

NEW WIC FOOD PACKAGE

Coming October 1, 2009

The new WIC foods help your child meet today's nutrition needs. Your new WIC Foods:

- Are lower in fat and higher in fiber;
- Improve the variety of food available;
- Promote healthy weight gain for your child, for our pregnant moms, and
- Maintain healthy weight for our delivered and breastfeeding moms.

New WIC Food Packages Changes:

Juice: Juice amounts are less for women and children

Sizes allowed: 12oz. frozen, 11.5 oz. shelf stable concentrate, 64 oz. plastic container

Added: Fresh fruits and vegetables for children and women

\$6.00 checks for children

\$8.00 for pregnant, mostly breastfeeding, and delivered women

\$10.00 checks for fully breastfeeding women

Milk: Whole milk only for children ages 1-2 years

2%, 1% or Skim milk for children ages 2-5 years and women

About 1 gallon less milk per month for women and children

Added: Soy milk substitutions

Cheese: Maximum of 1 pound of cheese per month per participant

Eggs: Large or medium size only

Peanut Butter: 18 oz. size jars only, Creamy or Crunchy

No Skippy (16.3 oz) or Simply Jif (17.3 oz)

Formula: Good Start Gentle Plus and Good Start Soy Plus

Amounts of formula vary by age of infant and breastfeeding status

For formula only fed Infant: 1-3months=10 cans; 4-5 months=11cans; 6-11months=8 cans

Infant Cereal: No changes: 8 or 16 oz. dry infant cereal (No added fruit, formula; organic or DHA)

NEW ADDITIONS:

Bread: Whole wheat and whole grain bread or brown rice or whole wheat or corn tortillas

Beans: Canned beans in addition to dry beans, peas or lentils

Baby Foods: 6 Month old infant: Gerber (2nd Foods) fruits and vegetables

Gerber Meats for fully breastfed infants

No infant juice

Fully Breastfeeding Women: Pink salmon in addition to tuna