



North Dakota WIC Program

What's In your Cart?

Volume 1, Issue 1

April 2009

Welcome to the new WIC Vendor Newsletter!



NORTH DAKOTA DEPARTMENT of HEALTH

Inside this issue

Get To Know Your Local WIC Staff	2
A Look at the New WIC Food Packages	2
Get To Know Your Local Grocery Store	3
WIC Checks — To Reject or Not Reject	3
New Nestle Formula Names	4
WIC Participation Numbers and County Redemption \$\$	5

For any questions about the articles in this newsletter, please contact:

Kristi Miller, LRD
 North Dakota WIC Vendor Coordinator

Email:
klmiller@nd.gov

Phone:
 800.472.2286 or 701.328.2496

We are happy to bring you “What’s In your Cart?” — the long awaited newsletter for the WIC vendor community.

The WIC program has had a lot of changes over the recent years, and this year is no exception! As you may have heard, this fall we will be implementing a new WIC food package for our participants that will expand their food choice options. They will be able to get fresh fruits and vegetables, canned beans, brown rice, whole wheat/grain bread, whole wheat tortillas, corn tortillas, baby fruits and vegetables, and possibly soy milk (if products

that meet the requirements are available). For more information about the new WIC food packages, see the article on page 2.

This newsletter will be a great opportunity to keep you informed about all the upcoming changes, as well as our WIC policies and procedures in general.

Each issue will feature a combination of what is new in the WIC world, as well as some items that will be featured in each article.

We plan to feature one WIC local agency and one WIC vendor in each



Fresh fruit and veggies will soon be an option for WIC participants

article, called “Get To Know Your Local WIC Staff” and “Get To Know Your Local Grocery Store -” We hope this will be a good way to learn more about each other and what we do.

If you have any suggestions for articles, please let us know.

What Is the WIC Program?

Although you all have a contract with the WIC Program to allow participants to cash their checks at your store, you may not have a full understanding of what the WIC Program is. Here is a brief description:

WIC is the Special Sup-

plemental Nutrition Program for Women, Infants, and Children administered by the United States Department of Agriculture (USDA).

WIC provides nutritious foods, nutrition education, breastfeeding support and referrals to health and

other social service programs.

WIC serves low-income pregnant, postpartum and breastfeeding women, and infants and children up to age 5 who are at nutrition risk.

Nationally, more than 8 million people receive benefits each month.

Get To Know Your Local Agency WIC Staff— Shannon Spotts

Each issue, we will feature one of our local WIC staff from across the state. In this first issue, we are highlighting Shannon Spotts of Bismarck.

Shannon Spotts is the WIC Director for the Bismarck and Mandan WIC offices, also referred to as the Custer Health WIC Program. Shannon has been the director for the past seven years, and has worked for the WIC program for 10 years. She is a licensed registered dietitian (LRD) and graduated from NDSU with a bachelor's degree in dietetics.



Shannon Spotts,
Custer Health
WIC director

Shannon said the thing that she most enjoys about her job is the people — working with the moms and young children and working with her co-workers and the other WIC staff from across the state.

“It’s just such a good feeling knowing that we are here to educate and help people, and that we can and do make a difference in their lives, even if it’s just a slight difference” Shannon said.

Shannon said that probably the biggest challenge in her job is knowing that she and her staff can’t help or make a difference for everyone.

Shannon grew up in Bismarck and has lived there most of her life, except for going to school in Hattiesburg, Miss. and Fargo, ND. She has two girls; Lexie and Madison. Lexie is 10 years old and is a fifth grader, and Madison is 6 years old and just started kindergarten this year.

A Look at the New WIC Food Package



More foods for breastfeeding moms and their babies

Formula amounts will be based on the baby's age and how the baby is fed.



NEW food for infants

Baby food: vegetables, fruits and meats



.2%, 1% and skim milk for children older than 2 and for women

Coming to North Dakota WIC

October 1, 2009



NEW food for women and children

fresh vegetables and fruit.



Vegetables and fruit in place of some of the juice

NEW food: whole wheat and whole grain bread



Other whole grain options, including brown rice, corn tortillas and whole wheat tortillas

NEW protein choices for breastfeeding women: salmon in addition to tuna



NEW — canned beans in addition to dried beans or peanut butter

Get To Know Your Local Grocery Store— Randy Peterson

Each issue, we will feature one of our local grocery store staff from across the state. In this first issue, we are highlighting Randy Peterson from SuperValu Foods in Carrington.

Randy Peterson is the store manager for SuperValu Foods in Carrington. Randy has been the store manager for the past 10 years and has worked at the store a total of 25 years! It was his first full-time job out of college.

Randy graduated from Moorhead State with a degree in accounting/management.

When asked what he most enjoys about his job, Randy said “The customers.”

The biggest challenge, he said, is finding qualified employees.

Randy is also a member of the



Randy Peterson,
Carrington Super-Valu Foods

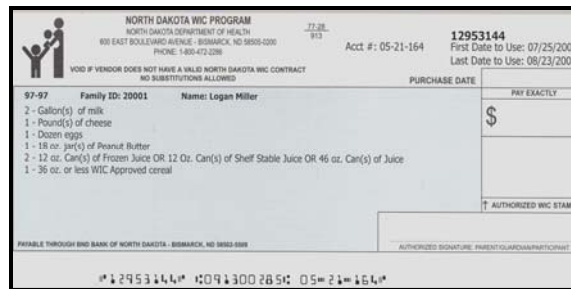
WIC Vendor Advisory Committee. This group meets periodically to discuss WIC policies, new federal regulations, and most recently to discuss some of the opportunities and challenges we will face with the new WIC food packages. His willingness to participate with this group is greatly appreciated especially with all the years of experience he brings to the table.

When Randy is not working, he enjoys golfing and bowling. He is married to Barb and has two girls—Jana (18) and Miranda (14).

WIC Checks—To Reject or Not Reject, That Is the Question...

The Bank of North Dakota reviews WIC checks nightly. They review each WIC check processed that day for the following items:

- Purchase Date within the First Date and Last Date to Use Dates.
- Signature of the WIC participant or proxy
- Purchase amount of check valid for the items on the



check

- Valid vendor ID number — checks with an illegible or invalid number will get rejected, as will checks with the store

name written on the check instead of the vendor ID number.

Incorrect dates or vendor ID numbers can be corrected on the check and resubmitted for payment.

For all other issues with rejected checks, please contact your local WIC office to request reimbursement.

New Nestle Formula Names

Effective sometime in March 2009, Nestle will be making some changes to its formula labels. The current formulas have been re-named, although the contents and size of the cans remain the same.

During this transition time, since when the new product is distributed on the shelves may differ in each store, we will try to make this easier by putting a choice on



the WIC checks – ex. Good Start Supreme DHA/ARA OR Good Start Gentle Plus. However, if a participant comes into your store with a check where only one of the items is listed on the check, please allow the WIC participant to get either product depending

on what your store has in stock.

At this time we are still not allowing the Good Start Natural Cultures (will be called Good Start Protect Plus) and the Good Start 2 Natural Cultures (will be called Good Start Protect Plus 2).

If you have any questions, you can contact our state office at 701.328.2496, or toll free at 800.472.2286.

WIC Participation Numbers and County Redemption \$\$

Each month the North Dakota WIC program serves about 13,000 women, infants and children.

Statewide, these participants cash their checks at WIC stores, amounting to about \$700,000 to \$800,000 in redemptions each month. Below are the WIC participation numbers for January 2009 and the redemption amounts by county for the WIC checks.

WIC Participation for January 2009 = 13,567

January Redemptions by County:

Adams — \$2,297
 Barnes — \$9,968
 Benson — \$36,926
 Bottineau — \$3,952
 Bowman — \$2,495
 Burke — \$1,211
 Burleigh — \$87,049
 Cass — \$149,154
 Cavalier — \$2,689

Divide — \$1,313
 Emmons — \$6,857
 Foster — \$3,161
 Grand Forks — \$81,282
 Griggs — \$3,144
 Lamoure — \$4,696
 McHenry — \$4,022
 McIntosh — \$4,176
 McLean — \$5,847
 Morton — \$28,395
 Nelson — \$3,086
 Pembina — \$8,101

Ramsey — \$39,026
 Ransom — \$8,228
 Renville — \$851
 Richland — \$18,129
 Rolette — \$95,279
 Sargent — \$3,237
 Sheridan — \$1,841
 Stark — \$23,403
 Steele — \$917
 Stutsman — \$19,852
 Traill — \$7,440
 Walsh — \$24,894

Ward — \$88,655
 Williams — \$18,714

*Thanks for
being our
partner and
making the
WIC
Program a
success!*



North Dakota WIC Program
 600 E. Boulevard Ave.
 Dept. 301
 Bismarck, ND 58505-0200

Return Service Requested