



### HOW DO I LEARN MORE?

Each month between now and October 2009, WIC will keep you up-to-date with all the changes through this monthly newsletter.

If you would like to post a question about these changes, please visit our website at [www.healthysarkansas.com/wic](http://www.healthysarkansas.com/wic) or call 1-800-235-0002.



# Change is on the Way!

The WIC Food Packages are changing to better meet the nutritional needs of WIC's pregnant women, new mothers, infants and young children. The new food packages provide more choices and a wider variety of foods than the current food packages. For the first time in WIC's history, fruits and vegetables, and whole grains will be available.

### SO WHY THE CHANGE?

The current food packages have not been revised since 1980. Over the years, lifestyle, nutrient needs and eating habits have changed, as well as the availability and ease of getting foods. When the last food package change was made, there were about 500 foods available at the local grocery store, there are now over 20,000. WIC used to have to worry about participants getting enough of certain nutrients; now we also are concerned about participants getting too much of some nutrients. Times have changed, and the WIC food package needed to change too.

### WHAT WILL CHANGE?

Fresh and frozen fruits and vegetables, whole grain breads, cereals, and substitutes such as brown rice, whole wheat or corn tortillas, and canned beans will all be choices with the New WIC Food Packages starting October 1, 2009.

Besides adding these new foods, amounts of some of the other foods will change. The amount of milk, eggs, juice, and cheese will be reduced for women and children. Juice is eliminated from infant food packages, but in its place will be baby food fruits and vegetables.

For exclusively breastfeeding moms, there will be more choices in canned fish. In addition to tuna, salmon and sardines will be allowed.

The amount of formula an infant receives will also change. The amount given will be based upon the age of the infant and the other foods the infant is eating. Formula amounts will increase through the first 5 months and then at 6 months the amount will lessen when baby foods and infant cereal are introduced.