

Vanderbilt Dietetic Internship

Engaging your CATS to understand WIC



“Find your voice as a leader in diverse practice settings where food and nutrition matters”

Spring 2018

WIC Grocery Shopping

- **Compare 4 WIC Grocery Packages:**
 - WIC foods for Pregnant women**
 - https://www.tn.gov/content/dam/tn/health/documents/343015_WIC_Foods_for_Pregnant_Women_Eng-Span.pdf
 - WIC foods for non-breastfeeding mom**
 - https://www.tn.gov/content/dam/tn/health/documents/343007_WIC_Foods_for_Non-Breastfeeding_Mom_Eng-Span.pdf
 - WIC foods for partially breastfeeding mom**
 - https://www.tn.gov/content/dam/tn/health/documents/343009_WIC_Foods_for_Partially_Breastfeeding_Mom_Eng-Span.pdf
 - WIC foods for fully breastfeeding mom**
 - https://www.tn.gov/content/dam/tn/health/documents/343008_WIC_Foods_for_Fully_Breastfeeding_Mom_Eng-Span.pdf
- **Review the Tennessee WIC Approved Foods**
<http://www.womeninfantschildrenoffice.com/tennessee-wic-food-list-wf41>
- **Select ONE of the 4 grocery packages & plan a 3 day menu using the food options from the Tennessee WIC approved foods**
- **Go to www.wicstorelocator.com & find a grocery that is an approved WIC vendor**
- **Visit the store and price your menu using the following guidelines:**
 - Price your menu using WIC approved foods
 - Price your menu but using non-WIC approved brands, choose the brand you like best
 - Compare the prices of the 2 menus
 - Did you save money on the WIC menu, how much?

WIC Grocery Shopping For Nutritional Impact

On the prior page you analyzed the menu for price comparisons.

- **Now analyze ONE DAY of the menu for nutritional comparison (calories, fat, sodium, iron, fiber, carbs):**
 - using WIC approved foods
 - using the same foods but brands you prefer
 - what did you find out (include a copy of your analysis with project)?
- **How would you explain the differences/benefits in each option to:**
 - An expectant mom that is considering WIC
 - A WIC client who has delivered and contemplating breastfeeding
 - A legislator who may someday vote on WIC policies

WIC Grocery Shopping: Explaining the Differences/Benefits

	Differences	Benefits
Expectant mom that is considering WIC		
WIC client contemplating breastfeeding		
Legislator who may vote on WIC policies		

WIC Advocacy

- Review the 2018 Legislative Priorities for WIC on a national level

<https://s3.amazonaws.com/aws.upl/nwica.org/2017-wic-legislativepriorities.pdf>

- List the top 4 priorities for this year:

1)

2)

3)

4)

WIC Advocacy

Tennessee State Legislature

- On the Tennessee State Legislature home page, at the search, enter “**women, infant and children**” – review the policies <http://www.legislature.state.tn.us/> - see what comes up!
- On the same site, at the search, enter **WIC** – see what comes up!
- Policies drive practice – it’s important to know what our state legislature is proposing and voting into practice.
- Identify at least one policy (by number) that would have an impact on WIC dietitian/nutrition educators
- _____
- Identify at least one policy (by number) that would have an impact on WIC foods
- _____
- Identify at least one policy (by number) that would have an impact on WIC clients
- _____

IMPACT ON MY PRACTICE

- Research informs policy decisions (at the system level)
- Policy drives practice (what you see happening on a day to day basis)
- You have experienced online training, grocery shopped, seen clinics and bedside WIC, and provided WIC education on a mobile van
- **As you move forward in your practice/jobs:**
 - Would you consider working in WIC (what area: research, training, client services)
 - How will you advocate for WIC programs and services
 - What is your opinion of WIC at this point