

Waukesha County Nutrition Coalition Minutes

August 27, 2024

Location: Waukesha County WIC

Attendance: Michael Egly & Lyndsay Johnson- Food Pantry of Waukesha County; Jeremy Otte- Community Action Coalition of South Central WI; Lisa Topp- Waukesha County WIC; Chloe Bingenheimer- Community Smiles Dental; Shanna Krause- La Casa de Esperanza Early Head Start; Kristen Hosking- Waukesha County ADRC; Jillian Smith- UW-Madison Extension Health & Well Being; Jill Herz & Yolanda Pena- UW-Madison Extension FoodWise; Jessica Kapsos- Hebron House (Siena House); Alyssa Pisarski- Waukesha Public Library; Rosa Zibell- Waukesha Free Clinic.

Coalition Updates- Michael Egly:

The next WCNC meeting will be on October 22 at 9 am at Community Action Coalition, with a presentation on Safe and Stable Housing Program. CAC is on the 3rd floor of the Grandview building (2717 N Grandview Blvd #303) in Waukesha. Meeting will be in the Waukesha County Business Alliance conference room.

Presentation: Waukesha County WIC

by Lisa Topp- WIC Dietetic Technician, Fit Families' Coach

WIC is a supplemental program for Women who are pregnant/postpartum, Infants, and Children up to age 5. WIC provides nutrition ed, breastfeeding promotion and support, nutritious foods, and referrals to health care services and resources. Women who are enrolled are pregnant or postpartum (up to 6 months postpartum, or up to 12 months for breastfeeding women). Women with pregnancy loss are still eligible 6 months postpartum. Participants must be residents of WI and income eligible. Eligibility is verified if they are receiving state insurance, FoodShare, foster/kinship care, or by income level. Up to 185% of the Federal Poverty Level may be eligible. WIC results in a higher intake of vitamins, iron, and other nutrients, decreased rate of anemia, better birth outcomes, and improved cognitive and academic abilities. Families save on medical costs as well. Women receive prenatal care earlier, have a more ready source of medical care, and are more up to date on immunizations. Common WIC misconceptions: it is only for infants, they only prescribe formula, it is only for families that don't work. Formula only accounts for 30% of dollars of food purchases. Sometimes assistance is only needed for a short time. WIC has food options but doesn't prescribe food. WIC provides nutrition education on eating habits, dietary needs, meal planning, feeding concerns, etc. Education is client-focused with routine follow ups.

WIC EBT cards: Depending on status of the enrolled person, there are different food packages allotted. Food packages are in quantities, not dollar amounts (except for fruit and veggie checks, which are in dollar amounts). A family has one card with multiple allotments for family members. WIC foods include: whole grain foods, milk, eggs, cheese, yogurt, fruits and vegetables, formulas (Similac is contracted brand). Allotments can be tailored, within limits (e.g. varying milk quantity vs. yogurt & cheese). Have some specialty formulas available for special circumstances. Breastfeeding moms get biggest food packages. Breastfeeding peer counselors work with new moms, have online and in person breastfeeding classes. WIC Shopping guide & videos: [WIC: Approved Foods | Wisconsin Department of Health Services](#). WIC formula form: <https://www.dhs.wisconsin.gov/forms/f4/f44024d.docx>

How to connect families with WIC: Include WIC in patient/client discussions and refer all potentially eligible families. Use WIC as a starting point to connect patients with community resources. Families can be located anywhere as long as they can make it to appointments 2x/year. WIC staff include dietitians and diet techs and

lactation consultants, who follow up with participants every 3 months. Families can do nutrition education online, if they are not high risk.

Questions from group:

- **Given changes to USDA guidelines with sugar, have there been changes to allowable food products containing sugar, such as cereal, yogurt?** Yes, with cereals. The current list of cereals is available in the WIC shopping guide.
- **What if they are running out of food/formula at the end of the month, is the allotment ever adjusted?** Formula allotments are as follows... 0-4 months: 9 cans. 4-5 months: 10 cans. 6 months: 7 cans (assuming they will also have infant cereal, fruits and vegetables allotted.) Since WIC is a supplemental food program, it can't supply all the food their baby may need. Families are encouraged to use their FoodShare or can also come to the food pantry.
- **Does WIC provide any non-food items for baby care?** No.
- **Are there other locations in Waukesha County?** One day per month, they are at the Lake Area Free Clinic (2nd or 3rd Thursday)
- **Does WIC prefer in-person vs. online visits?** In-person 2x per year is goal. Being able to assess heights, weights, and iron is important. Also want to meet clients where they are at. Can be hard to work around work schedules, transportation, etc. They can upload information from their doctor. Majority of appointments have been in-person.

Agency Updates:

Community Action Coalition of South Central Wisconsin- Jeremy Otte: On October 1st, partnering with Waukesha Food Pantry to do "Winter Glow" program. Will share the flyer to the email list. Event is between 11-5, mostly coats, hats, and gloves for kids but some may be available for other family members.

Food Pantry of Waukesha County- Lyndsay Johnson: Attending the farmers market on 2nd and 4th Saturdays of the month. The pantry is seeing a large increase in the number of clients we are serving. Trying to figure out how to be more efficient, including doing some remodeling work.

Extension Waukesha County FoodWise Program- Jill Herz: Wrapping up our current fiscal year and planning for the new year that starts in October. We work with many schools and summer youth programs, as well as parent and adult programs. Have also collaborated on a couple of garden programs this year, in English and Spanish.

Extension Waukesha County Health & Well Being program- Jillian Smith: We have just recruited a Farm to School AmeriCorps Member, who will be working with the school district, specifically Hawthorne and Summit View Elementary schools. This is also in partnership with HHS. Have been leading a Youth Garden this summer at the community gardens; we just had our last lesson. Donated about 150 lbs of produce throughout the summer to the food pantry. Looking to expand Strong Bodies, trying to find volunteers to lead additional series. Strong Bodies typically targets older adults, but anyone 18+ can take the classes. Currently have one class in Waukesha, one class in Menomonee Falls.

Waukesha County ADRC- Kristen Hosking: Strong Bodies class is going in Pewaukee. Two of the class participants want to get trained to lead. Providing farmers market coupons to seniors. This year, received 712 sets of vouchers and all were distributed by the end of July. Now, vouchers can go to BOTH qualifying seniors in a household, 45 dollars each (90 as a couple). There isn't usually a 100% redemption rate (latest data: 68% redemption rate in Waukesha. Varies from 65-78%).

Waukesha County WIC- Lisa Topp: Now have a new full-time, bilingual receptionist. In need of a nutrition staff and also lab technician. Will be continuing farmers market checks over the next month. Celebrating 50 years with WIC: WIC 50th Anniversary Video: https://youtu.be/G_ZuE_COSTQ

Waukesha Free Clinic- Rosa Zibell: Clinic is seeing increasing census. First time in several years that they are fully staffed with nurses, bilingual nurses. Will need another full-time receptionist. 65% of clients are Spanish-speaking. The high increase in inflation is affecting everyone who enters the clinic. People try to avoid cost of medical services. They are seeing a big need for dental services. Waukesha Free Clinic is 50 years old almost, the oldest free clinic in the state. The clinic refers to GI, neurology, etc. but providers are capping them at certain number of services per year because they are using them so much. Have waiting lists as they try to find another way to get services. During covid, many people didn't realize they had medical needs; now they have that on top of mental health, and other concerns. Have been collaborating with FoodWise for nutrition lessons due to increasing need.

Community Smiles Dental- Chloe Bingenheimer: Still busy as usual. Still looking for another hygienist. New CEO started; please feel free to connect with him and set up a meeting. Cheers is our November fundraiser, which will include bourbon and wine tasting.

Waukesha Public Library- Alyssa Pisarski: Just hired a new outreach librarian (Abby moved on to a new position). Looking at ways to support community organizations. Starting to plan fall/winter/spring calendar with variety of opportunities. Feel free to reach out with programming needs/ideas. Currently providing Kids in Kitchen program once a month, which might be a good partnership with the AmeriCorps.

La Casa de Esperanza Early Head Start- Shanna Krause: We are at full enrollment for center-based program. Enrolling home -based. Recently provided Health Fair for the whole community; thanks to all who attended. Will continue to do it every year. Please refer if you know anyone pregnant, parents of kids through age 3.

Emailed Update:

Monroe Group- Debi Thiesenhusen: We have small waitlists at Milwaukee and Waukesha locations...call 262-446-9144 x4 for Property Manager Lisa Larson. There is a great need for delivered Food Pantry items. Due to Covid complications, we have lost a good amount of our residents due to death and/or needing to get higher levels of care housing (Nursing Homes, etc.) at an unprecedented rate...over 10 people just this last year even with supports in place. We secured a spot for the Community Garden, but we are in dire need of transportation out there. There was not a chance for carpools and/or Busing (a lot of residents who want to go are anxious or can't utilize regular buses). Since the Food Stamps went down this past year with Covid funding gone...more referrals for Pantries, Stockbox, and Farmer's market Vouchers. Thank you to Waukesha Food Pantry for the apples for Fill the Bus event 😊 Maybe have a few fliers for Food Pantry and Free Lunch program since we used to do that when Distribution was at DHS, but that stopped 2019. Please call me with questions at 262-446-9144 x5 or 414-418-4098.

**Next Meeting: October 22, 2024 at 9AM
Community Action Coalition (CAC)**

2717 N Grandview Blvd # 303, Waukesha, WI 53188

Presentation: Safe & Stable Housing Program