



How wichealth Has Changed the Way I Parent

I am a creative writer at wichealth.org, which means that I spend my time researching, writing, designing, and building food lessons. All day long, I work with lessons addressing choosy eating habits, preparing fun and creative snacks, and introducing more vegetables and fruits into my family's meals. The result of all this is that when I prepare food for my own family, I now have an arsenal of knowledge and skills that I never knew I was lacking.

Take the food groups, for example. I had learned about food groups as a concept in elementary school. But beyond urging my 6-year-old twins to eat more protein, I hadn't thought much about them. Working through wichealth lessons allowed me to start thinking about food groups a lot more. I worked hard to provide my children with options from every food group. Then, I had an "a-ha" moment. Thanks to a wichealth lesson, I realized that not every food group had to be present in every meal. Instead, it could be spread out throughout the day. Just knowing this opened up a lot of doors for me.

Food groups are only the beginning. I always joke with my coworkers about how many whole grains my kids and I eat now (SO many!). If the first ingredient is only enriched wheat flour, I am not buying it! On

wichealth's advice, I'm also letting my kids pick a new fruit at the grocery store every week. Aprium, anyone? Pluot? Dragonfruit? We're on it!

Even though I am a beneficiary of the wichealth fountain of knowledge, put together by such a skillful team and reviewed by such a powerhouse of nutritionists and WIC professionals, I know it is not my experience that is most important. The families who participate in WIC are the ones we are thinking about day in and day out as we craft these lessons. If employees like me get to learn a bit too, and improve the health and nutrition of our own families, that is just a happy bonus.

-Katie Rottner, Creative Writer

NEW DATE ANNOUNCED

Webinar LINEUP

September 11
2:00 - 3:00 PM EST
Food Group Lessons Renewed!

We revised three lessons from top to bottom! Find out which lesson will be retired, which lesson is getting a new title, and which one has a new anticipatory guidance pathway. All lessons have new algorithms and customized resources. We can't wait to share all of the juicy details!

- *Be Healthy With Veggies and Fruits*
- *Build Strong Kids With Dairy Foods*
- *Go For Whole Grains!*

**To register,
click here.**



Baby's First Foods

An excerpt from our blog

"At around 6 months old,* babies are usually ready to start eating solid foods. These first foods will help them learn how to eat. Most of their nutrition will still come

BABY'S FIRST FOODS

WHAT FOODS
ARE ON

THE MENU →

AT 6 MONTHS?

- Breastmilk and/or formula
- Breastmilk or formula mixed with single grain rice or oatmeal baby cereal
- Pureed meats, fruits, and veggies

● *The point of first foods is practicing HOW to eat.*

● *She won't eat much at first. Most of the food will probably end up all over her.*

● *Try only ONE new food at a time, then wait a few days before trying another new one. This will help narrow down a food that may cause an allergy or intolerance.*

● *Most of baby's nutrition will still come from breast milk or infant formula.*

Before you begin, make sure your baby shows she is ready by sitting up without support while holding her head steady, showing interest in food, and being able to keep food in her mouth without her tongue pushing it out.

from breast milk or infant formula.

Start with one feeding a day when the baby is getting hungry but not unhappy. You can then add another meal over time. Soon, you can work your way to three meals a day. Remember to try only ONE new food at a time, then wait a few days before trying another new one. This will help narrow down food that may cause an allergy or intolerance.

* Each child will be ready for solid foods, and new textures, at their own pace. Add solid foods and new textures as your baby shows she is ready, not necessarily based on specific time frames. The foods listed in this resource are foods babies are typically ready for at around 6 months."

[To view the full blog click here.](#)

Be sure to share the blog with your clients. It can be found at www.wichealthblog.org.

WIC Photography



In January, we partnered with California WIC and [Nissa Brehmer](#), an incredible photographer who specializes in breastfeeding photography, to conduct photoshoots in WIC clinics. The images were created to capture the early days of breastfeeding. As a partner of wichealth you now have access to these images. To access custom photography:

wichealth.smugmug.com

Password: Wich3alth2019

Crediting isn't required, but is appreciated and allows wichealth to gain exposure.



Example:

Photo source: wichealth.org

In addition, the login for the photo service can be found on wichealthsupport.org under Resources.

Health eKitchen

August Update

We are in the dog days of summer. Preparing food has lost its appeal while our appetites are lacking because of the heat. **Health eKitchen** has perfect recipes for eating lighter or merely snacking. Think salads or easy prep snacks your kids will love! Check them out to help ease into the cooler days ahead when comfort food brings joy back into the kitchen. Here are a couple of our late summertime favorites:

[White Bean and Grape Salad](#) and [Super Fruit and Veggie Popsicles](#)



White Bean and Grape Salad

Such an easy dairy-free salad - even your kids can make it.

WIC 5 WIC INGREDIENTS

 BEGINNER

 PREP 10 MIN
COOK 0 MIN

PERFECT MATCH! INCLUDES YOUR: GRAPES



Super Fruit and Veggie Popsicles

Kale is a super food, and this snack hides all the green goodness!

WIC 4 WIC INGREDIENTS

 BEGINNER

 PREP 10 MIN
FREEZE 4 HR

PERFECT MATCH! INCLUDES YOUR: KALE



"Guide to Newborns for Expecting Parents" was released to our state partners in August. If your state is interested in adding the lessons, please email kimbra.quinn@wmich.edu.

Lessons Include:

- Preparing to Meet Your Newborn
- In the Hospital - The First 48 Hours
- Feeding Your Newborn
- Understanding Your Newborn: Sleeping, Crying, and Cues
- Getting the Support You Need for Your Baby's First Few Weeks

- Returning to Work or School

To view the lessons, login to wichealth.org:

username: wichealthdemo

password: Wich3alth!

To help you promote the lessons to your clients, wichealth created a promotional flyer. The flyer can be found by logging into wichealthsupport.org and clicking resources.

If you have questions, contact kimbra.quinn@wmich.edu.



Video Library Now Available



wichealth recently created a list of videos used in wichealth's newest series "A Guide to Newborns for Expecting Parents." Staff can use the video library to assist in group classes or one-on-one appointments.

To access the video library, click the image or login to wichealthsupport.org and click resources.



The Who, What and Why of wichealth.org

Dr. Robert Bensley, the founder of wichealth, shares the story of how wichealth began in "The Who - wichealth.org Through the Years."

[To watch this video or others first log in with your staff account to wichealthsupport.org, and then click here.](#)

HELP DESK STATISTICS

FIRST REPLY TIME

August	July
3.23 hours	2.42 Hours

SATISFACTION RATING

During the months of July and August, our help desk had a 100% satisfaction rating.

Our Helpdesk tracks the satisfaction of both WIC staff and clients after using our service.

"Issue was resolved same day...awesome. Thank you."
California

"The help desk took care of my login problem, updated my account, and I successfully completed my course this morning. Thank you for your speedy assistance."
Michigan

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