Your WIC Foods

In addition to milk, cereal, eggs, juice, peanut butter, and beans you already get from WIC you will also receive:

More Variety!

- Fresh, canned, and frozen fruits and vegetables each month
- Whole grains like whole wheat bread, brown rice, soft corn tortillas, and oatmeal
- Canned salmon, tuna, and sardines for fully breastfeeding moms
- Women will have the option to choose:
  - Soy beverage in place of milk
  - Some tofu in place of milk

Changes to Support a Healthy Lifestyle!

- Less milk and only lower fat milk for everyone over 2 years old
- Less cheese
- Less eggs
- Less juice

Healthy Choices for Babies

- Baby fruits and vegetables for babies over 6 months
- Baby food meats for fully breastfed babies over six months

STATE of ALASKA
Department of Health and Social Services

ALASKA WIC
Good Nutrition For Women, Infants & Children

ALASKA FAMILY NUTRITION
Department of Health and Social Services

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New Food Choices

In October 2009 Alaska WIC will have new foods!

New WIC foods coming to Alaska WIC in October, 2009!

PROVIDING HEALTHY CHOICES, OFFERING MORE VARIETY, SUPPORTING BREASTFEEDING.

new foods to support a healthy lifesyle

HEALTHY CHOICES

WIC supports your family with healthy new food choices. WIC foods are changing:

- More variety in the foods
- More choices so you can buy the foods your family likes
- Foods that meet current nutrition guidelines

MORE VARIETY

More variety with fresh, canned and frozen fruits and vegetables for your and your family. More variety with healthy whole grain choices like whole wheat bread, buns, and rolls. Also, soft corn tortillas, and brown rice for better nutrition and more fiber.

More variety with new non-dairy choices for women. You can choose soy beverage and some tofu in place of milk.

More variety with canned sardines. If you are a fully breastfeeding mom, you can choose canned salmon, tuna, or sardines for added protein.

BREASTFEEDING MOMS AND BABIES WILL GET MORE FOOD

The Alaska WIC program is here to support you while you breastfeed. Fully breastfeeding moms will get more foods. Your breastfed baby will get baby food fruits and vegetables, baby cereal, and baby food meats after 6 months of age.

HEALTHY LIFESTYLES

New lower fat choices. If you are a woman or a child age 2, you will get:

- Lower fat milk (2%, 1%, or fat free)
- One pound of cheese

More choices to better meet nutrition guidelines for women and children.

- Fresh fruits and vegetables will replace some of the WIC juice
- Eggs are reduced from two dozen to one

HEALTHY CHOICES FOR BABIES

Babies over 6 months of age will get baby food fruits and vegetables, plus baby cereal. Because of this added nutrition, WIC will no longer provide juice for babies. The amount of infant formula your baby will get is based on your baby's age and nutrition needs. For formula fed babies, this means less formula after 6 months of age when other foods are being added.

See the list of new foods for you at http://hss.state.ak.us/dpa/