

Session 1:  
Let's Get Started -  
Orientation and Overview  
*HANDOUT PACKET*



**New Employee and WNA Training**

# Agenda

## **NEWT (*New Employees and WNA Training*) Session 1: Let's Get Started: Orientation and Overview**

**DATE:** \_\_\_\_\_ **8:45-12:00**

Welcome and overview of the session

WIC Goes Platinum

Local agencies, the State and USDA

4 basic services and 5 categories

WIC goals and successes/the dinner party speech!

Meet the WIC families – Guillermo and Shamice

4 eligibility criteria

Your turn: practice determining eligibility

Summary

Your future successes

## **My Telebuddy**

**Name** \_\_\_\_\_ **Phone Number** \_\_\_\_\_

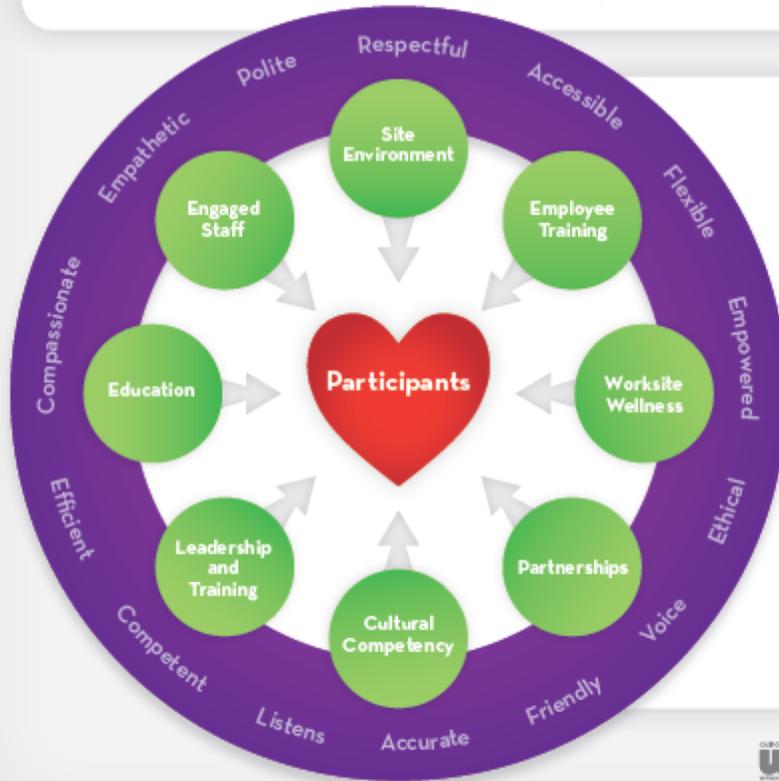
**Emergency Numbers:**

**Lucky: 916 928-8567  
David: 916 928-8826  
Dean: 916 928-8574**



**Platinum WIC**  
Participant Centered Services

The California WIC Participant Centered Services Approach puts the WIC family at the center of everything we do and focuses on the strengths of participants, employees and community.



### Essential Components

- Building strong leadership at all levels
- Creating participant-friendly processes
- Establishing exceptional customer service
- Committing to employee development practices
- Providing outstanding breastfeeding support
- Maintaining inviting site environment
- Offering quality education
- Fostering effective partnerships
- Gathering continuous input from participants and employees



California WIC Program, California Department of Public Health  
This institution is an equal opportunity provider.

## WIC GOALS and SUCCESSES

### WIC GOALS



Improve birth outcomes and savings in health care costs

Promote breastfeeding as the optimal way to feed infants for at least one year



Encourage healthy diets

Improve child school readiness



Encourage families to exercise at least 3-4 times a week

### WIC SUCCESSES

1. Fewer premature births and lower incidence of low birth infants

*Neonatal Intensive Care Unit*



2. Breastfeeding duration rates have increased



3. Families have increased fruit and vegetable consumption because of new food check



4. WIC significantly improves children diets



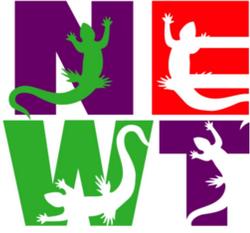
5. Children receiving WIC benefits show improved intellectual development in school



6. For every dollar spent, WIC has show to save up to \$3.00 dollars in medical costs



Session 1



**NEWT NOTES**  
**WIC Goes Platinum**  
**Local Agencies, the State**  
**and USDA,**  
**Goals and Successes**

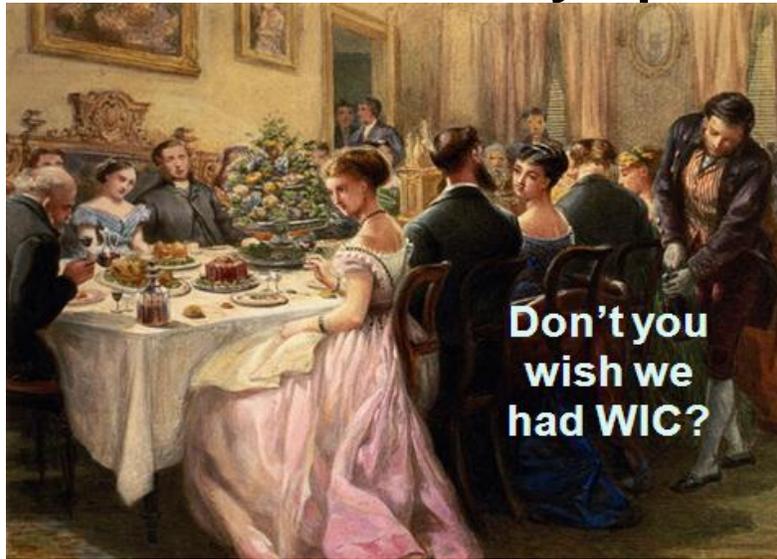
# Category Descriptions

Category	Description
<p><b>Pregnant P</b></p>	<p>A woman who is pregnant</p> 
<p><b>Breastfeeding B</b></p>	<p>A woman who is breastfeeding her infant up to 1 year after the infant's birth</p> 
<p><b>Non-breastfeeding N</b></p>	<p>A woman who is not breastfeeding for up to 6 months after the end of her pregnancy</p> 
<p><b>Infant I</b></p>	<p>A person under 1 year old</p> 
<p><b>Child C</b></p>	<p>A person between 1 and 5 years old</p> 

## WIC Services

 <p><b>Nutritious Supplemental Foods</b></p>	 <p><b>Breastfeeding Support</b></p>	 <p><b>Nutrition Education</b></p>	 <p><b>Referrals</b></p>
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## Create a Dinner Party Speech



**What is WIC?**

**Who WIC serves?**

**4 Basic WIC Services:**

**At least 3 WIC successes:**

Session 1



# **NEWT NOTES**

## **Eligibility Criteria**

### **Other**

## Identify the Risk

Indicate which category each risk is from by writing the appropriate letter next to it.

A=Anthropometric (Body measurement)

B= Biochemical (Blood work)

C= Clinical (Medical, social, or environmental conditions)

D= Dietary (Food and Drink)

Enter A, B, C, or D	Indicator of Nutrition Need
	Underweight
	Tuberculosis
	Anemia (low blood iron)
	Heart Disease
	Food allergy
	Smoker inside the home
	Low birth weight
	High level of lead in the blood
	Sugary drinks offered in the bottle
	Child eating no vegetables
	Diabetes
	Craving for dirt

# Practice Determining WIC Eligibility

**Do these families meet the four eligibility criteria for WIC?**

**1. Category:**

- For each member of the family, decide if they are in a category served by WIC.
- If they are, note which one in the category column.
- **P**=pregnant, **B**=Breastfeeding, **N**=Non-breastfeeding, **C**=child, **I**=infant, **N/A** = Not Eligible

**2. Residence:** If there is at least one person in a category served by WIC, check to see if the family meets the residence requirement. How do you know if they meet the requirement or not?

**3. Income:** If they meet the residence requirement, check to see if they meet the income requirement by answering the following two questions:

- How many in the family?
- What is the maximum income they can make and still qualify for WIC?  
Use the WIC Income Guideline table.

**4. Nutrition need:** If they meet the income requirement, list the nutritional need, if any, for each person in the family.

Session 1

**Julia**, 25 years old, has two kids and is pregnant with her third. She has severe nausea and is losing weight. Abram is 2 years old and has asthma. Aidan is 4 years old. He used to eat whatever Julia served him, but recently he's been refusing to eat vegetables. They live in Redding CA along with Dad. Mom stays home, but Dad is working in construction, making \$3,800 per month.

Name	Category P, B, N, C, I	Residence Y/N	Income Y/N	Nutrition Need	Eligible? Y/N	
Julia			# in family: _____			
Abram						
Aidan						
Dad	N/A			Max income: \$_____		

**Ivan** is a single dad taking care of his 3 yr old son, Aleks, and his 7 year old daughter, Katya. Aleks was born with a heart murmur and is still being observed by his doctor. Katya is very nearsighted. Dad's sister, Dina, lives with them and takes care of the kids while he works. They live in Fresno, CA, and make \$900 per month.

Name	Category P, B, N, C, I	Residence Y/N	Income Y/N	Nutrition Need	Eligible? Y/N	
Ivan	N/A		# in family: _____			
Aleks						
Katya				Max income: \$_____		
Dina						

**P**=pregnant, **B**=Breastfeeding, **N**=Non-breastfeeding, **C**=child, **I**=infant  
N/A = Not Applicable

Session 1

**Lamara** is a single mom, 40 years old. She is fully breastfeeding her first child, Angela, who is now 5 months old. She lives in Reno, NV, where her parents are supporting her until she can go back to work. She is in California for two weeks to visit old friends. They told her about WIC and she is excited about applying. She had a difficult pregnancy and is still anemic.

Name	Category P, B, N, C, I	Residence Y/N	Income Y/N	Nutrition Need	Eligible? Y/N
Lamara			# in family: _____		
Angela					
				Max income:	
				\$ _____	

**Rosemary**, 26 years old, is the mom of Guadalupe and Gabriella, her 6-year-old twins. Dad is unemployed. They live in San Diego, CA and receive \$1,200 per month from CalWorks. Rosemary is pregnant and has just found out she has gestational diabetes.

Name	Category P, B, N, C, I	Residence Y/N	Income Y/N	Nutrition Need	Eligible? Y/N
Rosemary			# in family: _____		
Guadalupe					
Gabriella					
Dad	N/A			Max income:	
				\$ _____	

**P**=pregnant, **B**=Breastfeeding, **N**=Non-breastfeeding, **C**=child, **I**=infant  
N/A = Not Applicable

# Summary

## How WIC Supports Our Families



### WIC Goes Platinum



### WIC Goals



### The Four Basic WIC Services



### WIC Success



### Category



### 4 Eligibility Criteria



### Income



### Nutrition Need

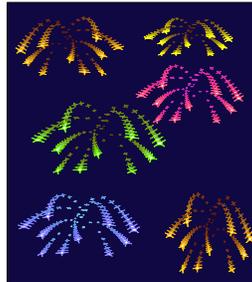


# Review and Future Success

## 1) Review

Review the handout with today's summary. If your boss asks you what you learned today, what would you say?

## 2) Your Successes!



Imagine it's a year from now and you are invited back to the same dinner party we talked about earlier. Now you have successfully completed the WNA certification process, or are another WIC staff who has made it through your first year.

What are you able to do now that you couldn't do before?

What have been some of the barriers you've overcome?

# WIC Income Guideline Table

185% Federal Poverty Level

Effective April 1, 2012 - June 30, 2013

Gross Income						
Number of persons in Family Unit **	Annual	Monthly	Twice Monthly	Bi-Weekly	Weekly	Hourly*
1	\$20,676	\$1,723	\$862	\$795	\$398	\$9.94
2	\$27,996	\$2,333	\$1,167	\$1,077	\$538	\$13.46
3	\$35,328	\$2,944	\$1,472	\$1,359	\$679	\$16.98
4	\$42,648	\$3,554	\$1,777	\$1,641	\$820	\$20.50
5	\$49,980	\$4,165	\$2,083	\$1,923	\$961	\$24.03
6	\$57,300	\$4,775	\$2,388	\$2,204	\$1,102	\$27.55
7	\$64,632	\$5,386	\$2,693	\$2,486	\$1,243	\$31.07
8	\$71,952	\$5,996	\$2,998	\$2,768	\$1,384	\$34.59
8+ Description	\$7,332 per added family member	\$611 per added family member	\$305 per added family member	\$282 per added family member	\$141 per added family member	\$3.52 per added family member

\*Note: Decimals are rounded up to the nearest dollar/cent.

\*\*Note: Unborn children should be counted in family total. *Example: Pregnant woman with a single unborn child should be counted as two (2) in family unit. Pregnant woman with two unborn children (twins) should be counted as three (3).*