



Healthy kids, strong parents,  
WIC works wonders!

## Using social media at the Statewide Meeting.

Our goal for the 2016 WIC Statewide meeting is to “honor our legacy, celebrate our accomplishments and reimagine the future of WIC.” One way we’re putting that goal into action is by encouraging conversations via social media—before, during and after the conference. Check out the [WIC Statewide Meeting Facebook event](#) to learn more about our exciting speakers and sessions, wellness opportunities, and fun things to do while you’re visiting Portland.

Plus, we’re going to be posting WIC Throwback Thursday photos! What’s “Throwback Thursday” you ask? It’s a trend among social media users where you post old photos with the hashtag #ThrowbackThursday or #TBT.



We know you’ve got some fun WIC photos from back in the day—like this one we dug up from 2009—and we’d love to see them! You can also e-mail them to Julia Hakes ([julia.hakes@state.or.us](mailto:julia.hakes@state.or.us)), and their ‘legacy will be honored’ at the event.

Look for us on Twitter @OregonWIC, and the hashtag #WICNextGen! Being active on social media during a conference can help you stay on top of what’s happening in real-time, connect with like-minded people, and get more out of the entire conference. Here are a few pointers about [etiquette and social media use](#) at conferences.

## Why we sometimes need to do a second hemoglobin test

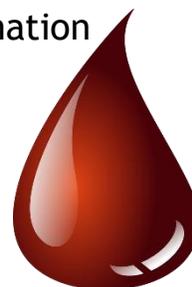
Let's be real: the hemoglobin test is no one's favorite part of WIC. So why would we ever want to do it twice?

Here are a few reasons:

We want participants and healthcare providers to trust our tests and referrals. A very low iron level should trigger a referral to a healthcare provider, which often means a blood draw with a needle. What happens when the venous test value ends up being normal? The provider and parent/participant start to question the accuracy of the WIC test, the need for your referral, and possibly other types of referrals from your program. You'll also have a hard time convincing the participant/parent of the need to do the next scheduled test.

We don't want to worry families, or take up precious nutrition education time on ill-suited topics, if we don't have to. If the value is truly very low, then nutrition education can center on that.

When a hemoglobin test comes back very low, we should retest to be sure it is accurate. The CPA must also change the risk from medium to high, and refer the participant to the WIC Registered Dietitian. A referral to the participant's health care provider is not required per WIC policy, but is best practice in most WIC agencies. Check out the [Nutrition Risk](#) module for more information on when a value is considered very low.



FP116S - Food Assignment Modify Screen

Month: August, 2016 Category: C2-5

| Module | Food Group                                       | Quantity | Unit |
|--------|--|----------|------|
| A      | Cheese   | 1        | lb   |
| [A]    | Fat free or 1% milk                              | 3.25     | gal  |
| B      | Eggs - large                                     | 3.25     |      |
| B      | Cereal - hot / cold                              | 3.00     |      |
| B      | Peanut butter / dry beans / peas / lentils       | 2.00     |      |
| B      | 100% Whole wheat bread/corn tortillas/brown rice | 1.00     |      |
| B      | Fruit and vegetables - fresh / frozen            | 0.00     |      |
| B      | 64oz bottle / 16oz frozen juice                  |          |      |

### Modifying is easy!

On 10/1/16 you will be able to offer some new foods. You can use a template or it may mean modifying the current food package to add yogurt or tofu. Here's how:

1. Click the modify button when you are on the FPA row you want to modify.
2. Reduce the amount of milk. Use the arrow key to change by 1 qt. at a time instead of a gallon. TWIST will not let you reduce below any amount already spent.
3. Use the Insert button to add a row.
4. Select the new food (tofu or yogurt). You can replace 1 qt of milk with a container of yogurt or a lb of tofu.
5. You can insert another row if you want to add both yogurt and tofu.
6. Adjust the amounts if needed, since TWIST will combine like items and will not allow you to assign more than the participant is eligible to receive.
7. Save and reissue.