

Major Changes to the WIC Food Packages (10/09)

New foods:

Fruits & Vegetables – fresh, frozen or canned

Whole grains – whole wheat bread/buns/rolls, brown rice, soft corn or whole wheat tortillas

Baby foods – fruits & vegetables in jars/tubs & maybe bananas (jarred meats for fully breastfed infants)

Canned beans – now a choice in place of dried beans

Canned sardines – now a choice for breastfed mothers

Beans OR peanut butter – postpartum women now have a choice

Milk – whole milk only for children under 2 years old and lowfat milk for all women & children 2-5 years old

Lactose Free/Reduced milk – may need to be printed on the checks at the WIC office

Soy – some soy options (soy milk & tofu), these may require a doctor's prescription

New quantities:

Less milk, cheese, eggs & juice

No formula for breastfed infants less than 1 month old

Less formula for older infants (but they get jarred foods)

No juice for infants

No solids for infants until 6 months old

Amounts of infant formula change with baby's age

“Partially breastfed” infants cannot get a full formula package

Pregnant and breastfeeding women get both beans AND peanut butter

Larger packages for women of twins/multiples

No food package for breastfeeding mothers of infants on a full formula package after 6 months (these mothers are still eligible for breastfeeding services, etc, until 1 yr)



Food list changes:

Juice sizes: are different for women and children so each can get the full allowed amount of juice

New cereals: Cream of Wheat Whole Grain (Stove Top 2½ minute), Honey Kix

Deleted cereal: Kix, Chocolate Malt-O-Meal, Wheat Chex

Cereal minimum sizes: cold cereal must be 12oz or larger, hot cereal must be 11.8oz or larger

Peanut butter: must be 16 to 18oz

Total ounces: baby food & fish are listed as a maximum number of ounces – add them up & keep the total under WIC's allowed amount (just like cereal is done now)

No salmon substituted for dry eggs in food boxes mailed to rural areas

Homeless packages may include hard boiled eggs and baked beans