



WIC NEWS

Special Supplemental Nutrition Program
for Women, Infants, and Children

Note from the Director

As we come to the end of 2021 and begin to embark on a new year, I would like to express my sincere gratitude for all the hard work you have done. Your drive, tenacity, determination, and efforts have been exceptional! Your cooperation within the team has been truly outstanding, and together we have achieved first-class results and great success.

Thank you for the exemplary and dedicated service to the women, infants, and children that we serve throughout the state of Michigan.

I am excited to enter 2022 and look forward to what the future will hold for WIC as we continue to prioritize the needs of the families we serve.

Some major highlights of 2021:

- EBT conversion – October 16, 2021
- CVV/B increase implementation – October 1 – December 31, 2021
- WIC formula transition from Mead Johnson Enfamil products to Abbott Similac products – November 1, 2021

Nutrition Program and Evaluation (NPE)

- Successfully implemented external SharePoint for housing Management Evaluation information and sharing information between contractors and state staff.
- Completed Management Evaluations of over 20 local agencies.
- Trained over 2,500 participating WIC staff in WIC coursework.
- Hired and trained a new Consultant.
- Held a very successful annual WIC Coordinator Summit virtually on October 26-27, 2021.

Vendor Relations Unit

- Implemented electronic file storage system for all Vendor files (FileNet).
- Restructured and updated all Vendor Policies (can be found on Vendor website).
- Redesigned the Vendor [website](#), making it more user-friendly and allowing for better transparency.

Inside This Issue

DEI Update.....	2
MIHEIP Update.....	3
LA Highlights/Celebrations...	4
CCS Highlight.....	5
Breastfeeding Update.....	6
Wellness.....	7
Infant Safe Sleep.....	8
TEC Corner.....	8
Nutrition 101.....	9
E-Notice Recap.....	10-11
MWA Update.....	11
Trainings/Events.....	12

December 2021

Continued on page 2

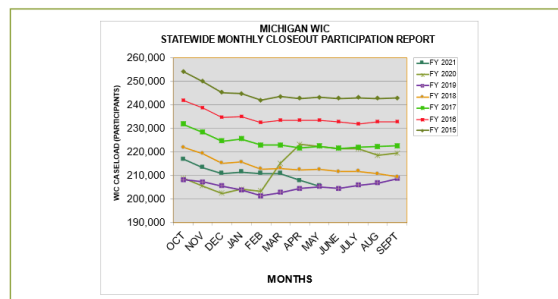
DIRECTOR UPDATE CONTINUED

Program Integrity Unit

- Created a WIC Management Evaluation Tracking Log for NPE on SharePoint.
- Created a new DuJour Log on SharePoint to replace an outdated Access Database.
- Created the WIC EBT Transition Information website, which is a one-stop-shop for information on the new EBT transition (the site includes tips/FAQs, a glossary of new terms, WIC client training brochures, etc.).
- Created a SharePoint Complaint Log that streamlined the intake of vendor complaints and is shared across the WIC Division.
- Modified the MI Compliance Buy form, making it more comprehensive and allowing for easier electronic completion by investigations staff during compliance buys.

Data Systems Management

- Successfully transitioned MIS vendor from GCOM to Kunz, Leigh and Associates (KL&A) in September 2021.
- Successfully transitioned EBT vendor from Conduent to FIS in October 2021.
- Implemented temporary increase of CVB benefits in October 2021 based on the Continuing Resolution (CR) for women and children to an amount recommended by NASEM.



Financial Management & FMNP Section

- Completed Financial Management Review with zero exceptions noted.
- Successfully assumed the daily EBT processing duties from the Vendor Unit.
- Successfully transformed the Total Food Cost Report into a usable interactive document that will be distributed to all LAs later this month.

Keep up the wonderful work and thank you again for all you do for WIC!

Warm Regards,

Christina Herring-Johnson, WIC Division Director

DEI UPDATE

Myra Lee Fowler, Social Determinants of Health Policy Analyst & WIC DEI Committee Chair

In FY22, the Diversity, Equity and Inclusion (DEI) committee will be implementing the first phase of the DEI action plan for the WIC Division. These DEI initiatives will be driven by several key priorities, listed below, which were identified by the DEI Committee based on the assessment of impact, feasibility, relevance, and sustainability. The Committee seeks to effectively set DEI and racial equity goals at Michigan WIC using an equity framework to measure our current impact and identify existing barriers and opportunities as a division.

Key DEI Priorities for Michigan WIC:

- Data transparency
- Inclusive language in policies and practices
- Decrease in language barriers
- Inclusive promotion and implementation of service delivery
- Decrease in breastfeeding disparities in communities of color
- Decrease in maternal mortality
- Establishment of an equitable and inclusive procurement process
- Creation of a communications strategy to share and celebrate wins

The DEI committee is excited to collaborate with all WIC staff, managers, and leadership to advance the WIC Division's intentional commitment to eliminate systemic racism and promote an equitable and inclusive culture at Michigan WIC.

MIHEIP UPDATE

MOTHER INFANT HEALTH & EQUITY IMPROVEMENT PLAN

Year Two Highlights – 2021



Michigan's maternal infant health stakeholders have been tirelessly working to improve the health of mothers, infants, and families. In 2019, Michigan released the [Mother Infant Health & Equity Improvement Plan](#) with the vision of zero preventable deaths and zero health disparities, because even one preventable death is one too many.

By 2023, Michigan's goal is to improve the infant mortality Black/white ratio by 15 percent to achieve a ratio of 2.3 Black infant deaths for every one white infant death.

Indicators	2017 Metric	2018 Metric	2019 Metric	2023 Goal	Improvement Expected (2017-2023)
Infant Mortality Rate/1,000 live births	6.8	6.6	6.4	5.8	15%
Low Birthweight	8.8%	8.5%	8.8%	7.8%	11%
Preterm Birth	10.2%	10.0%	10.3%	9.4%	8%
Sleep Related Infant Death Rate/1,000 live births	0.9*	1.2*	1.2*	0.8*	14%
Severe Maternal Morbidity Rate/10,000 delivery hospitalizations	168.9	175.7	194.3	130	23%
Pregnancy Related Maternal Mortality Ratio/100,000 live births	11.5 (2016 data)	9.9 (2017 data)	(data not yet available)	7.3**	37%

The strategies and partnerships that have been put into action over the past few years have helped Michigan achieve a significant milestone in the state's efforts to keep mothers and babies safe. In 2019, data shows that Michigan had both the lowest Infant Mortality Rate in recorded history and a measurable decrease in the Black/white disparity ratio.

Recent data released by the [Maternal and Child Health \(MCH\) Epidemiology Section](#) shows an Infant Mortality Rate for 2019 of 6.4 per 1,000 live births and that the Black/white disparity ratio decreased from 3.2 in 2018 to 2.6 in 2019.

The expansive and diverse efforts statewide are now available in the [Mother Infant Health & Equity Improvement Plan: Two Year Highlights - 2021](#), giving a brief overview of the successes in maternal infant health statewide and acknowledging the invaluable commitment of stakeholders.



LOCAL AGENCY HIGHLIGHTS



WASHTENAW

Anjani Raja, UM Student/Washtenaw County WIC Intern

Maintaining adequate nutrition is difficult for all mothers when they are pregnant or breastfeeding, but especially so for Muslim moms who may be fasting during the month of Ramadan. Fasting during the holy month of Ramadan is one of the five pillars of Islam, and during this month, Muslims abstain from eating and drinking from sunrise to sunset. There are clear exemptions in Islam from fasting in Ramadan during sickness, pregnancy, and breastfeeding, yet some Muslim women elect to fast during these stages of life. So, WIC dietitians need to provide appropriate nutritional advice to Muslim women during fasting. The Washtenaw County WIC program serves a significant population of Muslim clients, so putting a focus on Ramadan nutrition for these mothers is an important step toward protecting their health and that of their children. Keeping health equity and social justice in mind, Washtenaw County WIC hosted a Ramadan Celebration during the holy month of Ramadan in April.

We created a nutrition education flyer (available in English and Arabic) based on multicultural best practices and research-driven information about nutrition tips during fasting to serve as a guideline or a reminder to make healthy choices for the sunrise and sunset meals—especially with nutrient-dense foods, and healthy carbohydrates and proteins. In celebration of Ramadan, we hosted two drive-thru events. During these celebrations we distributed informational flyers on nutrition and a gift package (dry fruits/dates, reusable water bottles, etc.) to pregnant and breastfeeding women. We also published articles and pictures on social media to spread support for all mothers. Additionally, we had yard signs on the Health Department and DHHS campus, wishing “Eid Mubarak” or Happy Ramadan.

We hope that these events helped cultivate healthy nutritional habits for all Muslim mothers while being conscious of religious and cultural practices. It is often difficult to find the right nutrition-dense foods before and after fasting, so our flyer recommends a smoothie with many micronutrients and proteins to begin the day, and the healthy plate model for the dinner meal utilizing WIC foods. With these recommendations, families can stay healthy while adhering to their Ramadan religious practices.



INGHAM

U.S. Secretary of Education Miguel Cardona toured an Ingham County Head Start facility that houses a WIC clinic as part of the “Return to School Road Trip” in late September. WIC staff were on hand to take part in the conversation. Peer Counselor Jennifer Flanders-Shouse is pictured on the far left. Jennifer also serves as chair of the Policy Council to Capital Area Community Services Head Start and on the Board of Directors for Capital Area Community Services.





DHD #10

Becci Kolenda and Tina McDonald recently attended a Halloween event in Fremont hosted by Great Start. A parent who attended the event later reached out to share that the WIC cup she had received was the only cup that her special needs daughter has ever successfully used! This is a wonderful example of how our nutrition education materials are positively impacting our families on a daily basis. Kudos to DHD #10 on the effective outreach and kudos to our Nutrition Education Workgroup and our Nutrition Education Advisory Team on some great choices!



WIC STAFF CELEBRATIONS



Congratulations to Maggie Schultz, of Barry-Eaton District Health Department, on 29 years of providing WIC services!

Congratulations to Hanna Thelen of the State WIC NPE Unit on the birth of George Robert Thelen, born July 30, 2021.



HIGHLIGHT ON CLIENT CENTERED SERVICES

Monica Smith, MA, LPC, RD

It's the holiday season again. How did that happen, right? I'm wondering if some of you are thinking about gift giving and supply chain woes? Is anyone wishing you could give something meaningful to those you care about or wondering if you can help someone who has less? Would you consider approaching this season from a CCS perspective?

I have asked many, many people in many different trainings, "When you think of someone who has had a positive impact on your life, what was it about them that was so meaningful?" The number one answer is always, "They listen without judgment."

No one says that someone bought them a fancy gift, or gave them money, or took them on a fabulous vacation. Not once. The thing that has been life-changing for so many people is having been heard, without fear of ridicule. That is the essence of CCS. Active, compassionately curious listening to understand. Not listening to reply, defend a belief or be right, but listening to get where the other person is coming from.

Between your personal life, your work, and just being in public again, each of you will meet hundreds of people over the next five weeks. In an attempt to finish out 2021 with kindness and start 2022 strong, what would you think of practicing one CCS skill each week, in all of your interactions? It could be the sweetest gift ever for another human who is also weary from a difficult year.

Here are some ideas for giving the gift of CCS. Have a healthy, kind, and happy holiday season.

Week 1 – Make eye contact. Really notice the person you are interacting with.

Week 2 – Acknowledge ambivalence. On one hand, you would like....but on the other hand, you feel....

Week 3 – Reflect back to make sure you understand before offering suggestions or providing education.

Week 4 – Ask for permission to share.

Week 5 – Acknowledge effort instead of giving praise.

BREASTFEEDING UPDATE

Tackling Postpartum Breastfeeding Appointments: The Role of the CPA

Poor latch and nipple pain and low milk supply! Oh my! Postpartum breastfeeding appointments can be a whirlwind for Competent Professional Authorities (CPAs):

- Having to be thorough with your assessment and documentation, yet efficient enough to not delay the next appointment
- Finding that balance of showing Mom you care and support her breastfeeding goals, while swiftly moving through the MI-WIC screens
- Being client-centered, while trying to meet the minimum requirements according to State and local agency policies, can feel very overwhelming at times



You may have even had a fleeting thought before an appointment of, “Boy, I hope breastfeeding is going well for this client, otherwise, I might be in trouble!” Take comfort, CPAs, with the knowledge that you have reinforcements... your Breastfeeding Peer Counselors! You may be one of the first people this client has spoken with since she delivered. She may feel comfortable expressing her concerns with you. This means what you say and do could make or break her breastfeeding journey.



What is it you should say? Use your secret weapon... client-centered services! Start by saying, “Tell me how breastfeeding is going.” Actively listen for concerns and red flags. Provide reassurance and affirmation by saying, “Wow, look at you go! You are doing an amazing job!” Acknowledge her fears and stressors by saying, “I hear you. The early days and weeks after delivery are tough, and you are not alone.” If you would like to share an easy tip or even correct misinformation, ask permission to do so by saying, “Would it be okay if I shared some information with you about this topic?” And finally (the big whammy), reinforce your local agency as breastfeeding supporters by saying, “Have you heard about the breastfeeding services we offer?” Spotlight your Peer by saying, “A Breastfeeding Peer Counselor is a parent like you who has breastfed their children and has been trained to provide breastfeeding support and guidance to other parents. Would it be alright with you if our Peer calls or texts you to touch base?”

What is it you should do? After completing the MI-WIC breastfeeding screens, be sure to document any concerns expressed by the parent and any red flags you feel the Peer needs to address. Review the referrals screen in MI-WIC and enter a referral to your Breastfeeding Peer Counselor if not already done so according to [MI-WIC Policy 4.02](#). Keep your body language open and approachable (if in-person) and your tone of voice kind and genuine. If a parent needs immediate assistance, consider an email, phone call or face-to-face visit with your Peer to fill them in and request they contact this client ASAP.

What support can Peers provide? The list is vast and the benefits of Peer support are endless! Examples of how Peers can support our WIC families include:

- Supporting breastfeeding participants from pregnancy through postpartum, through growth spurts, introduction to solid foods, and weaning.
- Providing guidance on the normal course of breastfeeding, infant feeding cues, expected weight gain, and stooling patterns.
- Teaching basic, evidence-based techniques that help ensure a successful start in breastfeeding, including milk production, skin-to-skin care, positioning and latch, and milk expression and storage.
- Helping to identify breastfeeding concerns, barriers, and solutions.
- Teaching the importance of exclusive breastfeeding in the early weeks.
- Offering guidance through infant feeding classes and support groups.
- Helping parents create a plan for the return to work or school that supports the continuation of breastfeeding.
- Offering after-hours availability for WIC families.
- Referring to resources for support including a designated breastfeeding expert for parents experiencing difficulties outside of the Peer’s scope of practice.



Your knowledge, expertise, hard work, and dedication continue to inspire, CPA. Let it be a comfort for you that the worries and woes of a breastfeeding parent do not have to rest on your shoulders. Embrace your Breastfeeding Peer Counselor as not only a valuable team member for your local agency, but as an irreplaceable resource for your breastfeeding families!

WELLNESS

Not feeling particularly cheery this time of year? You're not alone. Many find that the holidays bring as much stress as they do joy. But there are ways to ease through the season. To help make the most of your festivities, Neda Gould, Ph.D., clinical psychologist and director of the Johns Hopkins Mindfulness Program at the Johns Hopkins University School of Medicine, shares some mindful tips.



What is mindfulness? “Mindfulness is bringing your attention to the present moment with an element of nonjudgment and acceptance. It is noticing when we get caught up in thoughts about the past or the future and returning our attention to the present — the only reality,” explains Gould.

While mindfulness can be a formal meditation practice, there are also informal ways to practice this skill. This can give us perspective and decrease stress. Gould shares four ways to make your holidays brighter:

1. Accept Imperfection

Can good be good enough? “As we gear up for the holidays, we often set the bar impossibly high for ourselves and then feel upset when our celebrations don’t live up to expectations,” says Gould. Before you start preparing, acknowledge that things may not go exactly as planned. “It’s OK if it’s not perfect. Imperfection is health and normal. For some of us, it might just take a little practice,” reminds Gould.

2. Don’t Lose Sight of What Really Counts

With long lines and nasty traffic, the holidays can get hectic. When overwhelmed by the hustle and bustle, ask yourself:

- **Where does this fit in the grand scheme of things?** If you’re frustrated by the long grocery line you’re standing in, remember that it is just a long grocery line — nothing more. Don’t let it spoil your afternoon.
- **Can I use this moment of frustration as an opportunity to reflect?** While the cashier rings up the customers ahead of you, take inventory of the good things that have happened today or the things you are grateful for.
- **Even if this moment seems stressful, can I find a way to make it pleasant?** Connect with someone else in line with a compliment or kind gesture or notice what’s around you with fresh eyes and an open mind.

3. Respond with Kindness

You can’t change how others act during the stresses of the holiday season, but you can change how you respond to situations:

- “Whenever I encounter a difficult person, I tell myself, ‘This person is suffering, and that’s why they’re acting this way.’ It softens my frustration, helps me be more compassionate and reminds me that it’s not personal,” says Gould.
- Keep in mind that the holidays are especially difficult for those who are alone. See if you can extend an act of kindness to those you know are without family and friends during this time of year.
- If things do get tense with someone, take a few deep breaths. “Those few breaths can shift things and give you new perspective,” says Gould.

4. Rethink Your Resolutions

“Typical New Year’s resolutions set you up for failure,” warns Gould. If you want to better yourself in the New Year, follow these tips for success:

- **Start small.** Break your goal into tinier steps over the course of the year. If weight loss is your goal, it doesn’t have to be drastic. Try to eat more veggies during your first month and gradually cut back on sweets throughout the next, suggests Gould.
- **Be kind to yourself.** If you didn’t achieve last year’s resolution or stray from the path this time around, let it go. “We often contrive these stories (‘I’m never going to quit smoking!’) that only add to our distress,” says Gould. “With practice, we can notice this self-critic, let go of that negativity and pick our goals back up without the guilt or shame.”

SAFE SLEEP UPDATE

Safe Use of Nursing Pillows

A nursing pillow can be a great product to lift a baby into position for comfortable feedings and to support tummy time and sitting as the baby grows. However, babies must be supervised by an awake adult anytime a nursing pillow is being used. Nursing pillows should never be used as a sleep environment for your baby. The American Academy of Pediatrics recommends that babies sleep in a safe sleep environment: a crib, portable crib, bassinet, or play yard with no other objects, pillows or blankets.

Other tips for the safe use of nursing pillows:

- Do not allow your baby to lie face down on a nursing pillow.
- Do not use in a crib, portable crib, bassinet, or play yard.
- Make sure your baby's airway is open at all times. For example, when using the pillow, your baby's head should not be slumped down.
- If your baby falls asleep while using a nursing pillow, move them to a safe sleep environment to continue the sleep time.
- Do not use a nursing pillow, or any pillow, to prevent your baby from rolling off a bed or couch. If you need to put your baby down for a few minutes, use the same safe environment you'd use for sleeping.



Please share this information with friends and family members. To learn more about safe sleep, go to Michigan.gov/Safesleep. If you have had an incident with an infant and a pillow-like product, please report the incident to the Consumer Product Safety Commission at their website www.saferproducts.gov. The information you provide could save lives.

“TEC” CORNER

Staying Focused at Home

A 2008 University of California [report](#) found that it took an average of 23 minutes 15 seconds to get back on task following an interruption. And it can be tough to stay focused when working from home, so use [techniques to minimize distraction](#). If you get caught up doing a household chore or suffer frequent interruptions from family or friends, reset your boundaries, and ask for help in maintaining them.

Control your social media use. Think carefully about which notifications to keep on, and which to mute until later. Allocate time slots for checking your phone and put it to the side for the rest of the day.

If your organization has busy internal communications channels, discipline yourself to check them at set times. If you don't, you'll find yourself being pulled away from your important tasks to waste energy on [seemingly urgent but less critical](#) activities.

NUTRITION 101

Eating Disorder Awareness

Ceara Sibley, GVSU Clinical Dietetics Intern

What Are Eating Disorders?

Eating disorders are serious mental and physical illnesses that can impact individuals of all sexes, races, ethnicities, shapes and sizes. Worldwide, over 70 million people suffer from an eating disorder.

Common Eating Disorders

Anorexia nervosa is characterized by the restriction of energy intake which leads to significantly low body weight. In many cases, individuals have a distorted body image and experience extreme fear of gaining weight or becoming 'fat'. Individuals with this disorder may also experience compulsive exercising, purging via vomiting or laxatives and/or binge eating. In anorexia nervosa's cycle of self-starvation, the body is denied the essential nutrients it needs which may lead to serious medical consequences.

Bulimia nervosa is characterized by a cycle of bingeing and purging or other behaviors such as misuse of laxatives, diuretics, fasting, or excessive exercise. Individuals who suffer may lack control over eating during bingeing episodes. "The recurrent binge-and-purge cycles of bulimia can affect the entire digestive system and can lead to electrolyte and chemical imbalances in the body that affect the heart and other major organ functions."

Binge eating disorder is characterized by recurrent episodes of eating large quantities of food often in a very short period of time. Individuals with this disorder often feel immense shame, distress or guilt after bingeing periods. Compensatory behaviors such as purging are not often used. This is the most common eating disorder in the United States. "The health risks of BED are most commonly those associated with clinical obesity, weight stigma, and weight cycling. People who struggle with binge eating disorder tend to be of normal or higher-than-average weight, though BED can be diagnosed at any weight."

Warning signs and symptoms:

- Evidence of binge eating, such as the disappearance of large amounts of food in a short period of time.
- Creates lifestyle schedules or rituals to make time for bingeing, such as checking portion sizes multiple times.
- Noticeable fluctuations in weight (up and down)
- Dresses in large or baggy clothing to hide weight loss.
- Denies feeling hungry.
- Menstrual irregularities
- Difficulties concentrating
- Evidence of purging behaviors such as frequent trips to the bathroom after meals, smells of vomiting or presence of wrappers of laxatives or diuretics.
- Cuts and/or calluses across the top of finger joints (self-induced vomiting)
- Makes excuses to avoid mealtime or situations involving food.

If you or a loved one are experiencing behaviors of disordered eating, talk to your trusted healthcare provider or call one of the eating disorder hotlines below to receive support, information, referrals, and guidance about treatment options. Even if your loved one isn't ready to acknowledge having an issue with food, you can open the door by expressing concern and a desire to listen.

⇒ National Eating Disorders Association Helpline: 1-800-931-2237

⇒ Something Fishy: 1-866-418-1207

⇒ Hopeline Network: 1-800-442-4673

⇒ National Association of Anorexia Nervosa and Associated Disorders: 1-630-577-1330

Join the Body Project! The Body Project is a prevention and early intervention program that is aimed at women and young girls as a way to confront unrealistic beauty ideals, increase body acceptance, as well as create a safe environment that encourages healthy recovery. Research has shown that when women talk about the unrealistic beauty ideal that is portrayed in the mass media and have an opportunity to discuss how to challenge these pressures, it makes them feel better about their own bodies. If you are interested in joining the movement, visit www.BodyProjectCollaborative.com to learn about scheduling a Body Project facilitator training and to watch testimonials from young women who have received help.

What are Eating Disorders? National Eating Disorders Association. <https://www.nationaleatingdisorders.org/what-are-eating-disorders>. Published August 7, 2018.

Eating Disorders Statistics. Mirror-Mirror Eating Disorder Help. <https://www.mirror-mirror.org/eating-disorders-statistics.htm>.

Understanding Eating Disorders. Eat Right. Academy of Nutrition and Dietetics. <https://www.eatright.org/health/diseases-and-conditions/eating-disorders/understanding-eating-disorders>.

The Body Project. Body Project Support. <http://www.bodyprojectsupport.org/>.

STATE UPDATES - E-NOTICE RECAP

Policies and Procedures:

- #2021-167: WIC Coordinator Connections Meeting—See email attachment for 7/21/21 meeting minutes.
- #2021-174: New Income Guidelines Cards and Income Webcast Sept. 23 – Archived webcast may be viewed on the [WIC Webcast Catalog](#).
- #2021-204: WIC Coordinator Connections Meeting - See email attachment for 7/21/21 meeting minutes.
- #2021-207: State Guidance - Afghan Nationals Applying for WIC Services – See E-Notice for details and policy considerations.
- #2021-215: Afghan Arrivals Update – See attachment for CDC Health Recommendations and Considerations for Arrivals from Afghanistan
- #2021-218: Civil Rights Course FY 2021-2022 Now Available – Course may be accessed [here](#) and completion is required for all staff.
- #2021-224: Afghan Nationals Applying for WIC Services - State Guidance #2 – See E-Notice for extensive guidance and attachment for an Afghan Food and Cultural Profile.
- #2021-227: Afghan Arrivals Update 10/12/21 – See E-Notice for a status report.
- #2021-229: Afghan Culture Resources - Upcoming Webinar Opportunity – See E-Notice for links to access multiple archived webinars.
- #2021-233: Afghan Arrivals Update: 10/14/2021 – See E-Notice for details.
- #2021-238: Cash Value Benefit Increase through December 2021 – See attachment for CVB FAQ.
- #2021-242: 2022 Nutrition Education/Breastfeeding Time Study – See E-Notice for dates and instructions.
- #2021-247: Afghan Arrivals Update: 10/29/2021 – See attachment for update and a number of resources.
- #2021-248: Michigan WIC Coordinators by County Map – Click [here](#) to access the updated map.

Nutrition

- #2021-168: Nutrition Education Workgroup Follow-up Resources – See attachments for 7/22/21 meeting minutes and materials.
- #2021-177: Formula Transition Update – Healthcare Professionals Memo – See attachment for memo.
- #2021-194: Formula Change and Update Webcast - Archive and Resources - Archived webcast may be viewed on the [WIC Webcast Catalog](#).
- #2021-195: Infant Formula Manufacturer Contract – Transition Update #3 – Amended – See attachments for staff and client education materials.
- #2021-196: New WIC Authorized Formulas Effective November 1, 2021 – See attachments for Michigan WIC Authorized Formulas list, IFF and IBP Maximum Tables.
- #2021-200: Infant Formula Manufacturer Contract – Update #4 Client Education Materials – Click [here](#) for Client Formula Change FAQ and Table.
- #2021-221: Nutrition Education Workgroup (from 9-16-21) Follow-up Resources - See attachments for 9/16/21 meeting minutes and materials.
- #2021-222: Infant Formula Manufacturer Contract – Transition Update #4 – See attachments for updated Staff FAQ and other resources.
- #2021-231: Infant Formula Manufacturer Contract – Update #6 New Formula Insert – Click [here](#) to access the new Food Guide Formula Insert.
- #2021-246: Infant Formula Manufacturer Contract – Transition Update #9: Formula Access Troubleshooting Guidance – See attachment.

Vendor:

- #2021-217: WIC Vendor Fall Newsletter – Click [here](#) to access the newsletter.

Events:

- #2021-182: FY 2021/2022 WIC Training and Events – Click [here](#) to access the schedule.
- #2021-235: 2022 WIC Conference Save the Date and Request for Volunteers – 2022 WIC Conference to take place May 4-5, 2022. Please email skwirk2@michigan.gov to serve on the Planning Committee.

STATE UPDATES - E-NOTICE RECAP

Breastfeeding:

#2021-249: Breastfeeding Updates: Regional PC Training, Awards of Excellence, Job Postings – Award application period closes 12/17/21.

Legislation and Partner Updates:

#2021-212: Updated Expiration Schedule for Existing USDA-Approved WIC COVID-19 Waivers – See E-Notice for details.

#2021-232: National Public Health Emergency Extension – WIC waivers in place through at least mid-April 2022.

Promotion and Retention:

#2021-178: National WIC Association Quarter 3 Social Media Content – See attachments for content.

#2021-197: WIC Formula Transition Social Media Toolkit – See attachment for content.

#2021-216: Promotion and Retention Workgroup Meeting Minutes – September 17, 2021 – See attachments for meeting minutes and materials.

#2021-245: WIC Shopping Videos – Click [here](#) to access the video playlist created by the Southeast Michigan WIC Engagement Collaborative.

Data and Systems:

#2021-183: MI-WIC Transition Information – See attachments for project background, contact information, and other key transition information.

#2021-190: Michigan WIC PNSS and PedNSS Reports and Usage Guidelines with Corrected Links to Reports – Click [here](#) for PNSS report, click [here](#) for PedNSS report, and see E-Notice for additional data context.

#2021-234: Important EBT Transition Updates – See E-Notice for details on issues with card replacement and the Stop Access button.

Holiday WIC Recipe



Ambrosia

Servings: 8

Time: 15 minutes

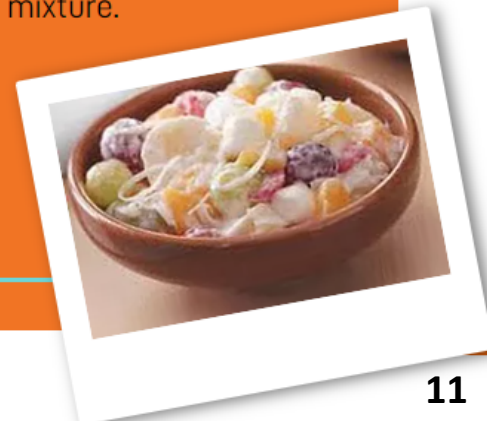


Ingredients:

- 1 can **pineapple chunks** (in juice, 20 oz., drained)
- 1 1/3 cups **mandarin oranges** (drained)
- 1 **banana** (peeled and sliced)
- 1 1/2 cups **grapes** (seedless)
- 3/4 cup marshmallows (miniature)
- 1/3 cup coconut (flaked)
- 8-ounces (about 1 cup) **plain low fat yogurt**
- 2 Tbsp honey or other sweetener

Instructions:

1. Drain pineapple and oranges. Use juice as beverage.
2. Combine fruit with marshmallows and coconut.
3. Mix honey or sweetener with yogurt.
4. Fold yogurt into the fruit mixture.
5. Chill.
6. Serve.



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Questions/Comments
E-mail: JacksonW6@michigan.gov



PLEASE
PLACE
STAMP
HERE

UPCOMING EVENTS/TRAININGS/WORKGROUPS

December—None

January

11: Vendor Grocer Webcast
11-13: Breastfeeding Basics
14: Promotion and Retention WKGP
21: Breastfeeding WKGP
25: Vendor Pharmacy Webcast
27: Management Evaluation Webcast

Visit [MPHI](#)
to sign up for trainings!

February

1-2: CPA Training
15-16: Lab/Anthro Training

*All events, trainings, and workgroups will be conducted virtually until further notice. Additionally, training dates are sometimes adjusted. Please be sure to verify training information on MPHI's [WIC Events Calendar](#), as this list may not reflect the final schedule.