

TABLE TALK



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Bringing more to the table...



Getting you ready for the new food package

This is the premiere edition of Arizona's monthly WIC newsletter to help you stay informed about the latest items and changes included in the new food packages, coming October 1, 2009.

There are some big changes ahead for the WIC program and we want to assist you in helping your clients to make the best choices about these new editions.

Each month's newsletter will feature a different product being offered in the new food package.

There will be tips, facts, and recipes featuring the products and their preparation, as well as, in some cases, an explanation as to why the products have been added to the list.

To help everyone working for WIC learn a little about their counterparts across the state, each issue will feature a "Food Package Frontrunner," an agency that has done something unique and effective in preparing for the new food package launch. Also, these newsletters will feature "WIC Stars," employees within the WIC program who have gone above and beyond to help the program and its clientele.

You will have the opportunity to read about what other agencies and other individuals are doing throughout the WIC program in Arizona. You can also nominate your agency or your co-workers for these honors. These will always be located on the back page of this newsletter in our "Super

Star Round-up" section.

So sit back, pour yourself a glass of soy milk, and get ready for some attractive information that may just help you to better understand all the upcoming changes to WIC.

If you have an idea for something you would like featured in this newsletter, please contact the editor at jesse.lewis@azdhs.gov.



Exciting additions to the food package

When a program as large and as important as WIC decides to change the selection of food they will offer for the first time in 30 years, it is not a decision that is taken lightly.

Following customer surveys and after conducting general conversations with our clients, we have found it is essential to present a larger variety of

foods to purchase for those participating in the WIC program. It is even more important for more culturally diverse foods and fresh produce to be available, while still maintaining and supporting the positive health benefits of a diet rich in protein, fruits, and vegetables.

Soy and tofu are great sources of calcium and protein and are

low in calories and sodium, making them a healthy alternative for all moms.

Inside this newsletter you will find much more detailed information about the types of soy milk and tofu available from WIC, as well as information on the benefits of supplementing some of your usual meals with soy or tofu.

THIS MONTH'S TOPIC:

SOY AND TOFU

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Table Talk

Soy being added to food package



When the Arizona Women, Infants and Children program makes its huge food package change on October 1, 2009, several new items will be available for your clients' to choose from.

There are many benefits of including soy and tofu products into a healthy diet and we will address some of them in this issue of "Table Talk."

Benefits of soy: Diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the

risk for heart disease.

Below is a chart to help understand the guidelines when adding soy to a food package for women and children.

The Institute of Medicine (IOM) maintains cow's milk be the recommended type of milk for children. Soy products are still being studied in children. As a result, it is important a doctor or other qualified professional be involved with making a recommendation for children to consume soy.

The Dietary Guidelines for Americans stress the importance of cow's milk consumption in the development of bone mass in children. Even when fortified with similar nutrients, the nutrient availability between soy milk and cow's milk may not be equal.

In addition, the properties of soy milk are still being studied. Because of this, cow's milk is still the mainstream recommendation for women and children.

Client	Women	Children
Medical Documentation	None Needed	Yes, Milk Alternative Request Form
Reason for Request	None Needed	Severe Lactose Intolerance Milk Allergy Milk Maldigestion Vegan Diet Religious Purposes Other conditions or preferences as discussed with Healthcare Provider.

Tasty Tidbits about Soy:

- Soy milk is cholesterol, dairy, gluten, and casein free.
- Soy milk can be used in place of milk either by drinking, pouring over cereal, or adding to your favorite smoothie.
- Soy milk is excellent for baking; it works well in muffins, pancakes and waffles, and baked desserts like bread or rice pudding. Just substitute for the amount of milk called for in your favorite recipes.
- Soy milk can be frozen, but needs to be completely thawed and shaken well before consumption.
- Not all Soy milk is organic, it is often made with organic soy beans, but due to the presence of other ingredients cannot be called organic. Organic soy milk is not WIC-approved.

Cooking with Soy Milk— Baked Apple-Raisin Oatmeal

Ingredients:

2 ⅔ cups old-fashioned oats
 ½ cup raisins
 ¼ cup maple syrup
 2 teaspoons ground cinnamon
 ¼ teaspoon salt
 4 cups plain or vanilla soy milk
 2 medium unpeeled apples or pears, chopped
 Additional soy milk, if desired
 Chopped toasted walnuts, if desired

- Preheat oven to 350 degrees
- Grease 2-quart casserole dish with cooking spray
- In casserole dish, combine oats, raisins, syrup, cinnamon, salt, soy milk, and apples
- Bake uncovered 45 to 50 minutes, or until most of liquid is absorbed

- Pour additional soy milk over each serving
- Sprinkle with walnuts
- Serve warm
- Serves 8

Source: 8th Continent Web site:
www.8thcontinent.com/content/baked-apple-raisin-oatmeal



Tasty Tidbits about Tofu

- If tofu seems too soft, you can wrap in a dishtowel and press it with something heavy to squeeze out excess water, for about 10-15 minutes.
- Small children will eat tofu raw and sliced, but since it is raw, steam it to kill any nasty bacteria and to prevent gas.
- When storing leftover tofu, you will need to cover it in water and try to change the water once a day to extend its shelf-life to 7-10 days.
- If the tofu has a rotten smell or if it becomes pink or orange, that means it has gone bad and is no longer edible. If the tofu has turned a yellowish-brown it is sort of like cheese that has been exposed to air—simply cut off the affected part.
- Only firmer varieties of tofu can be frozen. Wrap the unused portion in plastic wrap or place the whole package in the freezer. Once frozen, the tofu takes on a spongier, more porous texture similar to meat. Some people deliberately freeze firmer varieties of tofu, such as Extra Firm, to create an even chewier, meatier texture.
- Tofu will turn slightly yellow-beige in color once frozen and is good in the freezer up to 3 months. After the tofu has been defrosted, drain or squeeze out any excess water.
- Tofu can be used in a variety of dishes as a meat substitute including stir fry, burgers, salad, soups, dips, pies, lasagnas, breakfast dishes, and much more.

	<i>Soy Milk</i>		<i>Tofu</i>
Quantity Given	Same as milk/ cheese allowances		
WIC-Approved Brands	8th Continent	Pacific Ultra Soy	Any Brand
Fortification	Same nutrient levels as milk		Calcium Set
Flavor	Original	Vanilla and Plain	Plain (no added fat, sugar, oil or sodium allowed)
Forms/ Packaging	Refrigerated 1/2 gallon	Shelf stable quart	Soft, firm, and extra firm
Location in Store	Refrigerator	Various Locations	Produce Department
Storage Guidelines	Unopened: Use "Best By" date on package Opened: 10 days	Unopened: Shelf stable can be stored at room temperature for several months Opened: 1 week	Unopened: 3 weeks Opened: See Tidbits (above)
Consumption Guidelines	Same as milk and cheese		

Cooking with Tofu– Barbecued Tofu Burgers

Ingredients:

16 oz package extra firm tofu
 3 tablespoons olive oil
 1 egg white
 1 tablespoon BBQ sauce
 1 cup all purpose flour
 1 teaspoon salt
 1/2 teaspoon pepper
 6 hamburger buns
 Favorite burger toppings

- Drain the tofu between paper towels until most of the water has been squeezed out
- Slice the tofu in 1/4 inch thick slices
- Heat olive oil in large skillet, fry tofu strips until golden brown on both sides
- Add onion and cook for a few minutes, until onion reaches your desired consistency
- Pour BBQ sauce over (using more or less, based on your preference)
- Cook the mixture for 10 minutes on low and serve on buns
- Add your favorite burger toppings to assure you get a full serving of vegetables
- Serves 6





Highlighting the best of the best in Arizona WIC

WIC Star—Laura Cumings, Pima County

“It can be done!” That’s the rallying cry for Laura Cumings, Breastfeeding and Outreach Coordinator for Pima County WIC and Community Nutrition Programs. Her enthusiasm and “can do” attitude is infectious, as any member of the staff, program clients, medical providers targeted for “Adopt a Doc” and those she works with in the community can attest to. She supervises the Registered Dietitians and Health Educators on staff and is a mentor to everyone. Laura seems to have always practiced PCE

(Participant Centered Education) as a cornerstone of her life philosophy. She respects and honors the knowledge and beliefs of others and encourages them to achieve their full potential, whether they are co-workers, student interns or clients. Laura was recently interviewed by KVOA-TV 4, the Tucson NBC affiliate, regarding the WIC program and all the benefits offered to families in these hard economic times, including the food package changes coming up this fall. Pima WIC plans to offer more media and per-

sonal appearances on the many benefits of WIC including nutrition education, breastfeeding advocacy and supplemental foods and formula in the near future, especially regarding the exciting changes in the addition of new fruits and vegetables, whole grains, and protein-rich foods like tofu. You can bet that “it can be done” with Laura.

*Nominated by Wanda Wong,
Pima County Health Department*



WIC Star—Laura Cumings
Laura Cumings pictured with her daughters Shayna, now 5, and Tori, now 6.

Food Package Frontrunners—Maricopa County



Food Package Frontrunner—Maricopa County

Linda Harris shared information about WIC with Arizonans at an event in Maricopa County.

The Maricopa County WIC Program is April’s Food Package Frontrunner! Their Training Unit, which consists of Tina Wegner, Andrea Zechmann and Linda Harris, have been hard at work developing and writing a class for all clients regarding the new food package. They have also developed a new staff workshop about fruits and vegetables and how to select good produce.

This team has analyzed the staff survey everyone took to understand what types of educational needs are missing from the current lesson plan. They have integrated a

component about the new food package since it was announced in all the regional ‘in-services’ with food demos done by the AZNN staff. This is just one unit within Maricopa County WIC doing an outstanding job of allowing the staff to adapt to the major changes that are coming, using small steps, which are less overwhelming! Tina also agreed to share their efforts with other agencies that may not have the staff time to commit to this. This team consistently shines in the variety of work they do! Great work!

*Nominated by Donna Thompson,
Maricopa County Health Department*

Coming Next Month...

The next “Table Talk” newsletter will be distributed May 1 and will focus on whole grains. We will review which whole grains are available in the food packages, as well as discuss other helpful information for clients.

May/ June regional trainings will be here before we know it. These trainings will focus

more on policies and procedures, which probably doesn’t sound like much fun—but we will make it as enjoyable as possible!

The next Nutrition Programs meeting is July 14 and 15.

The next LATCH-AZ meeting will be July 14 in Mesa and July 15 in Tucson. More details

will be announced as those dates approach. The topic will be re-establishing the milk supply. Contact Christia Bridges-Jones at (602) **364-0451** if you have immediate questions or want general information regarding LATCH-AZ.

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