



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.



Time to Get Whole!

With the changes to the new WIC food packages starting October 1, 2009, all children, pregnant women and breastfeeding women will now receive whole grain options on their food checks.

WHAT ARE WHOLE GRAINS?

A grain product is any food made from wheat, rice, oats, cornmeal, barley or another cereal grain. Grain products can either be whole or refined. Whole grains contain the entire grain kernel.

Whole grain foods as part of a balanced diet can help you stay healthy by protecting your heart health and reducing your risk of heart disease, managing weight, reducing the risk of certain cancers, especially cancers of the stomach and colon, and reducing the risk of diabetes.

WHAT WHOLE GRAIN CHOICES WILL I HAVE?

Over 4,000 WIC participants were surveyed throughout the state to determine what whole grain foods were most desired. From those surveys it was determined that whole grain bread, oatmeal, brown rice, and whole wheat or corn tortillas will all be options that can be selected at the time of purchase.

Participants will be able to select a whole grain food each month. For example, if one month a participant chooses whole grain bread, the next month they can choose corn tortillas. No one has to get the same whole grain item every month. This will allow a variety of healthy whole grain options into the daily diets of WICs children and women.

Besides the whole grain foods already mentioned, at least half of all the cereals offered by WIC will contain whole grains. A lot of the same cereals will still be offered, but there will be plenty of new selections to choose from as well.

WIC wants healthy women and children, and good health can start with something as simple as eating whole grains.