



# HEADLINES

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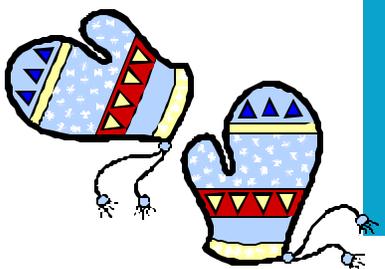
*WIC Works Headlines* is published every two months by the Food and Nutrition Information Center in conjunction with the Food and Nutrition Service (FNS), USDA.

To contribute to WIC Works Headlines contact: [jschneid@nal.usda.gov](mailto:jschneid@nal.usda.gov)

### *On the other side:*

Bright Idea

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The WIC Works Resource System is an on-line center striving to meet all your information needs. New links and items are added everyday. Check back often to see what's new. <http://www.nal.usda.gov/wicworks>

We have added several new items to the State Developed section of the Sharing Center. [www.nal.usda.gov/wicworks/Sharing\\_Center/statedev.html](http://www.nal.usda.gov/wicworks/Sharing_Center/statedev.html)

The U.S. Department of Agriculture's Food Safety and Inspection Service (FSIS) is teaming up with public and private partners to provide safe food handling information to pregnant women. The centerpiece of the campaign is a new patient education publication, *Listeriosis and Pregnancy: What is your risk?*

Pregnant women are 20 times more likely than other healthy adults to contract listeriosis. In fact, almost 1/3 of listeriosis cases occur in pregnant women. Consumer

Some highlights include:

- **Learning for Health Project, 2001** (West Virginia) - 12 Interactive Lesson Plans focused on healthy eating and increased physical activity.
- **WIC Referral Notebook** (Louisiana) Includes a description of how to find resources, how to make a referral and how to help clients access needed services
- **WIC Menu Ideas** (Oklahoma) Handouts

are shaped in the form of the respective WIC foods and feature two sections: Ways to use the WIC food and recipes using that particular WIC food.

The Nutrition Education Materials Database located at <http://peaches.nal.usda.gov/wicworks/wicform3b.asp> and is updated daily. We just updated product information and prices for the new year. Check it out!

## Take a Look!

research shows, however, that pregnant women are not aware of their risks.

More than 700,000 tear-off pads will be distributed to pregnant woman and the medical community through the campaign. FSIS developed the campaign with the International Food Information Council. Other partners include: The Food and Drug Administration; The Centers for Disease Control and Prevention; and the Association of Women's Health Obstetric and Neonatal Nurses.

The patient education pads have 25 double sided tear off sheets and can be requested by e-mailing: [fsis.outreach@usda.gov](mailto:fsis.outreach@usda.gov).

The publication is also available on the internet at [http://www.fsis.usda.gov/OA/pubs/lm\\_tearsheet.pdf](http://www.fsis.usda.gov/OA/pubs/lm_tearsheet.pdf)

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SOURCE: The Food Safety Educator — a free quarterly newsletter from FSIS. To subscribe, email your full name, organization name and mailing address to [fsis.outreach@usda.gov](mailto:fsis.outreach@usda.gov)

Food allergies or food intolerances affect many people, they are most common in infants and children under age four. Because food allergies can be life-threatening, it is important to distinguish allergies from other problems like indigestion or food intolerances.

The symptoms can be mild, such as a runny nose, or severe, such as difficulty in breathing. While there is no cure for food allergies, many children outgrow them by age three. There is much you can do to prevent your child from experiencing an allergic reaction.

**Some basic facts:**

- Common foods children are allergic to include: cow’s milk and formula, soy formula, eggs, wheat, fish and peanuts.
- Breastfed babies have a much lower chance of developing allergies in the first two years than formula fed children.
- Food allergies can be

inherited – if a child’s parent has a food allergy, he/she is twice as likely to develop one.

- About one-third of children outgrow their food allergies.
- The time it takes for an allergic reaction to occur varies. In some children, it could take hours or even days.

**Resources For Children:**

*Taking Food Allergies to School* written by Ellen Weiner

*Allie the Allergic Elephant* written by Nicole S. Smith

**Resources For Parents:**  
*Your Child's Food Allergies:*

*Detecting & Treating Hyperactivity, Congestion, Irritability, and Other Symptoms Caused by Common Food Allergies* written by Jane McNicol

*Food Allergy Field Guide: A Lifestyle Manual for Families* written by Theresa Willingham

*Special Foods for Special Kids : Practical Solutions & Great Recipes for Children With Food Allergies* Written by Todd Adelman and Jodi Behrend

*“My Kid’s Allergic to Everything” Dessert Cookbook* written by Mary Harris

**Web Resources:**

From the Food and Nutrition Information Center: Consumer Resource List on Food Allergies and Intolerances March 2002 (<http://www.nal.usda.gov/fnic/pubs/bibs/gen/allergy.htm>)

Food Allergy Support and Education (<http://www.allergysupport.org>): A resource providing educational and emotional support to parents of children with food and environmental allergies.

Food Allergy Network (<http://www.foodallergy.org/>) Raising public awareness, providing advocacy and education, and advancing research on behalf of all those affected by food allergies and anaphylaxis.

Food Allergy News for Kids (<http://www.fankids.org/FANKid/kidindex.html>): An interactive children’s website about food allergies.

Allergy Dietitian (<http://users.bigpond.net.au/allergydietitian/index.html>) This website has been written for people wanting to obtain some general information of food induced reactions.

*Special thanks to Aminah Shahid, University of Maryland nutrition student for researching and writing this page.*