

Free Fluoride Varnish

Eastern Idaho Public Health District will be doing free fluoride varnishes for children, up to age 10. Fluoride varnish is an easy, effective and safe way to help protect your child's teeth & prevent cavities. The varnish is painted on your child's teeth with a disposable applicator by a Registered Dental Hygienist. Clinics will be hosted at the following times & locations (closed from 12:00-1:00 for lunch):

Idaho Falls:

September 2 8:30AM—4:30 PM

Rigby

October 1 10:00AM—4:00 PM

St Anthony

October 20 9:00 AM– 4:00 PM

Dubois:

September 3 9:00AM—3:30 PM

October 15 9:00AM—3:30 PM

Mud Lake

October 16 10:00 AM– 4:00 PM

Challis

September 8 10:00AM—3:00PM

Salmon

September 9 8:30AM—3:00PM

What is WIC?

WIC is a Special SUPPLEMENTAL Nutrition Program for Women, Infants and Children. Because we are a supplemental program, the food checks and vouchers you receive will not meet all your nutritional needs. This is true for all our participant categories, including infants. If your baby is formula fed, there will be times during their first year of life that you will need to purchase additional formula above what WIC provides. WIC has a set amount of formula that is distributed based on your baby's age. If your family receives food stamps, you can use that to purchase formula. If you do not have food stamps, you will need to budget money each month to purchase what you need. Unless your baby has a sensitive stomach, you can purchase a generic brand formula which will save you money.

Office Closures

October 13	Columbus Day
October 23&24	Staff Meetings
November 11	Veteran's Day
November 27	Thanksgiving Day

Eastern Idaho Public Health District

 WIC Newsletter



September/October 2014

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Healthy Changes: Why “Moo”ve to Lowfat Milk??

We are making a healthy change to the WIC checks in regards to the milk that WIC provides for you and your family! Effective October 1st, women and children over the age of 2 will only be able to purchase 1% or fat-free/skim milk with their WIC vouchers. 2% milk will no longer be an available option. Children under the age of 2 will continue to receive whole milk. The majority of studies show that 1% and nonfat milks are the healthiest milks for adults and children over the age of 2 years old to drink. Because the bulk of research at this time indicates that 1% and fat-free/skim milk are the healthiest types of milk, the USDA and therefore WIC will follow what the majority of research indicates. If new research leads to different recommendations, then that will be reflected in future food package changes.

What’s the difference?

All milk has the same amount of protein, calcium, vitamins and minerals. Vitamin D is added to all types of milk. The amount of fat is what differs between the types. 1% lowfat milk and fat-free/skim milk are

not just watered down whole milk, they just have more fat taken out. For an 8-ounce glass of milk, whole milk has about 2 teaspoons of fat, 2% milk has a little over 1 teaspoon of fat, 1% milk has about half a teaspoon of fat, and nonfat milk has almost zero fat.

Cutting back on the amount of fat in your diet can help control your weight, decrease your cholesterol, and lower your risk of heart disease and stroke.

What do the percentages mean?

“1%” means that 1% of the milk’s total weight is from fat. “2%” means that 2% of the milk’s total weight is from fat. Whole milk is about 4% fat by weight.

2% milk is a *reduced* fat milk, but contains too much fat to be considered a *lowfat* milk.

1% lowfat milk has less than half the amount of fat as 2% milk.

Switching to a lower fat milk

Some people can

between 2% and 1% milk, but for many this change is an easy one. If your family drinks whole milk or 2% and you are concerned about whether or not your family will like it, start by mixing the milks. You can mix half whole or 2% with half 1% and gradually reduce the amount of the higher fat milk. Your family will slowly get used to the change if you do it gradually.

Lactose free milk

If you or your child drink lactose free milk, your WIC checks will have the choice of 1% lowfat lactose free milk or nonfat lactose free milk.

Other concerns

If you have any concerns about the changes to the WIC checks, please ask one of our staff members.

If you or your child’s doctor are concerned about his/her weight, please ask to speak to one of our Registered Dietitians. Our Registered Dietitians can help with suggestions of ways to increase calories.

Adapted from California WIC and Texas WIC

