

Texas WIC expands eligible foods, launches updated app

Texas Health and Human Services announces Texas WIC, the special supplemental nutrition program for women, infants, and children, is expanding the number of food items eligible for purchase through the program. It is also updating the MyTexasWIC app to ensure Texans who need access to nutritious food will be able to find it in their local grocery stores.

“Grocers assure us they can meet this increased demand and have supply chains ready to respond,” said Dee Budgewater, HHS deputy executive commissioner for Health Developmental and Independence Services. “The Texas WIC team is working around the clock to ensure families have access to healthy food, which is one of the best ways to support mothers and growing children and help them achieve a greater sense of health and well-being.”

Effective immediately, there are additional options for certain

food items WIC participants can buy. These food items include more options for milk, bread, rice, pasta and eggs. In addition, Texas WIC is permanently adding canned fruits and vegetables to the food package. Items at the grocery store with a pink sticker that says “WIC Approved” are products eligible for shoppers to purchase using WIC.

WIC participants can find detailed information on the Texas WIC website. WIC participants can also download the latest version of the MyTexasWIC shopping app on the Google Play Store or Apple App Store, which informs families what the allowable food items are on their benefit package.

Texas WIC is operating under modified services throughout the state to help keep clients and staff safe. Families may call their local WIC clinics to learn more about how they can receive services. Visit the Texas WIC website or call 800-942-3678 to

find how your local clinic is handling local services.

Many have modified their services and applicants are encouraged to start their applications online to protect office workers and practice social distancing precautions.

Strong and Thriving Families 2020

National Child Abuse Prevention Month recognizes the importance of families and communities working together to prevent child abuse and neglect and promotes the social and emotional well-being of children and families. During the month of April and throughout the year, communities are encouraged to increase awareness and provide education and support to families through resources and strategies to prevent child abuse and neglect.

Every family has strengths, and every family faces challenges. When you are under stress - you or your partner lose a job, your child’s behavior is difficult, or even when the family is experiencing a positive change, such as moving into a new home - sometimes it takes a little extra help to get through

the day. Protective factors are the strengths and resources that families draw on when life gets difficult. Building on these strengths is a proven way to keep the family strong and enhance child well-being. Here are six key protective factors and some simple ways you can build these factors in your own family.

1. Nurturing and Attachment - Showing your family how much you love each other is very important. Take time to connect with your children with a hug, a smile, a song, or just listening and talking together as a family.

Find ways to engage your children while completing everyday tasks, talk about what you are doing or play simple games such as “I spy”.

2. Knowledge of Parenting and Child Development - Explore parenting questions with your family doctor, child’s teacher, family or friends. Sit and observe what your child can and cannot do.

3. Parental Resilience - Having the courage during stress and the ability to bounce back from challenges - Take quiet time to reenergize take a bath, write, sing, laugh or play. Do

some physical exercise such as walking, stretching, yoga, lift weights or even dance. Share your feelings with someone you trust and share with people who support and make you feel good about yourself.

4. Social Connections - Stay connected with friends, family and neighbors who can provide emotional support-By following Social Distancing this may be somewhat difficult. However, with Social Media, this can be accomplished. Join and online neighborhood activity, join an online parent support group with children like your child’s age.

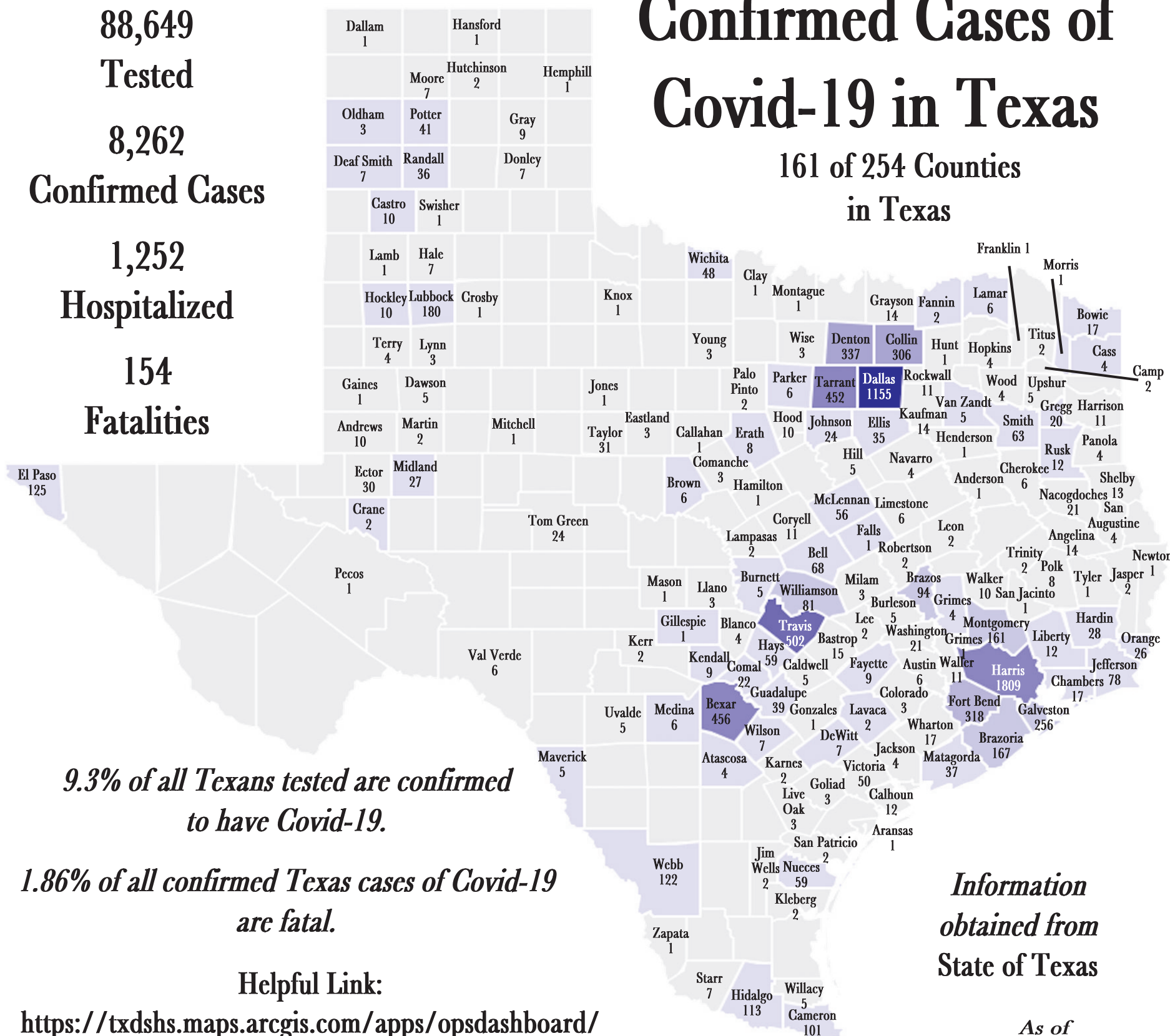
5. Concrete Supports for Parents - Find help if needed. This can be done by dialing 2-1-1 to find out about organizations that support families in your area.

6. Social and Emotional Competence of Children - You want your children to know they are loved, feel that they belong and are able to get along with other children. Provide regular routines even with mealtime, naps and bedtime. Talk with your children about how important feelings are and teach/encourage children to solve problems in age-appropriate ways.

88,649
Tested
8,262
Confirmed Cases
1,252
Hospitalized
154
Fatalities

Confirmed Cases of Covid-19 in Texas

161 of 254 Counties in Texas



9.3% of all Texans tested are confirmed to have Covid-19.

1.86% of all confirmed Texas cases of Covid-19 are fatal.

Helpful Link:

<https://txdshs.maps.arcgis.com/apps/opsdashboard/index.html#/ed483ecd702b4298ab01e8b9cafc8b83>

Information obtained from State of Texas

As of Tuesday, April 7, 2020