

NEW WIC Food Packages Coming in October 2009

There are some interesting changes coming to your WIC food package this fall!

The following changes will happen to your current WIC food package:

Juice: less juice for women and children and no juice for infants

Milk: about 1 gallon less for women and children
whole milk (red carton) only for children ages 1-2 years
only 2%, 1%, or skim milk for children ages 2-5 years and women

Cheese: maximum of 1 pound per month per participant

Eggs: medium or large size only

Peanut butter: 18 oz jars only so no Skippy (16.3oz) or Simply Jif (17.3oz)

Formula: less infant formula during the first year than the current amounts



Some exciting new foods will be **added** to your WIC food package: fresh fruits and vegetables, whole grain bread or brown rice or whole wheat/soft corn tortillas, baby food fruits and vegetables, and canned beans. For breastfed infants baby food meats will be an option, and for breastfeeding women in addition to light tuna, they can choose pink salmon.

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