



WIC Works HEADLINES

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Bright Idea 2
Try these resources 2



What's New at WIC Works

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>

New sections made their debut on WIC Works lately. Have you had a chance to check them out? Take a look at:

Children with Special Needs — links and resources for children who have special nutritional needs.

Infant Nutrition — links and resources on proper breastfeeding, developing healthy habits for a lifetime, and oral health.

Reading Readiness in WIC — Links and resources for local WIC clinics on how to

encourage proper development of reading skills in children.

The conferences and events calendar has been updated for the winter and spring.

The Nutrition Education Materials Database at <http://peaches.nal.usda.gov/wicworks/wicform3b.asp> has over 275 new resources for your program needs. Check it out!

Meeting Review

The National WIC Association, the National Association of WIC Directors, and USDA held a Technology and Program Integrity Conference in San Diego, California in December.

This year's conference theme was "Full Speed Ahead" representing the sponsors full commitment to enhance technology and program integrity within WIC programs nationwide.

In addition, the program focused on new state and federal approaches to reduce cost, improve accountability, and decrease misuse of WIC Program resources using technology.

Mr. Joseph Leo, Vice President with Science Applications International Corp, provided the keynote address focusing on how WIC's technology can evolve making programs more efficient.

Scott Howell, former Utah State Center and IBM Policy Executive presented "Putting technology into perspective" — a chronology of how technology has changed over time.

Finally, WIC Works was there showcasing the ever expanding resources available on the WIC Works Website located at <http://nal.usda.gov/wicworks>

During this spectacular winter season, you can find plenty to warm your heart – twinkling trees, merry music, good things to eat, and old friends to visit, just to name a few. But the holiday season also serves up its own share of stress and demands. Crowded stores, gatherings to attend and bake for, expectations of relatives, and the financial challenge the season often brings can all take a toll on your nerves and your peace of mind. The holiday season *can* be a simple, enjoyable, and special time.

- ✓ Set your limits. It’s no secret – the holidays can be demanding. But taking the time to set your financial,

social, and personal limits before Santa is on his way down the chimney might simplify your season. Remember that being realistic does not mean you are being a “Scrooge.”

- ✓ Plan ahead. Don’t let the holiday season surprise you. Pick up gifts, wrapping paper, cards, and those extra Christmas cookie ingredients whenever you are out. Inch by inch, it’s a cinch!
- ✓ Nourish your body. Our healthy intentions are easily forgotten once the holiday

decorations appear in the stores. But this is an important time to take care of yourself! Eat well, exercise, and get enough sleep. Sure, it’s easier said than done, but you will enjoy the season much more if you are feeling well.

- ✓ Think quality, not quantity. A calendar that’s filled to the brim is not necessarily the recipe for a happy holiday. Fill your time with the people, traditions, and events that are most important to you.

— Sarah Tichar

Try these Resources...

Stress-free Reading:

“Don’t Sweat the Small Stuff”
by Richard Carlson

“The Art of Doing Nothing” by
Veronique Vienne,

“The Simple Abundance Journal
of Gratitude” by Sarah Ban
Breathnach

Take a look at these websites:

<http://www.ahealthyme.com/topic/stress>
Stress Page

www.mayoclinic.com
Top 10 Health Topics in 2001

<http://health.discovery.com/convergence/stress/relief.html>
10 sure fire ways to reduce stress

http://www.ama-assn.org/sci-pubs/amnews/amn_00/edca0710.htm

Key to happiness...

http://my.webmd.com/living_better_content/dnn/article/1728.93399
Stress and Nutrition

Special thanks to Sarah Tichar, our Dietetic Intern for researching and writing this page.