



# FOOD FOR THOUGHT

A Monthly Training Newsletter for New Food Choices 2009

July – Newsletter #5



Hello WIC Staff!

This month the Food for Thought Newsletter focuses on infant feeding and the new food package changes for babies.

The ability to provide baby food fruits, vegetables, and meats at a time when babies are developmentally ready and need more variety is a positive change. The addition of these foods adds a new dimension to our conversations with WIC caregivers about feeding solids. Prior to this change, we focused the ‘solids conversation’ on making homemade baby foods and progressing to more textured family foods. Starting October 1<sup>st</sup>, we will need to include in that discussion the use of commercial baby foods. This newsletter provides information to help you learn about these products, why they have been added to the WIC food list, and what resources are available to support you when discussing infant feeding with your clients.

---

## WHY DID WIC ADD BABY FOODS?



The Institute of Medicine (IOM) recommended commercial baby foods to increase the nutrient content of WIC foods for infants, and to provide developmentally appropriate flavors and textures. The introduction of foods from a spoon is important for infants in order to learn appropriate feeding skills. Because the amount of commercial baby foods provided by WIC is only supplemental to the entire nutritional needs of an infant; WIC staff will still want to share with caregivers the importance of adding other developmentally

appropriate foods.

Washington WIC chose Stage 2 baby foods for these reasons:

- Stage 2 foods were determined to be less confusing for clients to purchase and the price per ounce was a better value.
- Stage 2 foods offer more varieties of single fruits and vegetables than Stage 3 baby foods.
- Most Stage 3 baby foods contain other ingredients, like rice or noodles that do not meet the federal guidelines.
- When comparing different stage foods (Stage 1, 2, or 3) the texture was very comparable.

---

## WASHINGTON’S NEW BABY FOODS

### Baby Food Fruits and Vegetables

WIC caregivers will be able to buy 4 ounce jars of baby food fruits and vegetables in any combination up to the amount printed on their checks. Caregivers can choose single fruits or vegetables or combinations of fruits or combinations of vegetables in only the approved brands:

- Beechnut Stage 2
- Gerber 2<sup>nd</sup> Foods
- Nature’s Goodness From About 6 Months

Ø Clients will not be able to buy: organic products, dinners, cobblers or desserts, or any foods with added ingredients like rice or noodles.



**Baby Food Meats**

In addition to fruits and vegetables fully breastfeeding babies get baby food meats in 2.5 ounce jars, plain or with broth and gravy, and in any combination up to the amount printed on the check. The following two brands of baby food meats are the only brands approved:

- Gerber 2<sup>nd</sup> Foods
- Nature’s Goodness From About 6 Months



Ø Clients will not be able to buy: organic products, dinners, meat sticks, or any foods with added ingredients like rice or noodles.

See the table below for amounts of these new foods!

**REVIEWING THE NEW TERMINOLOGY**

**Fully breastfeeding moms** will receive more food, more variety, nutrition education, and breastfeeding support up to one year postpartum. Baby receives no formula.

**Partially breastfeeding moms** will receive food, nutrition education, and breastfeeding support up to one year postpartum. Baby can receive up to a ½ formula package.

**Some breastfeeding moms** will receive food for 6 months postpartum, nutrition education and breastfeeding support for one year postpartum. Baby can receive up to a full formula package.

**Moms who do not breastfeed** will receive food and nutrition education for 6 months postpartum. Baby can receive a full formula package.

**THE AMOUNTS OF FORMULA AND FOODS FOR INFANTS AFTER OCTOBER**

The following table shows the maximum number cans for the most common formulas based on the age of the infant.

**Maximum number of cans (12.9 oz powder) for infants receiving Similac Advance, Similac Sensitive & Similac Isomil**

Age of infant	Partially Breastfed infants	Some Breastfed infants	Fully Formula fed infants
0 to 1 month	**	**	9
1 through 3 months	4	9	9
4 through 5 months	5	10	10
6 to 12 months	4	7	7

\*\* In the first month, breastfeeding infants will not be routinely issued infant formula. If, after a Breastfeeding Review, the CPA determines formula is necessary, the maximum amount of formula staff may issue is one can of powder formula when the mom has received checks for the Fully BF food pkg.

**Fully breastfeeding infants receive more foods at 6 months.**

Feeding Method	Baby Cereal	Baby Food Fruits and Vegetables	Baby Food Meats
Fully Breastfed	24 oz	64 – 4 oz jars	31 – 2.5 oz jars
Partially Breastfed	24 oz	32 – 4 oz jars	None
Some Breastfed**	24 oz	32 – 4 oz jars	None
Fully Formula Fed	24 oz	32 – 4 oz jars	None

\*\* “Some Breastfed” is the term used for babies of breastfeeding moms (doing a little breastfeeding) and receiving more than ½ the amount of formula in an infant formula food package.

---

## QUESTIONS & ANSWERS ABOUT BABY FOODS & FOOD PACKAGES

**Q. Some of my clients make their own baby food for cultural or other reasons. What should I say to these clients about getting commercially prepared baby foods?**

A. Continue to support and appreciate all the different ways that nutritious and appropriate foods are provided to babies by their families; including homemade baby foods and more textured family foods. It is still important to work individually with caregivers and discuss what will work best for their baby. This discussion can include using commercial baby foods along with homemade baby foods and more textured foods. Additional ideas are provided below for incorporating commercial baby foods along with other family foods, when caregivers need help utilizing the baby foods they receive from WIC.

**Q. Why are the amounts of infant formula reduced in some food packages?**

A. Infant formula amounts are now based on the nutrition needs of infants at different ages and feeding methods. The amount of formula for babies birth through 3 months provides about 29 ounces per day, and that's about what doctors recommend. When babies turn 4 months old, they will get even more formula than they do now, about 32 ounces per day. At 6 months old, babies will get less formula, about 22 ounces per day, but they will receive baby food fruits and vegetables which provides more variety. Information for caregivers about this change is provided in the *New Food Choices Flyer for Formula Fed Infants*. The flyer has information about how to waste less formula and lists other possible resources for formula e.g. Basic Foods program, the Family Health Hotline. You can also share the *Infant Hunger and Fullness Cues* in this newsletter (page 5) with caregivers. By helping caregivers become aware of their baby's cues for being hungry and full they can avoid potential over feeding.

**Q. What should I say to clients who may think they should replace formula feedings with the baby foods that WIC will be providing? Especially now that they will get even less formula.**

A. The education for feeding babies has not changed. Here are three topics to focus on when answering this question: 1) Formula is still an important food for the first year of life. Babies need to receive adequate amounts of formula. Review the *Guidelines for Feeding Healthy Infants, Birth to 1 Year Old* (page 6 of this newsletter) which provides recommended amounts of feedings and foods for babies during their first year. 2) WIC has added baby foods to provide additional nutrients and variety, not as a substitute for formula feeding. It is still important to talk to caregivers about feeding cues, signs of readiness, nutrition needs of babies and progression of solids. 3) The formula and foods that WIC provides is meant to supplement the baby's diet, WIC does not provide all the formula/food the baby needs for the month. Caregivers will need to continue purchasing formula and foods for their baby, in addition to what WIC provides.

**Q. What should I say to caregivers who have an older baby (10-12 months) who is refusing to eat pureed foods?**

A. There are options for older babies who are developmentally ready for more textured foods and are letting their caregiver know by blowing bubbles in their pureed foods or simply refusing to eat them. Here are a few suggestions:

- Mix some of the pureed foods with more textured foods.
- Make fruit popsicles for teething babies or add vegetables for a fruit & vegetable popsicle. Babies might really love apple-carrot pops!
- Mix baby food fruits into yogurt or cottage cheese.
- Use baby food fruits or vegetables for dipping sauces for baby's finger foods.
- Use pureed foods in recipes that are appropriate for older babies, quick breads, custards, homemade teething biscuits, etc...
- Use the new feature of Client Services 6.0 to reduce the number of jars of baby foods when the client is not able to use all the foods or chooses not to.

Caregivers have ideas about what will work best for their babies – explore the options with them!

---

**Q. How do I reduce the risk that caregivers will only offer the pureed foods that WIC provides through the baby's first year? I am concerned that at the one year recertification they may not be ready for the foods provided in the Child's food package.**

A. WIC staff currently do a very good job of discussing progression of solids with WIC families; this has not changed. The amount of commercial baby foods provided by WIC is a supplement to an infant's entire diet; therefore it is still important to discuss adding other appropriate foods (e.g. finger foods, more textured foods) during the first year. Talk to caregivers about introducing family foods as the baby shows signs of readiness for a wider variety of tastes and textures. Ask caregivers about plans to introduce family foods at the Health Assessment, in group educations, Second Contacts, or RD appointments. By discussing with caregivers their baby's development and individualizing education based on their baby's needs, even babies who have not had the opportunity to eat family foods during the first year can be transitioned into more "toddler-like" eating with information and support— having this conversation is what you do best! To read more about how children become competent eaters an article by Ellyn Satter is included on page 5.

---

## MATERIALS & RESOURCES THAT SUPPORT YOU IN DISCUSSING INFANT FEEDING

### Staff materials:

#### *Washington WIC Staff Development In-service: Commercial Baby Food*

- This in-service is a lesson on commercial baby food and providing information to WIC caregivers about infant feeding. Topics include: readiness for solids, comparison of baby food "stages," fostering acceptance of baby food meats, and identifying food safety issues for preparation, feeding and storage of baby foods.

Download from: <http://www.doh.wa.gov/cfh/WIC/materials/clinic/inservices/babyfood.pdf>

#### *Infant Nutrition and Feeding – A Guide for Use in the WIC and CSF Programs*

<http://www.nal.usda.gov/wicworks/Topics/FG/CompleteIFG.pdf>

- This handbook provides nutrition education, counseling ideas and nutrition information for the healthy full term infant. In preparation for the discussion with caregivers around the addition of commercial baby foods on their WIC checks, you may want to read/review: Chapter 5 - Complementary Foods.

*Helpful Tip:* By saving the PDF file to your computer Desktop, you can easily use the search feature to find topics of interest.

### Client Materials from the Department of Printing General Store:



***What Are You Feeding Your Baby?*** For clients receiving baby foods this handout covers: homemade baby foods, jarred baby foods, and safety and storage.



***Excerpts from Food for Tots – A brief guide to feeding your child from birth to six years old***

Dr. Janice Woolley & Jennifer Pugmire

*Food for Tots* provides infant feeding guidelines, foods to avoid in the first year, and ways to develop healthy eating habits.

### Other WIC handouts that support your clients in learning about infant feeding:

- *Feeding Your Baby Birth to 8 Months*
- *Feeding Your Baby 6-12 Months*
- *I'm Ready! Feeding Family Foods to Your Baby*

## INFANT HUNGER AND FULLNESS CUES

SIGNS OF HUNGER	SIGNS OF FULLNESS
<b>Breastfeeding and Bottle Feeding</b>	<b>Breastfeeding and Bottle Feeding</b>
Wakes and tosses	Releases nipple or stops sucking
Sucks on fist	Moves head away from the nipple
Appears like he or she is going to cry	Slows down speed of sucking or turns away
Cries or fusses (a late sign of hunger)	Seals the lips together
<b>Feeding Solid Foods</b>	<b>Feeding Solid Foods</b>
Opens mouth and moves toward spoon	Turns head away from the spoon
May try to swipe food toward mouth	Spits out familiar food or pushes it away
May nod, point or grab the spoon	Becomes distracted or notices surroundings more

## HOW CHILDREN BECOME COMPETANT EATERS by Ellyn Satter

By the time your child is 8 to 15 months old, the goal is to have her sitting up to your family table and finger-feeding herself soft table food. From then on, she will gradually learn to enjoy more and more of the foods you enjoy and learn to manage the mechanics of eating in more and more grownup ways. It takes time—years in fact—but gradually your child will become a competent eater. She will enjoy a variety of food, and she will know how to learn to like new food. She will eat the right amount of food to grow in the way that nature intended. She will know how to behave at the table so others enjoy having her there.

However, your child's ways with food can fool you into thinking she is becoming anything *but* a competent eater. Often she won't eat much—a few tastes, swallows, finger-fulls, or bites. Other times, she will eat more than you can imagine. She is unlikely to eat some of everything on the table, but will eat only 1 or 2 foods. What she eats one day, she ignores another. She is unlikely to eat an unfamiliar food. Instead, she watches you eat it, looks at it, smears it, puts it in her mouth and takes it out again. She drops food, gets it all over her face, and makes her place at the table look like a disaster area.

Courage. Eat with her, and let her eat with other adults who are friendly and supportive and who enjoy a variety of food. Keep giving her opportunities to learn and don't get pushy, or it will slow down her learning rather than speed it up:

- Give her experience with a variety of food. Don't limit the menu to foods she readily accepts.
- Understand that her watching, looking, smearing and in-and-outing are her ways of getting used to new food and getting ready to eat it.
- Let her eat as little or as much as she wants, even if she only wants one or two foods.
- Show her how to behave at the table—and how not to.

**Copyright © 2009** by Ellyn Satter. Published at [www.EllynSatter.com](http://www.EllynSatter.com). For more about competent eating for adults and for children (and for research backing up this advice), see Ellyn Satter's *Secrets of Feeding a Healthy Family: How to Eat, How to Raise Good Eaters, How to Cook*, Kelsey Press, 2008. Also see [www.EllynSatter.com/shopping](http://www.EllynSatter.com/shopping) to purchase books and to review other resources.

## Guidelines for Feeding Healthy Infants, Birth to 1 Year Old

Adapted from: *the Infant Nutrition and Feeding – A Guide for Use in the WIC and CSF Programs*

(Note: These are general guidelines for the healthy, full-term infant per day; serving sizes may vary with individual infants)

Age	Breast Milk or Infant Formula	Grain Products	Juices	Vegetables	Fruits	Protein-Rich Foods
Birth-4 Months	Breastfeeding: 8-12 times  Iron-Fortified Infant Formula: 14-42 ounces (~108 kcal/kg body weight)	None				
4-6 Months	Breastfeeding: 5 or more times  Iron-Fortified Infant Formula: 26-39 ounces (~108 kcal/kg body weight)	Iron-fortified infant cereals or enriched hot cereals (1-2 Tbsp)	None	Plain strained or pureed cooked vegetables (1-2 Tbsp)	Plain Strained or pureed fresh or cooked fruits (1-2 Tbsp)	Plain strained or pureed protein-rich foods such as meats, egg yolk, beans, peas and lentils may be introduced if an additional food source of iron is needed
		<b>Note:</b> WIC will not provide cereal, baby food fruits and vegetables or meats until the month the baby turns 6 months old. Juice will not be provided for infants.				
6-8 Months	Breastfeeding: 3-5 times  Iron-Fortified Infant Formula: 24-32 ounces (~98 kcal/kg body weight)	Iron-fortified infant cereals or enriched hot cereals (4-6 Tbsp)  Dry toast small pieces of crackers, or dry breakfast cereals and other grain products (4-6 Tbsp)	100 percent pasteurized fruit or vegetable juice (2-4 ounces)  *Juice offers no nutritional benefit over whole fruits and vegetables. If offered, it should be in a cup.	Plain strained or pureed cooked vegetables (3-4 Tbsp)	Plain strained or pureed fresh or cooked fruits (3-4 Tbsp)	Plain strained or pureed protein-rich foods such as meats, egg yolk, beans, peas and lentils (1-2 Tbsp)
8-12 Months	Breastfeeding: 3-4 times  Iron-Fortified Infant Formula: 24-32 ounces (~98 kcal/kg body weight)	Iron-fortified infant cereals or enriched hot cereals (4-6 Tbsp)  Dry toast, small pieces of crackers, or dry breakfast cereals and other grain products (4-6 Tbsp)	100 Percent pasteurized fruit or vegetable juice (2-4 ounces)  *Juice offers no nutritional benefit over whole fruits and vegetables. If offered, it should be in a cup.	Plain pureed, mashed or chopped cooked vegetables (3-4 Tbsp)	Plain pureed, mashed or chopped cooked fruits (3-4 Tbsp)	Pureed or chopped lean meat, poultry, fish, egg yolk, cheese, yogurt, or mashed beans, peas or lentils (1-3 Tbsp)