

# *The New 2009 WIC Food Package:*

## The Mystery of the New Food Packages

### Facilitator's Guide



# Welcome and Warm-Up

## Activity #1

### Warm-up Activity

- Divide into small groups or pairs. Each team will pick a name (Food Related) for their team, and a recorder.
- In 3 minutes come up with as many changes as you can related to the new foods and food packages, and list them on your paper.
- We will discuss the changes as a large group.



2

- Divide into small groups or pairs and pick a **(food related name)** for your team.
- Each team will choose a recorder. And, we'll go around introducing each team.
- On the Sherlock Holmes handout titled **(Looking for Changes)- Top Secret envelope- Page 10**. Write as many food changes that you and your team can recall from this morning's training session. Take 3 minutes.
- We will hear from a few teams.

Reconvene:

Which team has 30 or more changes? Keep calling out numbers until you find the team with the most changes. Have recorder of the team read their list. Have staff determine if each change is correct. Have other teams check off any of the changes that are the same on their list. Then have other teams add additional changes that they have listed.

# Food Package Codes

## Breaking the Codes

For the rest of the day imagine that you are a detective like Sherlock Holmes, detective Columbo, Maxwell Smart. I'll be like an inspector Gadget. Each one of you will have the opportunity to solve a decoding mystery.

Let's begin by looking at the slide on the codes that we currently use in ISIS.

### **Review next slide:**

- Discuss with a partner what's similar about the old and new codes?

OLD	Codes	NEW
PS		PS5
CT		CT4W
CP		CP4
NS		NS6
IT		IT4W
IBE		IB1
BE		BE7
BC1		BC5

**Food Package Codes**

- 77 old codes
- 127 new codes
- Limited to 4 spaces (minimum of 3 spaces)
- Challenged to avoid adding questions in ISIS
- Kept most of the old logic (no logical reason behind some of the new codes)
- Use food package numbers to help staff identify the foods in the package

### **Next slide:**

Before we only had 77 old codes in ISIS

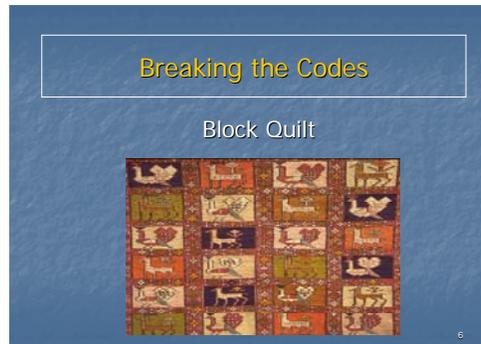
We now have 127 new codes.

And, there are no more 2 space codes

They are limited to four spaces w/ a minimum of 3 Spaces.

**We were challenged not to add more questions to the ISIS screens with the new changes**

Now let's look at the Block Quilt Handout: (In binder)



## Activity #2

- Pull out the Quilt handout.
  - Take 2 minutes to review all the blocks on the quilt and identify what is familiar to you. Example, I= Infant, B= Breastfeeding
  - Who would like to share what they found familiar?
  - How many new codes did you find?
- There's no logical reason behind some of the codes. ISIS will do most of the work for you. Our goal is to help you feel more comfortable with the new codes.**
- Please note that some of the blocks have more than one meaning. Later we will put the individual codes together to make a food package quilt.**

What questions do you have about the codes?

**Let's get into decoding! Go to next slide**



### The Decoder Rings slide

- How many of you recall the prizes found in the Cracker Jacks boxes? How many ever found a decoder ring in the box?
- How many of you have seen the movie “**A Christmas Story**”?
- Before we begin lets take a quick look at a clip from “**A Christmas Story**” to get you in the right frame of mind for decoding. You’ll see Ralphie, a 9 yr old playing with a decoder pin. Throughout the movie he desperately wants a BB gun his mother and others tells him no because he’s going to shoot his eye out, and at the end of the movie he shoots his glasses and breaks them.

**\*\*Show Clip from “A Christmas Story” Ralphie is playing with his secret society decoder pin.**

**Ralphie had his own way of decoding but here at WIC we have ours so it’s time for us to begin decoding.**

## Activity #3

- Pull out your Food Package Decoder Handout (**Page 12**)-**Binder**

- Let's take a closer look at the decoder.
- Take 2 minutes to familiarize yourself with the handout.
- What was Familiar to you?
- What was new for you?
- We will go over each section of the handout as a large group.

- **Let's review each space of the food package decoder**

- With the introduction of the new food package we also have a new set of codes in ISIS to identify the packages. They are similar to the old food package codes, however; the new codes have **three** or **four** spaces to describe the food package. The first and second spaces are codes that you may already be familiar with.
  - **1<sup>st</sup>** space are the ISIS categories
  - **2<sup>nd</sup>** space is sub categories of the first space. (remember no logic here)
  - **3<sup>rd</sup>** space are the food package categories and foods
  - **4<sup>th</sup>** space represents other package information: Notice that all of the 4<sup>th</sup> space codes are located on the top of the baby block quilt.  
Example: Local Agency
  - Some ID's may not have a 4<sup>th</sup> space

**Go to next slide: 1<sup>st</sup> space**

## Food Package Decoder 1<sup>st</sup> Space

1 <sup>st</sup> SPACE	
B	Breastfeeding
N	Non Breastfeeding
P	Pregnant
I	Infant
C	Child

What are your questions or comments?

**Next slide**

## 2<sup>nd</sup> Space

These are sub categories of the first space (remember no logic here)  
What are your questions or comments?

**Next slide**

## 3<sup>rd</sup> Space Food package categories and foods.



### Food Package Decoder

2 <sup>nd</sup> SPACE	
S	Standard
E	Fully BF
C	Mostly BF
O	Some BF- At least once a day
M	Multiples
B	Breastfeeding
F	Formula
P	Preschool
T	Toddler



Families grow healthy with WIC

**Here is an explanation of third space for each package**

**Every food package will have a number. These are the package numbers. Notice the package number reveals what participant category is being served.**

### Food Packages (third space)

Package 1: Infants breastfeeding and/or with formula checks

Package 2: Infants with formula checks and/or infant foods

Package 3: All categories receiving therapeutic prescriptions (food and formula)

Package 4: All Children

Package 5: Pregnant and Women Mostly Breastfeeding

12

### Food Packages (third space)

Package 6: Non-Breastfeeding women and women Breastfeeding Some

Package 7: Fully Breastfeeding women, women Combo Breastfeeding Multiples, and Women Pregnant with Multiples

Package 8: Super 7: Women Fully Breastfeeding Multiples

13

USDA does not recognize the number 8 for a food package. Package 8 is an enhanced package coming from package seven and it is called super 7. More food is offered in the super 7. We here at WIC use the number 8 in ISIS to indicate an enhanced package 7.

What are your questions or comments?

**Next Slide**

# 4<sup>th</sup> Space

## Explanation of fourth space for each package



### Food Package Decoder

4 <sup>th</sup> SPACE	
A	Local Agency
C	Contract Formula
G	State WIC
P	Provider
H	Homeless
N	No checks
L	Low Lactose
S	Soy and Tofu
T	Tofu
W	Whole Milk
X	No Cheese



Families grow healthy with WIC

**This space you can see is divided in to infant codes, homeless, and milk and soy products**

Look again at your block quilt and in block "C" find Contract Formula, notice the location? All 4<sup>th</sup> Space codes are found at the top of the block.

What are your questions or comments?

## In your binder under Activity #4

Next slide: We will practice using the decoder: Read the following scenarios:

### Decoder Activity

- Using your Job Aids and handouts solve the mystery of the scenarios.
- You can work alone, in pairs, or table groups.

### Example-do together

1. Mrs. Gomez is pregnant. She is enrolling in WIC today. She is allergic to milk and wants soy milk.

Which food package may Mrs. Gomez receive?

Answer:                     (PS5S) Does she need a prescription from her Dr.:  
No

2. Mary Wong is the mother of 18 month old son Brandon. Mrs. Wong culturally does not eat cheese. Brandon does not like cheese either. Ms. Wong wants a package without cheese for Brandon.

Which food package would Brandon receive?

Answer:                     (CT4X, No Cheese, Whole Milk)

3. Deborah Johnson is 25 years old and is expecting her first baby in 2 months. She's having trouble tolerating lactose in milk and doesn't like soy.

Which food package would Deborah receive?

Answer:                     (PS5L)

4. Darrell Young is the father of 4 year old Jason. The Young's are homeless and have limited refrigeration.

Which food package would Jason receive? Answer:                     (CP4H)

Fill in the blanks:

- Letter S in the 2<sup>nd</sup> space =          Standard
- Letter S in the 4<sup>th</sup> space =          Soy and Tofu  
T =      Tofu          and      Toddler
- 0 = Some breastfeeding at least once a day

What are your questions or comments?

**Next we will take a look at the Default Packages. They are called the "Default" Packages because they are the most commonly issued food packages in ISIS. They are the ones most participants will receive on a daily basis.**

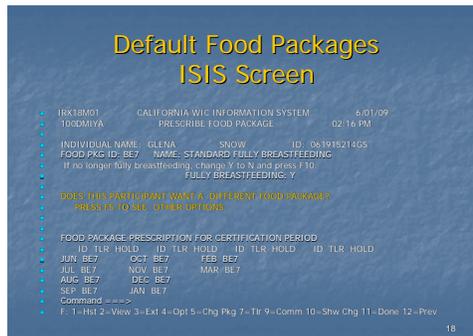
In your Job Aid the default packages are listed as: **Standard**, for example; Standard Child, Standard Pregnant, Standard Pregnant with Multiples, etc.

**The infant food packages are not listed as "standard". We will look at the standard package and the other packages available and then the infant packages.**

**You will not have to memorize the 127 food packages, because they are listed in your Job Aid and in ISIS. In ISIS you will select the F5 key to view the other food package options. Look at the example below:**

### Go to next slide

- What did you notice that is new about this screen?
- Answer: Elimination of the Peanut butter/Beans and Frozen/Bottled Juice questions.
- Also the question asking if the participant want a different food package? When the F5 key is press, it will show more food packages options.



What are your questions or comments?

**Let's begin to look at the Default packages by looking at the Standard Child:**

## Standard Child Default Food Packages

**A standard child is less than 24 months old and considered to be a Toddler.**

Toddler = a child that is 12 through 23 months old.

Using the next handout the "California Food Packages Descriptions" Job Aid. (Page 13)

Turn to your neighbor and discuss what is new and what is different about the Standard Child < 24 months, food packages. Also, look at all the packages that are optional for the younger child.

Go to slide

Standard Child  
(less than 24 months)

- Standard Child Whole Milk
- No Cheese package available
- Soy and Tofu package (available as option for younger child)
- Soy and Tofu package will require a special dietary request form from the doctor
- Children will receive fruit and vegetable checks for the amount of \$6.00
- Whole grains

19

### Standard Child (Less than 24 months)

- Standard Child Whole Milk
- No cheese package available
- Only Package with whole milk as a default
- Addition of Soy and Tofu package
- Soy and Tofu package will require a special dietary request form from the doctor
- Children will receive fruit and vegetable checks for the amount of \$6.00
- Whole grains

**Note: There's a package available that does not include cheese**

Using your "California Food Packages Descriptions" Job Aid.

Turn to your neighbor and discuss what is **new** and what is **different** about the **Standard Child > 24 months, food packages**. Also, look at all the packages that are optional for the older child

A child that is 24 months and above is considered to be a preschooler

Now, Go to slide

Standard Child  
(greater than 24 months)

- Standard Child lower fat milk
- No Cheese package available
- Addition of Soy and Tofu package
- Soy and Tofu package will require a special dietary request form from the doctor
- Children will receive fruit and vegetable checks for the amount of \$6.00
- Whole grains

20

## Standard Child (Greater than 24 months)

- Standard Child Lower Fat Milk
- No cheese package available
- Addition of Soy and Tofu package
- Soy and Tofu package will require a special dietary request form from the doctor
- Children will receive fruit and vegetable checks for the amount of \$6.00
- Whole grains

**For a child to receive soy and tofu they must have a "Special Dietary Request Form" from a doctor.**

What are your questions or comments?

**Next slide**

## Activity #5



Decoder Activity

Child Scenarios



Families grow healthy with WIC

### Let's review some child scenarios

Using your Food Package Descriptions job aid and/or your Food Package Decoder, determine what food package each participant would receive and answer the following questions.

1. Andrew Nguyen is 2 years old. His mother states that Andrew has been drinking low lactose milk and loves it.

Which food package would Andrew receive? Answer: \_\_\_ \_\_\_ \_\_\_ \_\_\_

Answer: **CP4L Does he need a Special Dietary Form? No**

2. Martha Jones brought her 3 year old daughter Kianna into the WIC site today. Kianna is a healthy child with, normal height and weight. Kianna does not like cheese.

Which food package would Kianna receive? Answer: \_\_\_ \_\_\_ \_\_\_ \_\_\_

Answer **CP4X**

3. Ms. Taylor comes in today with her daughter Matilda. Matilda's 2<sup>nd</sup> birthday is today. Matilda has a special dietary request form from her doctor requesting she receives soy milk because of digestion problems with milk.

Which food package would Matilda receive? Answer: \_ \_ \_ \_  
Answer **CP4S**

4. Keishari Parker is 18 months old and is lactose intolerant.

Which food package would Keishari receive? Answer: \_ \_ \_ \_  
Answer **CT4L**

What are your questions or comments?

*\* Break \* ????*

### Activity #6 "It's All Greek to Me"

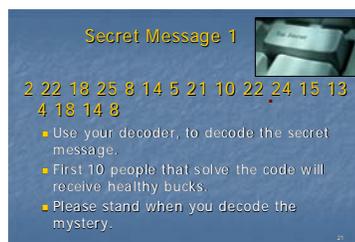
Using Handouts #14, Secret Messages, located in your Top Secret envelope, arrange the 6 Greek alphabet symbols in the correct order.

The table that completes the task first correctly will receive mystery bucks

Answer: Beta (B), Delta ( ), Mu (M), Pi ( ) Phi ( ) Psi ( ).

Then decode the three Secret Messages with Your puzzle decoder. It will be given out after break.

Go to slide



Secret Message 1

2	22	18	25	8	14	5	21	10	22	24	15	13
4	18	14	8									

- Use your decoder, to decode the secret message.
- First 10 people that solve the code will receive healthy bucks.
- Please stand when you decode the mystery.

Now, let's look at:

**STANDARD PREGNANT PACKAGES**

A pregnant mom carrying a single pregnancy will receive the default package PS5

Using your "California Food Packages Descriptions" job aid. Look at the foods that are offered for the pregnant woman.

Show slide



The slide features the WIC logo on the left. The title is "Standard Pregnant PS5 and options". A bulleted list is centered on the slide. To the right of the list is a small photo of a pregnant woman. At the bottom right is a small graphic of a carrot. A green banner at the bottom contains the text "Families grow healthy with WIC".

- Standard Pregnant food package
- Moms will receive \$10.00 fruit and vegetable checks
- Soy and Tofu packages
- Tofu and Milk packages
- Whole grains
- Moms are not required to have a special dietary request to receive soy packages
- No cheese package available

**(PS5)**

- Standard Pregnant food packages
- Moms will receive \$10.00 fruit and vegetable checks
- Soy and Tofu packages available
- Tofu and Milk packages available
- Whole grains
- Moms are not required to have a special dietary request form to receive soy packages
- No cheese package available

Read the box below:

The WIC foods are new and improved for pregnant moms. They help women meet today's nutritional needs as recommended by health care providers during pregnancy.

Turn to the Standard Pregnant with Multiples "PM7" in the "California Food Package Descriptions" job aid.

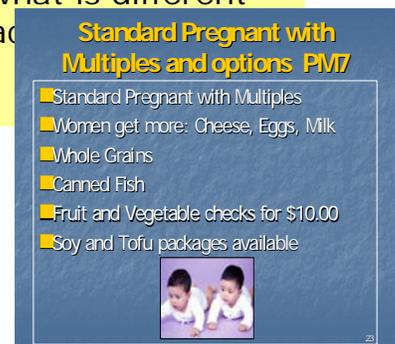
Read the following:

A woman who is pregnant with multiples (twins, triplets +) will receive a default package of "PM7." The PM7 food package will be the default package that is displayed when a woman is in the P (pregnant) category, and has a Y (Yes) as the response to the health question "Are you pregnant with twins/triplets?"

Turn to your neighbor and discuss what is new and what is different about the Standard Pregnant with Multiples (PM7) Package and the other options available.

Then, go to slide

**(PM7)**



The slide has a blue background with a list of items. At the bottom is a small photo of two children. A small number '23' is in the bottom right corner.

- Standard Pregnant with Multiples
- Women get more: Cheese, Eggs, Milk
- Whole Grains
- Canned Fish
- Fruit and Vegetable checks for \$10.00
- Soy and Tofu packages available

- Standard Pregnant with Multiples
- Women get more: Cheese, Eggs, Milk
- Whole Grains
- Canned Fish
- Fruit and Vegetable checks for \$10.00
- Soy and Tofu packages are available

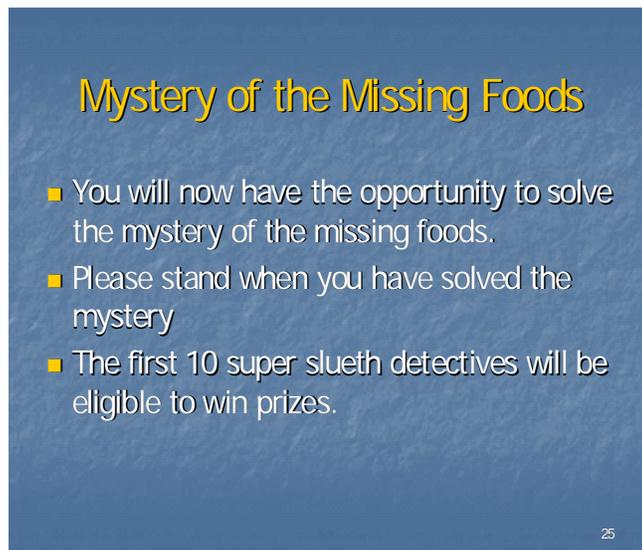
What are your questions or comments?

### Activity #7

Using your **“What Food is Missing Handout”** (Page 15) envelope, solve the mystery of the missing food?

**Go to next slide**

- You may use any materials that you have received during the training.
- You can work alone or in teams.
- Please stand when you have solved the mystery
- **Mystery Bucks may be rewarded for correct answers.**



**Mystery of the Missing Foods**

- You will now have the opportunity to solve the mystery of the missing foods.
- Please stand when you have solved the mystery
- The first 10 super sleuth detectives will be eligible to win prizes.

25

What are your questions or comments?

## Read the box below:

The rest of this training will focus on the new food packages for women and infant. We will cover the fully breastfeeding, mostly breastfeeding, some breastfeeding and the non- breastfeeding woman and infant. We will discuss the food packages women and infants will receive from birth through 12 months of age. We will begin with the women first.

Breastfeeding is best for both the infant and mom and WIC's new food packages provide incentives to breastfeed. The first 30 days of breastfeeding are the most important because this is the time when:

- Mom and infant bond
- Woman's milk supply is established
- Infant learns to nurse well

Using your "California Food Packages Descriptions" job aid. Let's look at what the incentives offered for fully breastfeeding women.

Turn to your neighbor and discuss what is new and what is different about the Standard Fully Breastfeeding "BE7" package

### Go to slide:



**BE7**  
(Fully breastfeeding)

- Standard Fully Breastfeeding
- More: Cheese, Eggs, Milk
- Whole Grains
- Canned Fish
- Soy and Tofu packages available
- Fruit and Vegetable checks for \$10.00
- No Cheese package - unavailable



### Standard Fully Breastfeeding "BE7"

- Standard Fully Breastfeeding
- Women get more: Cheese, Eggs, Milk
- Whole Grains
- Canned Fish
- Fruit and Vegetable checks for \$10.00
- Soy and Tofu packages available
- No cheese package not an option

## Standard Fully Breastfeeding Multiples “BM8”

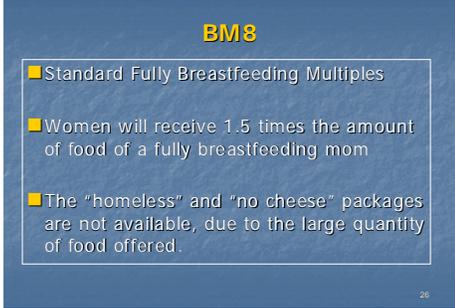
Turn to your job aid to the Standard Fully Breastfeeding Multiples.

Turn to your neighbor and discuss what is new and what is different about the Standard Fully Breastfeeding Multiples “BM8” package

Go to slide

- A woman who is breastfeeding multiples fully will receive the “BM8” package. This woman will receive more milk, cheese, juice, fruits and vegetables, whole grains, dry beans, and canned fish than a fully breastfeeding woman of a single baby (BE7). A soy and tofu package is also available for these women. The quantity of food issued over two months of time will average out to the full compliment of food allowed for this woman. She will receive 1.5 times more food than the fully breastfeeding woman.

### BM8



**BM8**

- Standard Fully Breastfeeding Multiples
- Women will receive 1.5 times the amount of food of a fully breastfeeding mom
- The “homeless” and “no cheese” packages are not available, due to the large quantity of food offered.

26

- Standard Fully Breastfeeding Multiples
- Moms will receive 1.5 times the amount of food of a fully breastfeeding mom
- The “homeless” and “no cheese” packages are not available, due to the large quantity of food offered.

Turn to your job aid to the Standard Breastfeeding Multiples Combo “BM7.” Turn to your neighbor and discuss what is new and what is different about the Standard Breastfeeding Multiples Combo “BM7” package

Go to slide:



**BM7**

- Standard Breastfeeding Multiples Combo
- For women with twins, triplets, or more...
- Soy and Tofu packages available
- No cheese package is not available for a choice

## BM7

- Standard Breastfeeding Multiples Combo
- For women with twins, triplets, or more...
- Soy and Tofu packages available
- “No cheese package” is not available for a choice.

When a woman delivers twins, or more, and is combo breastfeeding the infants, the mom will receive a default package **BM7**.

What are your questions or comments?

## Standard Combo Mostly Breastfeeding “BC5”

Turn to your job aid to the Standard Combo Mostly Breastfeeding single births “BC5” Turn to your neighbor and discuss what is **new** and **what** is different about the Standard Combo Mostly Breastfeeding “BC5” package

Go to slide



### BC5 (mostly breastfeeding)

- Standard Combo Mostly Breastfeeding single births
- Mom requests less than half of the amount of formula in a full formula package
- New packages are: No cheese, Soy and Tofu, and Tofu and Milk
- Moms will receive less milk and eggs, than a fully breastfeeding mom
- No canned fish for mostly breastfeeding moms



Families grow healthy with WIC

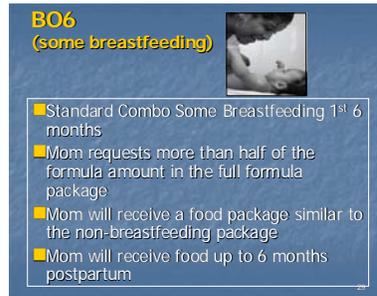
## BC5

- Standard Combo Mostly Breastfeeding
- Mom requests less than half of the amount of formula in a full formula package
- New packages are: No cheese, Soy and Tofu, and Tofu and Milk
- Moms will receive less milk, eggs, than a fully breastfeeding woman
- No canned fish for mostly breastfeeding women
- **They will also receive:**
  - Breastfeeding support
  - Nutrition education
  - Food up to 1 year postpartum

## Standard Combo Some Breastfeeding "BO6" 1st 6 months

Turn to your job aid to the Standard Combo Some Breastfeeding "BO6." Turn to your neighbor and discuss what is **new** and what is **different** about the Standard Combo Some Breastfeeding "BO6" package

**Go to slide**



### **BO6**

- Standard Combo Some Breastfeeding 1st 6 months
- Mom requests more than half of the amount of formula in a full formula package
- Mom will receive a food package similar to the non-breastfeeding package
- Mom will receive food up to 6 months postpartum

A breastfeeding woman, whose baby receives more than half of the amount of formula in a full formula package Example: receives maximum formula, should be given the "BO6" package.

USDA defines breastfeeding as, "the practice of feeding a mother's breast milk to her infant on the average at least once per day. "Therefore, breastfeeding once a day is considered breastfeeding. These moms will be considered **Some** breastfeeding and will also receive:

- Foods for 6 months
- Breastfeeding support
- Nutrition education for the entire 1 year postpartum

## Standard Combo Some Breastfeeding "BO6N" 2<sup>nd</sup> 6 months- No Checks

Turn to your job aid to the Standard Combo Some Breastfeeding "BO6N." Turn to your neighbor and discuss what is **new** and what is **different** about the Standard Combo Some Breastfeeding "BO6N" package

**Go to slide**

**BO6N**  
(some breastfeeding during the second 6 months)

- Standard Combo Some Breastfeeding 2<sup>nd</sup> 6 months "No Checks"---"No Food"
- Mom requests more than half of the amount of formula of a fully formula fed infant
- Mom will be counted as breastfeeding for participation
- Moms will continue to receive breastfeeding support and nutrition education

## BO6N

- Standard Combo Some Breastfeeding 2<sup>nd</sup> 6 months **"No Checks"**
- Breastfeeding combo mom whose infant is greater than 6 months old and receives more than half of the amount of formula of a fully formula fed infant
- **Mom receives "No Food"**
- Mom will be counted as breastfeeding for participation
- Moms will continue to receive breastfeeding support and nutrition education

What are your questions or comments?

## Activity #8

- Using the handout page 16 Bonus Message, figure out what form the pictures suggests.
- You have 3 minutes.

## Activity #9:

Go to slide



### Breastfeeding Scenarios

- Take a few minutes to solve the breastfeeding scenarios



Families grow healthy with WIC

Let's review some Breastfeeding Scenarios

Using your CA. Food Package Descriptions Job Aid and your decoders, determine what food package each participant would receive and answer the following questions.

- Maria Best just delivered healthy twins girls and she is fully breastfeeding.

Which food package would Maria receive?

Answer: \_\_\_ \_\_\_ \_\_\_

**(BM8)**

- Sherry has been fully breastfeeding her son Michael but is going back to school and wants to start getting formula. She still wants to mostly breastfeed.

Which food package would Sherry receive?

Answer: \_\_\_ \_\_\_     **(BC5)**

- Sheila tells you that she is fully breastfeeding her 10 month old daughter.  
She reports that she prefers soy milk.

Which food package would Sheila receive?

Answer: \_\_\_ \_\_\_ \_\_\_ \_\_\_ **(BE7S)**

What are your questions or comments?

## Standard Non-Breastfeeding "NS6"

**Turn to your job aid to the Standard Combo Some Breastfeeding "NS6." Turn to your neighbor and discuss what is new and what is different about the Standard Non-Breastfeeding "NS6" package**

**Go to slide**

### **NS6** (non-breastfeeding)



- Standard Non-Breastfeeding
- Mom will receive foods and nutrition education until 6 months postpartum
- There are three new food packages:  
No cheese, Milk; Soy and Tofu; and Tofu and Milk
- Non-Breastfeeding moms can receive beans or peanut butter

## NS6

- Standard Non-Breastfeeding
- Mom will receive foods and nutrition education until 6 months postpartum
- There are three new food packages
- No cheese, Milk; Soy and Tofu; and Tofu and Milk
- Non-Breastfeeding moms can receive beans or peanut butter

## Activity #10

Go to slide



### Non-Breastfeeding Scenarios

- Take a few moments to complete the 3 non-breastfeeding scenarios



Families grow healthy with WIC

### Scenarios for Non-Breastfeeding mom

- Emily Chang has a daughter Grace who is 3 months old. Emily does not breastfeed Grace at all and tells you that she doesn't eat cheese but enjoys tofu. She still drinks milk often.

Which food package would Emily receive?

Answer: \_\_\_ \_\_\_ \_\_\_ \_\_\_ **(NS6T)**

- Tina's infant is 10 months old and she is not doing any breastfeeding.

Which food package would Tina receive?

Answer: \_\_\_ \_\_\_ \_\_\_ \_\_\_ **(None)**

- Marjory is 18 years old and is a non-breastfeeding mom with a newborn baby. She tells you that she doesn't drink milk because it makes her stomach feel uncomfortable after drinking it.

Which food package would Marjory receive?

Answer: \_\_\_ \_\_\_ \_\_\_ \_\_\_ **(NS6L) or (NS6S)**

What are your questions or comments?

## **Activity #11**

### **Advertising Hidden Code:**

The next activity will be a little tricky in that you will have to do 2 things! Find the table tent that has the letter "B", "C", or "P" on your table. These of course stand for breastfeeding, child, and, pregnant. As a table group pick one food package from this category. Now imagine you're a spy trying to pass along a secret message in an advertisement. So first use your markers and flip chart paper to design an advertisement that will promote this package. Be creative about what makes this package attractive. The second part of this activity is that somewhere in the advertisement you hide the code for your food package. You will have 6 minutes to complete this activity. Be creative and have fun!

Tables will share advertisements with the large group.

## **Activity #12**

**Using the handout on Page 17, Food Package Participant Category, take a few minutes to look over the handout and discuss with your team what you find that is interesting or helpful. We will share as a large group.**

**Go to next slide**



**Food Package Descriptions**

- Pull out you food package handout the picture of the mom breastfeeding her baby.
- Review the handout with your table group and write down what you found interesting or helpful.
- We will share in a large group

32

**This is another tool to view the infant, breastfeeding, and non-breastfeeding packages**

**Next we will review the Infant Food Packages: (Each package has a slide to match it)**

The new prescription age break in ISIS for fully breastfeeding infants will be 0-5 months and 6-11 months.



### Infant Fully Breastfed "IB1" 0-5 months

Infants that are fully breastfed will receive a default package "IB1" No Checks. **0-5 months.**

#### **IB1**

- Infant Fully Breastfed 0-5 months
- No checks

### Infant Fully Breastfed, Infant Food + Meat "IB2" 6-11 months

#### **IB2**



- Infant Fully Breastfed, Infant Food + Meat 6-11 months
- Infant Cereal
- Infant Fruits and Vegetables
- Infant Meat

## Infant Combination Breastfeeding and Formula feeding: MOSTLY

### Infants Mostly Breastfeeding 1-3 months "IC1

**IC1**

- Infants Mostly Breastfeeding 1-3 months
- Infant receives less than half the formula that a fully formula fed infant receives



35

- Infants Mostly Breastfeeding 1-3 months
- Infant receives less than half the formula that a fully formula fed infant receives

**ICQ**

**ICQ**

- Infants mostly breastfeeding 4-5 months
- Infant receives less than half the formula that a fully formula fed infant receives



36

- Infants Mostly Breastfeeding 4-5 months
- Infant receives less than half the formula that a fully formula fed infant receives

## Infant Mostly Breastfeeding + Infant Food 6-11 months "IC2"

**IC2**

- Infant Mostly Breastfeeding + Infant Food 6-11 months
- Infants that are 6-11 months old and are combo mostly breastfeeding will receive this food package
- Infant Cereal
- Infant Fruits and Vegetables



- Infant Mostly Breastfeeding + Infant Food 6-11 months
- Infants that are 6-11 months old and are combo mostly breastfeeding will receive this food package
- Infant Cereal
- Infant Fruits and Vegetables

## SOME Infant Some Breastfeeding 1-3 months "IO1"

**IO1**

- Infant Some Breastfeeding 1-3 months
- Infants receiving formula for more than half of the formula amount that a fully formula fed infant receives



**IO1**

**Recall what the O stands for? Some breast feeding at least once a day.**

- Infant Some Breastfeeding 1-5 months
- Infants receiving formula for more than half of the formula amount that a fully formula fed infant receives



**IOQ**

- Infants Some Breastfeeding 4-5 months
- Infants receiving formula for more than half of the formula amount that a fully formula fed infant receives.

39

**IOQ**

- Infants Some Breastfeeding 4-5 months
- Infants receiving formula for more than half of the formula amount that a fully formula fed infant receives

**Infant Some Breastfeeding + Infant Food 6-11 months**

**"IO2"**

**IO2**

- Infant Some Breastfeeding + Infant Food 6-11 months
- Infants receiving more than half of the formula amount of a fully formula fed infant
- Infant Cereal
- Infant Fruits and Vegetables



40

**IO2**

- Infant Some Breastfeeding + Infant Food 6-11 months
- Infants receiving formula for more than half of the formula amount of a fully formula fed infant
- Infant Cereal
- Infant Fruits and Vegetables

## INFANT FORMULA FED

**IF1**

- Infant Formula Fed 0-3 months, Contract Formula
- Formula Fed infants will receive this package



41

### IF1

- Infant Formula Fed 0-3 months, Contract Formula
- Formula Fed infants will receive this package

**IFQ**

**IFQ**

- Infant Formula Fed 4-5 months, Contract Formula
- Formula Fed infants will receive this package



42

- Infant Formula Fed 4-5 months , Contract Formula
- Formula Fed infants will receive this package

## Infant Formula Fed + Infant food + Contract Formula 6-11 mo. "IF2 IF2



- Infant Formula Fed + Infant Food + Contract formula 6-11 months old
- Infant Cereal
- Infant Fruits and Vegetable

What are your questions or comments?

## Activity #13

Using the handout on page 18, ISIS contract Formula Tables, take a few minute to look over the handout and discuss with your team how you might use this tool at your work site.

**This a tool you can use to calculate the amount of formula an infant can receive.**

What are your questions or comments?

**Go to slide: Let's review infant scenarios:**



**Infant Scenarios**

- Take a few moments to solve the mystery of the infant scenarios.



Families grow healthy with WIC

**Activity #14**

- Jesus Jimenez is 3 months old. His mother has stopped breastfeeding completely.

Which food package would Jesus receive?

Answer:                **(IF1)**

- How many cans of powdered formula will he receive?

Answer:            **(9 cans)**

- Bui Nguyen is 7 months old. Bui's mother Tang, mostly breastfeeds Bui and also gives him contract formula 2 times a day

Which food package would Bui receive?

Answer:                **(IC2)**

How many cans of concentrate formula will he receive?

Answer: **(1-12 cans)**

- Keisha Johnson tells you that although she still breastfeeds once at night she needs the most formula you can give for her 5 month old son Kevin.

What package would Kevin receive?

Answer: **\_\_\_ \_\_ \_ (10Q)**

How many cans of powdered formula would he receive?

Answer: **\_\_\_\_\_ (6-10 cans)**

What are your questions or comments?

## **Activity #15**

**Using the handout on page 19, Scavenger Hunt, work as a table or small group to answer the questions.**

**You may use any of your handouts or job aids to find the correct answers.**

**You will have 8 minutes.**



**Scavenger Hunt**

- As table group answer the questions to the Scavenger Hunt using your Job Aids or any handouts you have.
- The first table that completes the hunt and has all the correct answers will receive healthy bucks, that are good for chances to win prizes.
- Please stand when you have completed the worksheet.

44

(Other Optional Activity)

Next is an optional activity if there is time. Have staff go around the table and see if they can give the name of the food package.

Have staff go around their table and see " " .

- BO6N
- BM7L
- PS5S
- CT4W
- CP4X
- NS6T
- BM8
- BE7H
- IC1
- IO3P
- IB2
- PB7



What are your questions?



46

**Summary:** We will now view a video “Wake the Dream” made by the Chickasaw Nation WIC Program. It explains why we do, what we do, at WIC.

The link to the video is <http://www.wakethedream.com>

## **Evaluation**

Please fill out both sides of the evaluation. Your feedback is valuable gift for our staff and trainers.

Thank-you