break
- “Cooking” Show
- WIC foods Q & A





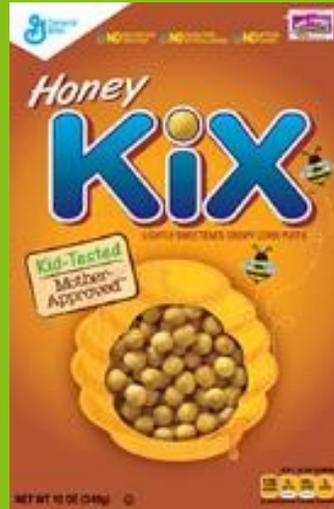
Breaking News

The New Foods



Organic Options

Existing Food Categories Updated



New Cereals



Juices
Removed
16 oz.
frozen
orange
juice



Added
Westsoy
Organic
Plus
Vanilla



Lowfat/Nonfat yogurt



- *NEW* women and children over 2 years of age automatically receive lowfat/nonfat yogurt in the standard food package
 - **UPDATE:** For *CURRENT* participants, the yogurt food package **must be assigned** to them, even at **recertifications**
 - **UPDATE:** **During this transition, any staff person may switch** participants from the old standard food package to the new standard food package with yogurt
- All WIC Vendors stocking lowfat & nonfat yogurt

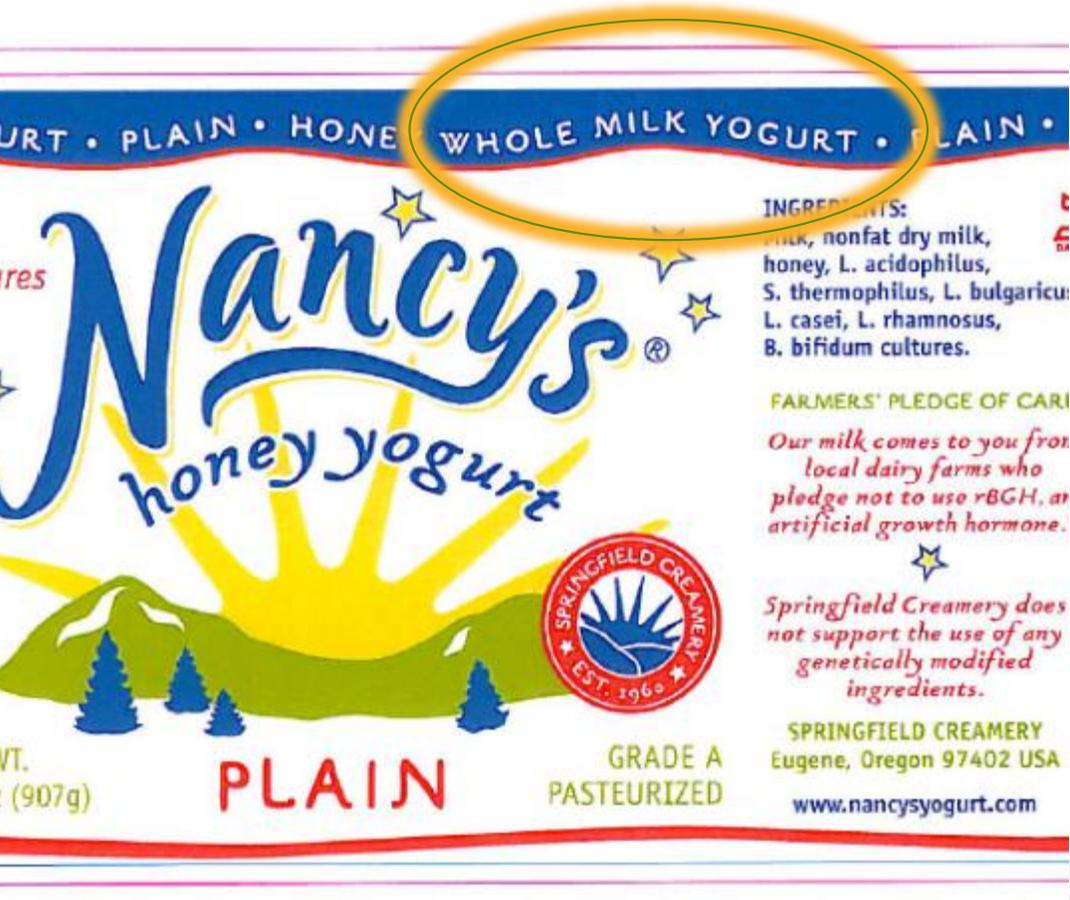
Whole Milk Yogurt



- For children 12-23 months, a whole milk yogurt food package will **always need to be assigned**, before they can receive yogurt
- WIC Vendors are **not required** to stock whole milk yogurt
 - Walmart, Fred Meyer, Albertsons/Safeway – all have access to whole milk yogurt, but not all of the statewide carry



Whole Milk Yogurt





Choose the right size!

1 CTR peanut
butter/dry
or canned
beans =



OR



OR



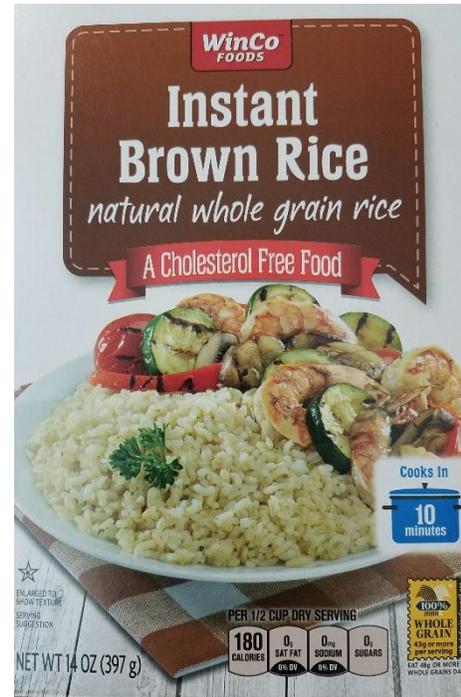
Start with 1 CTR peanut butter/dry or canned beans

	<u>Balance</u>
Buy 1 canned beans ----->	.75 CTR
Buy 2 canned beans ----->	.50 CTR
Buy 3 canned beans ----->	.25 CTR



Instant Brown Rice

14-16 oz. size only



14 oz. Box

Oats – Most 18 or 42 oz.

16 oz. Mom's Best available in:

- Wal-Mart,
- Fred Meyer
- WinCo Stores

May find in:

- Albertson's
- Safeway.



16 oz.



16 oz.



- Packages of bulgur
- No bulk
- Often in health food section
- Send in UPCs for other packaged bulgur



28 oz

28 oz

Thank you Gift . . . Pick up as you leave the session

- **Baggie of Bulgur**

donated by **Bob's Red Mill**

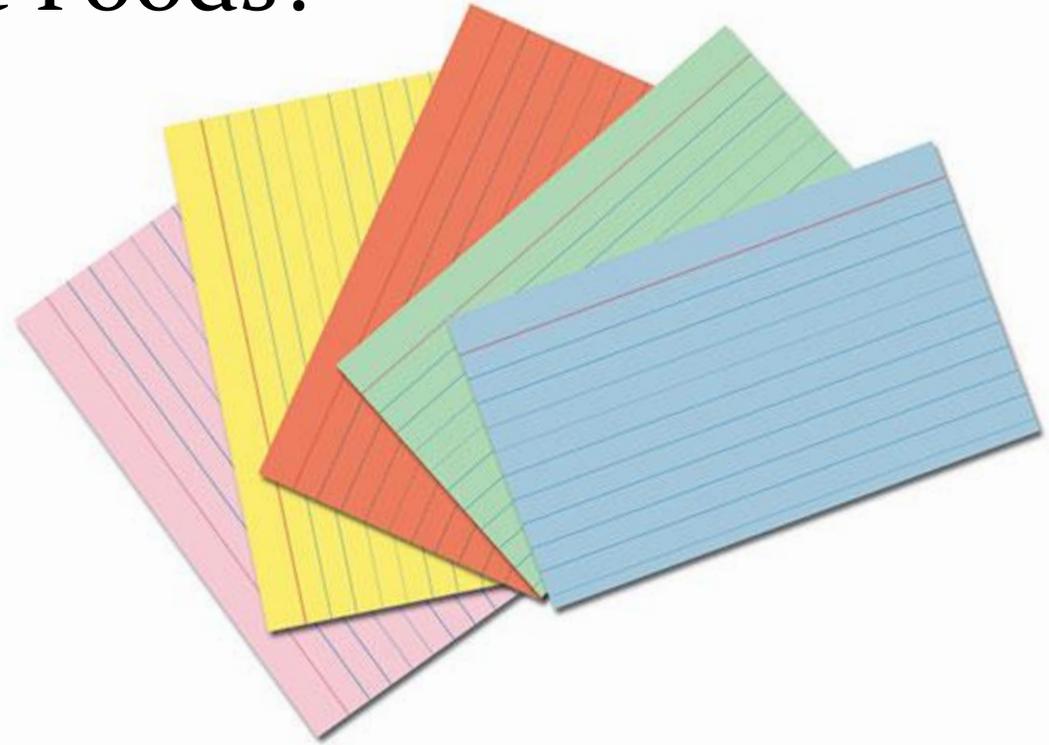
- **Recipes**

by **Food Hero** and **Bob's Red Mill**





Questions About the Foods?









Click the image to play the
Je-Party game in Prezi!

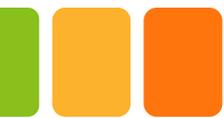


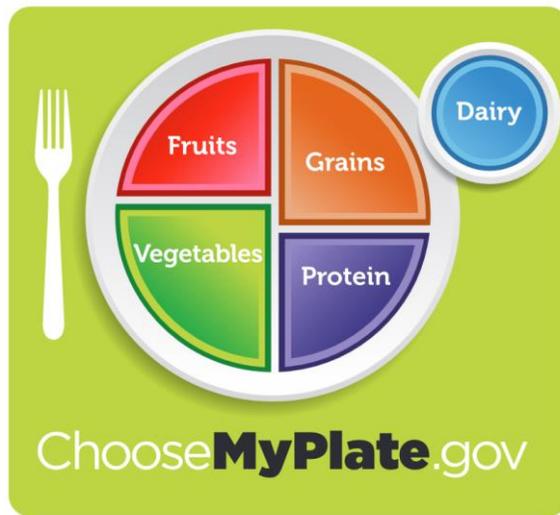
You are all

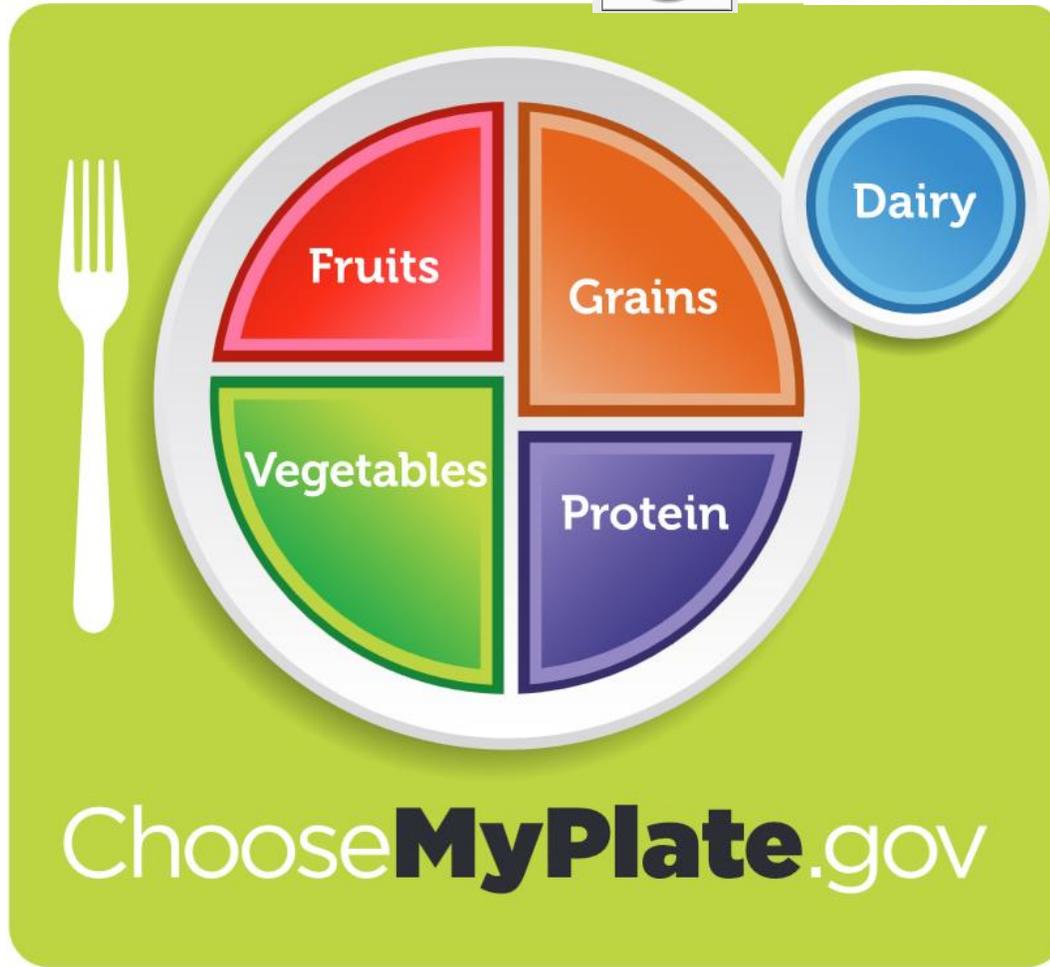
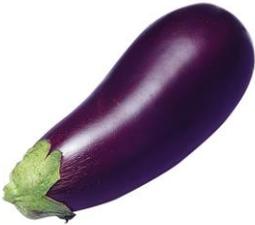
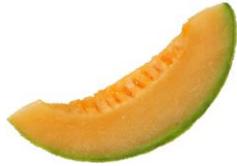
Winners !!!



**Commercial
Break**









Dairy Foods provide



Calcium

potassium

Vitamin D

selenium

protein

Riboflavin

Phosphorus

magnesium

Vitamin A

Zinc

Vitamin B12

choline



Explore other ways to use Milk

- Applesauce **French Toast**
- Jack-o-Lantern pumpkin **pancakes**
- Skillet **Mac and Cheese**
- Peanutty **African Stew**

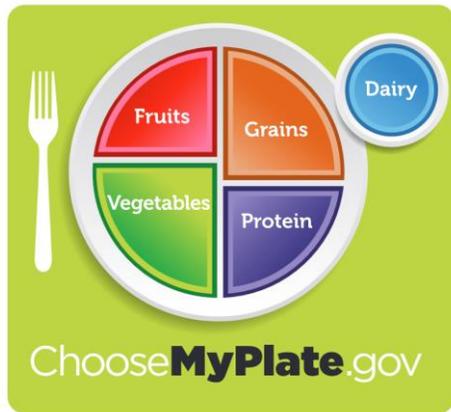


FoodHero.org

Food Hero recipes use the new WIC foods:

- Oats
- Bulgur
- Pasta
- Tortillas
- Beans
- Yogurt
- Tofu

The screenshot shows the Food Hero website homepage. At the top left is the OSU Oregon State University logo. The top navigation bar includes links for Calendar, Library, Maps, Online Services, and Make a Gift, along with a search box for 'Find people and pages'. Below this is a secondary navigation bar with links for About Food Hero, Downloads, Media Center, and Community Toolkit, and a search box for 'Search Food Hero'. The main content area features a navigation menu with Home, Recipes (A-Z List), Tips & Tools (A-Z List), and Español. A welcome message states: 'Welcome to Food Hero, your go-to site for quick, tasty, healthy recipes and helpful tips. Whether you're a beginning cook or a kitchen pro, you'll find something new for your family to enjoy.' Below this is a section for 'Kid-Approved Healthy Recipes' with three small images of food. A large photo of a young child holding a cup is also present. On the right side, there is a 'FOOD HERO' logo with 'FoodHero.org' below it, and the tagline 'Where Healthy Food is Fun, Fast, Tasty and Fits Your Budget'. At the bottom right, there are links for 'Log In' and 'Register', social media icons for Facebook, Twitter, Pinterest, and YouTube, and links for 'Coloring Sheets', 'Food Hero Monthly', and 'Healthy Recipes'. At the bottom left, there is a 'Recent Recipe Reviews' section for 'Brazilian Black Beans and Sausage' and a 'Monthly Magazine' section.















Whisked



Create suggestions for using this new WIC food by:

- Combining your food with any of the other foods from the WIC Food List
- Add an optional “Wildcard” food if you’d like
- Include any seasonings as desired



Whisked



Black Bean & Corn Salsa

Made with black beans,

corn, a jalapeño and

salt & pepper to taste.

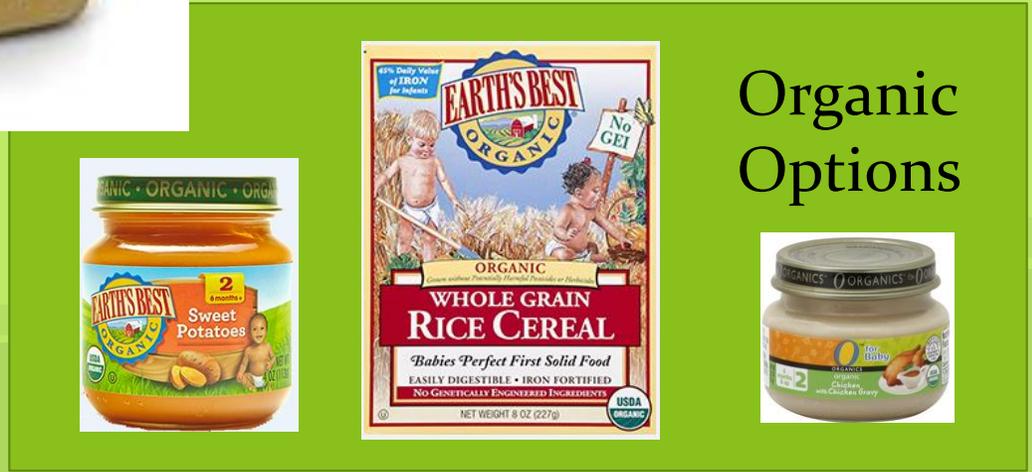
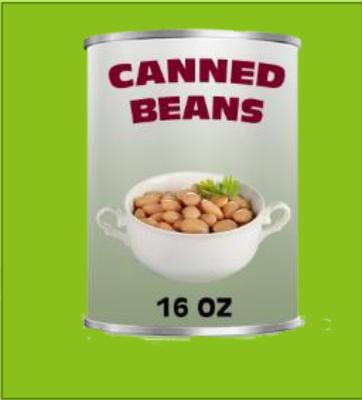


Whisked



- Take a picture of what your table “Whisked up”
- Post to Twitter and use hashtag: #WICnextgen

Don't have a Twitter account? . . .
we can take a picture and post it for you.



Organic Options

Thanks for your participation!



WIC Food List

A shopper's guide to the Oregon WIC approved foods

Effective October 1, 2016



The poster features a grid of 12 small circular images showing various food items: tomatoes, a bowl of rice, a sandwich, a bowl of pasta, a bowl of salad, a bowl of beans, a bowl of cereal, a bowl of fruit, a glass of milk, a bowl of nuts, a bowl of yogurt, and a bowl of vegetables.