

# STATE OF COLORADO

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Colorado Department  
of Public Health  
and Environment

TO:            Local Agency WIC Directors  
FROM:        State Office  
SUBJECT:     New Food Package Training: Infant Feeding Practices  
DATE:        January 15, 2008

In previous packets, we discussed in detail some of the new messages around breastfeeding promotion and support. This month we will tackle other aspects of infant feeding. The new infant food packages continue to provide infant cereal, however juice will no longer be provided. Instead, infants will now receive baby food fruits and vegetables, and fully breastfed infants will also receive baby food meats. In this packet, we will discuss new recommendations around infant feeding, introduction of complementary foods, and some new guidance from the American Academy of Pediatrics.

The accompanying attachments provide tools for staff training. The design allows these materials to be adapted for either independent study or staff meeting review. Following is the list of enclosed handouts. The Director Guide on the following page includes a list of tips and tools for how to use these materials.

Director Guide: *Staff Training Tips and Tools: Infant Feeding and the New Food Packages*  
Staff Handout: *Infant Feeding and the New Food Packages*  
Director and Staff Tool: *Starting Complementary Foods: A Review*  
Director and Staff Tool: *Selecting, Serving, and Storing Commercially Prepared Baby Foods*  
Staff Activity: *Baby Food Fruits, Vegetables, and Meats*

As you work through these monthly packets, questions may arise. Please share these questions and scenarios with us; we are continuing to compile these frequently asked questions. We have received excellent questions from the breastfeeding and overview packets, so keep those questions coming as well! Please share all questions with Amy Kweller at [amy.kweller@cdphe.state.co.us](mailto:amy.kweller@cdphe.state.co.us).

In the coming months, we will be discussing other exciting topics. Next month we will address more details and difficult situations around breastfeeding, including WIC's new breastfeeding policy and new tools that promote breastfeeding. That packet is scheduled for release February 17, 2009. Thereafter, packets will focus on training staff to issue food benefits, discuss purchasing new foods, and how to carry out transactions at the store. We are also very excited to be sending training binders to every local staff member in the next few weeks, for storing training packets and materials, reference materials, and participant handouts!

cc:    State WIC Office Staff  
      Patricia Daniluk

Enclosures

## Staff Training Tips and Tools: Infant Feeding and the New Food Packages

1. Have staff review the handout *Infant Feeding and the New Food Packages*
  - If possible, have staff review the handout before the staff meeting.
  - Walk through the sections and each question with staff. Help them understand the nutrition messages, new infant feeding guidelines, and have them practice the counseling techniques.
  - Encourage staff members to voice opinions and ask questions about the changes.
    - ✓ Ask staff members if they agree with the nutrition messages and food changes.
    - ✓ How do they think participants will react to these changes? How else can we help participants understand the nutrition messages, and how to buy the new foods?
    - ✓ Do they believe the changes will help achieve the nutrition goals? Help staff understand the reasoning behind the baby foods, new messages, and how they play a role in a healthy upbringing.
    - ✓ Ask if anyone has knowledge of different stages of baby foods. Encourage discussion.
  - Write down any questions, scenarios, or “what if” situations that arise during your meeting. Respond to the situations based on the information that we have provided, but also, please keep a list and share them with the state office. We will continue to collect these questions as part of our Frequently Asked Questions (FAQ) guidance.  
→ Email Amy Kweller at [amy.kweller@cdphe.state.co.us](mailto:amy.kweller@cdphe.state.co.us) with questions or situations to address.
2. Have staff review the handouts *Starting Complementary Foods* and *Selecting, Serving, and Storing Commercially Prepared Baby Foods*
  - Review the procedures for starting solids, as well as handling and serving of commercial baby foods.
  - Ask staff:
    1. Why is it important to wait until around 6 months to start solids?
    2. What are the signs that a baby is developmentally ready for solid foods?
    3. Why is juice not recommended until after 6 months of age?
    4. What are 3 key points to tell participants when using commercial baby foods?
    5. What else can you tell participants to encourage proper handling and serving of baby foods?
3. Staff activity: review the handout *Baby Food Fruits, Vegetables, and Meats*
  - The purpose of this activity is to become familiar with differences between commercial and homemade baby foods, and how to encourage participants to use both methods to feed their older infants.
  - Ideally, have staff read the questions before the staff meeting. During the staff meeting, break into small groups and assign a few questions to each group.
  - Share and constructively critique the responses between groups. Some answers have been provided to share with staff during or after the meeting. Also, review the handout *Making Your Own Baby Food* (WIC #111). What are 3 key points to tell participants when making their own baby foods?
  - Encourage staff to consider other questions that may arise about feeding complementary foods to infants, and construct appropriate responses. Please share any questions/scenarios with us!
4. Other staff activity ideas:
  - Bring in some bananas of different sizes and encourage staff members to weigh the bananas. See who can get closest to 1 pound! Ask staff members to try to weigh out 1 pound of bananas the next time they visit the grocery store, and see how close they can come! Discuss results during staff meeting.
  - Make your own baby food! Have some bananas on hand, and mash them into different textures and consistencies. Which is most appropriate for a 6 month old infant? Which is better for an 11 month old infant? How would you describe to a participant how to make baby food from bananas?
  - Have a baby food taste test! Buy several of the WIC appropriate stage 1 or stage 2 baby foods, and also purchase some stage 3 or other older infant foods. Have staff try and compare different stages. Have staff observe and describe the taste, textures, and mouthfeel of each food item. Ask staff:
    1. What are the differences between stage 1, stage 2, and stage 3?
    2. What are the differences between single ingredient fruits and vegetables in stages 1, 2, and 3?
    3. What ingredients are in Stage 3 or toddler baby foods?
    4. Do you think that stages 1 and 2 are appropriate for 6 – 11 month old infants?
    5. How will you describe the different textures and tastes to participants?
    6. Which baby foods will you encourage participants to buy at the store?