



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.healtharkansas.com/wic or call 1-800-235-0002.



Canned Beans are Coming!

Protein packs a powerful punch to our diets and health, and starting October 1, 2009, WIC participants will have more protein options. WIC will continue to offer dry beans, eggs, and peanut butter as protein sources to children and women, and exclusively breastfeeding women will continue to get canned fish, but the amounts and choices will be different.

WHAT NEW CHOICES WILL I HAVE?

In addition to dry beans, participants will be able to choose canned beans. Participants will have the option of buying 1 pound of dry beans or 64 ounces of canned beans every month. Participants will be able to select from several brands of several different types of canned beans.

Exclusively breastfeeding women will now have more than just tuna to choose from for their canned fish. Salmon and sardines have been added as choices. Participants that receive canned fish will be able to select the type of fish they want at the store, and the selection can be different every month.

WHAT AMOUNTS HAVE CHANGED?

The amount of canned fish received by exclusively breastfeeding women is increasing to 30 ounces per month. The amount of eggs received by all children and women is decreasing to 1 dozen. The amount of beans and peanut butter given will still be the same.

WHAT ABOUT PEANUT BUTTER?

Peanut butter will now be offered in addition to beans on certain food packages. If a woman is pregnant or breastfeeding (partial or exclusively) she will receive peanut butter **and** beans on her WIC food check. Peanut butter will still be offered to children and postpartum women who have a qualifying risk factor. However, no child under the age of two will receive peanut butter due to the risk of choking and food allergies.

Protein is important for your body and your health. Now getting that protein every month can be a whole lot easier with the new WIC food package choices.