



PA WIC Program Food Package Change

Effective October 1, 2009

The WIC Program which is funded by the PA Department of Health will be changing the types of food that are issued on your WIC checks. These changes reflect the need in American diets for less fat, and sugar, more vitamins and minerals, and healthier choices in carbohydrates.

Look for new foods on your October 2009 WIC checks:

Women and children will receive a separate WIC check for the purchase of **fruits and vegetables** at the store. These are not to be confused with your Farmer Market checks.

Allowable fruits and veggies include:

- Fresh, whole or cut without added sugars, fats or oils
- Frozen, without added sugars, fats or oils
- Canned, without added sugars, fats or oils (both peas and corn contain sugar)
- Sweet potatoes and yams
- Organic items are allowed

Whole Grains include:

- Whole wheat bread/rolls will be provided for some women and children.
- Whole grain brown rice
- Soft corn or Whole Wheat Tortillas
- Rolled Oats or Natural Quick Oats

Milk and cheese will continue to be provided:

- **Children 12-23 months will receive whole milk.**
- **Children two years of age and older and all women must purchase low fat milk.**
- **Participants who are allergic to milk or prefer the taste of soy products will now be allowed to use soy beverages or tofu.**

Infants will be provided with some **baby food fruits and vegetables while infant juice will no longer be given.**

At your next visit you will receive the 2009 food list and also view the new “WIC Orientation Video” that will introduce you to the new foods available and also all of the changes regarding the WIC Food Package. If you have a proxy that occasionally cashes your WIC checks he/she will also need to view the new WIC video. We realize that their schedules may not be flexible so please encourage your proxy to view the “WIC Orientation Video” on our WIC net website. Please ask your local WIC staff for more information on WIC net. Your proxy may have problems at the store shopping and also cashing your WIC check if they elect not to view the video.

We are excited about these changes as our WIC customers are going to benefit from all of the newly added foods. Should you have any questions please feel free to ask you local WIC staff.