



## The Mystery of the New WIC Food Package



### Activity #1: Looking for Changes

#### Directions:

Pick a food related name for your table mates. Place the name on the table tents provided. Choose a recorder to introduce your team.

Every table will have the opportunity to introduce their team name.

After introductions, using **Handout #10, Looking for Changes**, located in your “Top Secret” envelope. Working as a team, have your recorder write as many food changes that your team can recall from this morning.

Take about 3 minutes.

We will hear from a few teams.

### Activity #2: Block Quilt

#### Directions:

Using **Handout #11, The Block Quilt**, located in your binder, take 2 minutes to review the codes on the quilt and identify what is familiar to you.

### Activity #3: Food Package Decoder

#### Directions:

Using **Handout #12, Food Package Decoder**, located in your binder, 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.

## Activity #4: Using Your Decoder

For the remainder of this training, you will be using the **California Food Package Descriptions Job Aid**, which we will explain in detail.

### Directions:

Using **Handout #13, California Food Package Descriptions Job Aid**, located in your binder, and your Food Package Decoder, let's practice using the decoder. Read the following scenarios and determine which food package each participant would receive.

### Example

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: \_\_\_\_\_ Does she need a prescription from her doctor?

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

Which food package would Brandon receive?

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

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: \_\_\_\_\_

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: \_\_\_\_\_

### Fill in the blanks:

1. Letter S is the 2<sup>nd</sup> space = \_\_\_\_\_
2. Letter S is the 4<sup>th</sup> space = \_\_\_\_\_
3. T = \_\_\_\_\_ and \_\_\_\_\_
4. 0 = \_\_\_\_\_

## Activity #5: Using Your Decoder – Child Scenarios

### Directions:

#### Let's review some child scenarios

Using your **California Food Package Descriptions Job Aid** and/or your **Food Package Decoder**, located in your binder, determine what food package each participant would receive and answer the following questions:

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

Which food package would Andrew receive?

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

#### Does he need a Special Dietary Request Form?

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: \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_

3. Ms. Taylor come sin 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 if digestion problems.

Which food package would Matilda receive?

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

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

Which food package would Keishari receive?

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

## Activity #6: Secret Messages "It's All Greek to Me"

### Directions:

(Caution: only complete after break). Using **Handouts #14, Secret Messages**, located in your "Top Secret" envelope, arrange the six Greek alphabet symbols in the correct order. The table that completes this task first will receive mystery bucks. Symbols are: Phi, Delta, Psi, Mu, Beta, and Pi.

Next use your decoder puzzle, located in your "Top Secret" envelop to decipher the 3 secret messages. You will have 3 minutes.

### Activity #7: What's Missing?

**Directions:**

Using **Handout #15, What's Missing**, located in your "Top Secret" envelope, use your **California Food Package Descriptions Job Aid** to find what foods are missing in the food packages.

You will have 3 minutes.

### Activity #8: Bonus Message

**Directions:**

Using **Handout #16, Bonus Message**, located in your "Top Secret" envelope, figure out what form the pictures suggests.

You will have 3 minutes.

### Activity #9: Using Your Decoder – Breastfeeding Scenarios

**Directions:**

**Let's review some breastfeeding scenarios**

Using the **California Food Package Descriptions Job Aid** and/or your **Food Package Decoder**, located in your binder, determine what food package each participant would receive and answer the following three questions:

1. Maria Best just delivered healthy twin girls and she is fully breastfeeding.

What food package would Maria receive?

Answer: \_\_\_\_

2. 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.

What food package would Sherry receive?

Answer: \_\_\_\_

3. 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: \_\_\_\_

## Activity #10: Using Your Decoder – Non-Breastfeeding Scenarios

### Directions:

#### Let's review some non-breastfeeding scenarios

Using your **California Food Package Descriptions Job Aid** and/or your **Food Package Decoder**, located in your binder, determine what food package each participant would receive and answer the following questions:

### Scenarios for Non-Breastfeeding moms

1. 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 milks often.

Which food package would Emily receive?

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

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

Which food package would Tina receive?

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

3. 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?

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

## Activity #11: Advertising Hidden Code

### Directions:

Now 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!

## Activity #12: Food Package Participant Category

### Directions:

Using **Handout #17, Food Package Participant Category**, located in your binder, take a few minutes to look over the handout and discuss with your team what you find that is interesting or helpful. This handout is an abbreviated version of the default packages listed in the **California Food Package Description Job Aid**.

You will have a few minutes to review the handouts.

## Activity #13: ISIS Contract Formula Tables

### Directions:

Using **Handout #18, ISIS Contract Formula Tables**, located in your binder, take a few minutes to look over the handout and discuss with your team how you might use this at your work site.

You will have 8 minutes.

## Activity #14: Infant Scenarios

### Directions:

#### Let's review some infant scenarios

Using your **California Food Package Descriptions Job Aid** and/or your **Food Package Decoder**, located in your binder, determine what food package each participant would receive and answer the following questions:

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

Which food package would Jesus receive?

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

How many cans of powdered formula will he receive?

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

2. 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: \_\_\_\_ \_

How many cans of concentrate could Bui receive?

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

### Activity #14: Infant Scenarios (cont)

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

What package would Kevin receive?

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

How many cans of powdered formula?

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

### Activity #15: Scavenger Hunt

**Directions:**

Using **Handout #19, Scavenger Hunt**, located in your “Top Secret” envelope, work as a table or small group to answer questions.

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

You will have 8 minutes.