



# WIC Food Package Changes

Effective October 1, 2009

Starting on October 1, 2009, the WIC Program will begin providing a new assortment of foods and enhanced breastfeeding support. WIC provides quantities and types of nutritious foods to eligible participants as part of what is called a "food package." Participants redeem food checks at grocery stores for these items. The new foods are lower in fat, higher in fiber and more culturally appropriate.

## The new WIC Food Package offers:



**Foods with a lower fat content-** Only 1% or skim milk is available to children two years of age and older and women. One pound of low fat cheese is available as an option. Whole milk will be the only milk option for children ages twelve through twenty-three months. Tofu and soy beverage will also be an option when products are available in Iowa that meet the requirements as set by the Federal regulations.



**An increase in the fiber content of the foods-** WIC will now provide additional whole grain options including more whole grain cereal options, whole wheat bread, brown rice and corn tortillas, canned or dried beans and a cash value voucher for fresh or frozen vegetables and fruits.



**More vegetables and fruits for women and children-** Cash value vouchers for fresh and frozen vegetables and fruits will be provided year round. Fully breastfeeding women will receive \$10.00 in vegetable and fruit vouchers-all other women will receive \$8.00 and children \$6.00 in vouchers. Juice will still be provided by WIC, but the amounts will be decreased by approximately one half.