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Dear WIC Nutrition Professional:

Food safety is an important nutrition education issue for the WIC population. Preventing foodborne illness is vital for pregnant women and their unborn babies because during pregnancy the mother's immune system is weakened, making it difficult to fight off harmful foodborne microorganisms.

Our Fall 2007 WIC Works Resource System (WWRS) mailing highlights resources about food safety from the Center for Food Safety and Applied Nutrition of the U.S. Food and Drug Administration (FDA). As part of an ongoing effort to reach populations at a higher risk for foodborne illness, FDA launched the multi-media campaign *Food Safety for Moms-to-Be*. It includes a toolkit, available in print and electronically, and a Web site for educators and consumers. Access the campaign at <http://www.cfsan.fda.gov/~pregnant/pregnant.html>.

The educator's toolkit was recently mailed to you for your convenience. The toolkit consists of a resource guide, DVD, and video. To accompany the campaign, this WWRS mailing includes food safety resources available for free that you can order or access electronically. These resources include:

- *The Dangers of Raw Milk: Unpasteurized Milk Can Pose a Serious Health Risk* - available in English and Spanish. To order, call 888-SAFE FOOD (888-723-3366) or download at <http://www.cfsan.fda.gov/~dms/rawmilk.html>.
- *Fresh and Frozen Seafood: Selecting and Serving it Safely* - available in English and Spanish. To order, call 888-SAFE FOOD (888-723-3366) or download at <http://www.cfsan.fda.gov/~lrd/seafsafe.html>.
- *What You Need to Know About Mercury in Fish and Shellfish* - available in English, Spanish, Portuguese, Chinese, Korean, Vietnamese, Cambodian, and Hmong. To order, call 800-490-9198 or download at <http://www.cfsan.fda.gov/~dms/admehg3b.html>.

These publications are also available in the Food Safety section of WWRS at http://www.nal.usda.gov/wicworks/Topics/Food_Safety.html. Additional food safety resources are available at http://www.nal.usda.gov/wicworks/spotlight/fs_month.html in honor of National Food Safety Education Month, celebrated throughout the month of September.

We have also included information on how to connect with First Book, a nonprofit organization that provides children from low-income families the opportunity to read and own their first new books.

Remember... YOU are WIC's most important resource! As always, we hope that the resources will help you educate your participants about foodborne illnesses and what they can do to prevent them. Visit the site often for monthly spotlights and other new materials. If you have questions, please contact us by telephone at 301-504-5414, by fax at 301-504-6409, or by email at wicworks@nal.usda.gov. Let us know what we can do to help **You** and help **WIC**!

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