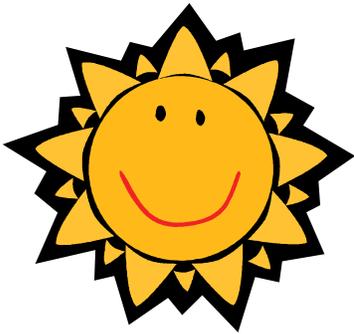


WIC Works HEADLINES

What's New at WIC Works

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Summer
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WIC Works Headlines is published four times a year by the WIC Works Resource System. WIC Works is a joint project of the USDA Food and Nutrition Service, USDA National Agricultural Library, Food and Nutrition Information Center and University of Maryland, Department of Nutrition.

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We would like to welcome a new Nutrition Information Specialist to the WIC Works Team. Kathleen Decker (who is now the editor of this newsletter) comes to us with a great technology background. She brings a new expertise to the project and we look forward to her contributions.

The WIC Works Resource System is your on-line starting point for WIC information. Check out our website at <http://www.nal.usda.gov/wicworks/>.

The Resource System offers hundreds of files for downloading including the

CDC growth charts and the most current Oral Health information. You will also find a searchable database of education and training materials that span a wide range of topics to meet the needs of WIC staff and participants.

Another great feature available is **WIC-Talk**. If you haven't yet subscribed to this email discussion group, you may be missing out on the fun that over 1,100 of your colleagues are having. The information shared covers the most current topics, as well as addresses common needs and concerns.

The WIC Works Web site is constantly being updated. Most recently we added files from the **Fit WIC projects**. This new section offers background information and materials from: California, Kentucky, Vermont, Virginia (coming soon) and the Inter-Tribal Council of Arizona. **See page 2** for more details on this new WIC venture!

As the summer goes on and we prepare for the fall, we will continue to stay on top of the important issues facing the WIC community today. We look forward to hearing your feedback and sharing in your successes.

Upcoming Events

♥World Breastfeeding Week

August 1-August 7, 2003

In 1991, the World Alliance for Breastfeeding Action (WABA) was formed to coordinate the efforts of countries around the

world to promote breastfeeding.

Each year WABA sponsors World Breastfeeding Week during the first week of August, though some groups celebrate all month long!

To find out how WIC

agencies and other organizations are celebrating this August and to find ideas and materials that you can use in your clinics and local agencies, check out the new **World Breastfeeding Week** pages of the WIC Works Resource System.

BRIGHT IDEA

Want to address the rise in childhood obesity? Looking for new ways to promote physical activity in your state and local WIC agencies? Now you can try **Fit WIC!**

Fit WIC is an **obesity prevention initiative** funded by the United States Department of Agriculture (USDA). It is designed to examine how WIC can take a more active role in preventing childhood obesity, **particularly in low-income children who tend to be more at risk.**

For more information on the background of Fit WIC, as well as

the materials you need to bring Fit WIC to your state, visit the new **Fit WIC** section of the WIC Works Resource System.

In the Sharing Center, under State Developed Materials, you can find the **Fit WIC Implementation Manual** which details the experiences of the first five states involved in the Fit WIC project.

From how to start the planning process, to what obstacles to expect, the manual provides insights from the people involved, including suggestions for future programs and a resource list.

There are also education materials including the **Fit WIC Activity Pyramid**, assessment forms, and staff training materials.

Everything you need to get started can be found on the **WIC Works Resource System** and new information will be added as more states join the **Fit WIC team.**

Check it out today!



Drink Up For Summer

Now that it's summer, **children are at increased risk of becoming dehydrated.** They may complain of headaches and overall not feel well.

Providing young children with plenty of water, especially during periods of outdoor physical activity, is a very important job for parents and caregivers.

Water is important for everyone, not just children. Women, especially those who are pregnant or breastfeeding, need to drink water or other

fluids at least once every half-hour during the hot summer months.

WIC agencies and clinics have the opportunity to promote water to participants during individual and group nutrition education sessions and there are resources available to help.

Lesson plans such as **"I'm Thirsty"** developed by the West Virginia Learning for Health Project can be found online at the **WIC Works Resource System.**

The **"I'm Thirsty"** learning session, contains lesson plans, fact

sheets, and posters that educate parents and caregivers on the importance of drinking enough fluid. There are also tips on how to increase fluid intake, including recommended daily servings and recipes using milk and 100% juice.

You can find this lesson by clicking on the **West Virginia Learning for Health Project** from the State Sharing section of WIC Works.

