

WIC & YOU:

MAKING HEALTHY CHOICES
TOGETHER

WIC Food Package Changes Effective October 1, 2009

Infants

- * Elimination of infant juice
- * No solid foods before six months of age
- * Addition of jarred baby fruits and vegetables (fully Breast Fed (BF) infants get twice as much)
- * Fully BF infants will also get jarred baby meats
- * BF infants can not receive any formula before they are 1 month old (human milk fortifier is the only exception)
- * Formula amounts increase slightly in months 4 & 5 and then decrease in months 6 through 11

Infants, Children & Women on Special Formulas

If medically indicated, will receive all WIC foods for their age and breastfeeding status in addition to their special formula

Children

- * Decreased amounts of milk, juice, and eggs
- * 1 year olds will get whole milk, 2 - 5 year olds will get reduced-fat or low-fat milk
- * Cheese is no longer automatically provided, can get 1 pound in exchange for cow's milk if requested by the caregiver
- * Addition of whole grains, fruits and vegetables
- * Will have to choose at the WIC clinic between peanut butter or beans (1 year olds can only have beans)
- * **With medical providers authorization, may substitute soy beverage or tofu for cow's milk or additional amounts of cheese**

Pregnant Women and Partially Breastfeeding (BF) Women

- * Decreased amounts of milk, juice, and eggs
- * Reduced-fat or low-fat milk will only be provided
- * Cheese is no longer automatically provided, can get 1 pound in exchange for cow's milk if requested
- * Now receive both peanut butter and beans
- * Addition of whole grains, fruits and vegetables
- * May substitute soy beverage and up to 4 pounds of tofu for cow's milk
- * **Additional amounts of cheese or tofu would require medical provider's authorization**

Post Partum Women

- * Decreased amounts of milk, juice, and eggs
- * Reduced-fat or low-fat milk will only be provided
- * Cheese is no longer automatically provided, can get 1 pound in exchange for cow's milk if requested
- * Will have to choose at the WIC clinic between peanut butter or beans
- * Addition of fruits and vegetables
- * May substitute soy beverage and up to 4 pounds of tofu for cow's milk
- * **Additional amounts of cheese or tofu would require medical provider's authorization**

Fully Breastfeeding Women and Pregnant Women with multiple fetuses

- * Decreased amounts of milk and juice
- * Reduced-fat or low-fat milk will only be provided
- * Addition of whole grains, fruits and vegetables
- * Now receive both peanut butter and beans
- * Receive 1 pound of cheese
- * May substitute soy beverage and up to 2 pounds of cheese or 6 pounds of tofu for cow's milk
- * Canned fish category has expanded to include pink salmon and sardines
- * **Additional amounts of cheese or tofu would require medical provider's authorization**

Fully Breastfeeding Women of multiple infants

Receive 1.5 times all the foods the Fully Breastfeeding woman gets

Specific Food Changes

- * Participant can choose between canned or dry beans at the grocery store
- * Half of all WIC eligible cereals are whole grain
- * Only 1 year olds get whole milk, everyone else chooses from 2%, 1% or skim
- * Whole grain choices include whole wheat bread or rolls, whole grain bread or rolls, brown rice, oats and whole wheat or corn soft tortillas

Bolded items within each category require medical authorization/documentation