

The New WIC Food Packages

Food Packages for Prenatal Women and Children



Goal of the New WIC Food Packages

**To Improve dietary quality
and food security while
promoting a healthy body weight
that will reduce the risk of
chronic diseases**



Food Group Priorities

To help meet this goal, food group priorities were developed for revising the WIC food package:

- Increase the consumption of fruits and vegetables, whole grains, and fat-reduced milk
- Limit intakes of foods with added sugars, saturated fat, cholesterol, and *trans* fatty acids
- Promote breastfeeding of infants
- Introduce complementary foods at about six months of age
- Limit juice intake to recommended amounts
- Delay the introduction of cow's milk until 1 year of age

Changes to the Children's Food Package

- Juice—decreased amount to be consistent with the American Academy of Pediatrics' (AAP) recommendations
- Fruits and vegetables added
- Eggs—reduced in quantity to make other package enhancements possible
- Canned beans or peas added as a substitute for dry beans or peas—allows for participant options
- Whole grains—half of all cereals offered must be whole grain; additional whole grain options included
- Milk
 - Limited to approximately the amount recommended in the Dietary Guidelines or other dietary guidance
 - Nonfat and 1% low fat milk for children over the age of 2 as recommended by the AAP



Children's Food Package

Each month, children will receive grains, fruits and vegetables, dairy, and protein-rich foods

	Current Package	NEW Package
Grains	36 Ounces Cereal	<ul style="list-style-type: none">○ 2 Pounds Whole Grains (including whole wheat bread, brown rice, corn or whole wheat tortillas)○ 36 Ounces Cereal
Fruits and Vegetables	4 Cans Juice (frozen, liquid concentrate, full strength)	<ul style="list-style-type: none">○ \$6 Fruit & Vegetable Check○ 2 Cans Frozen Juice or 2 Bottles Full Strength Juice

Children's Food Package, cont.

	Current Package	NEW Package
Dairy	<ul style="list-style-type: none"> 6 Gallons Milk* 	<ul style="list-style-type: none"> 4 Gallons Fat Free or 1% Lowfat Milk (for kids over age 2; (whole milk for kids under age 2)†
Protein	<ul style="list-style-type: none"> 2 Dozen Eggs 1 Pound Dried Beans or Peas <p style="text-align: center;">- OR -</p> <ul style="list-style-type: none"> 18-ounce Jar Peanut Butter 	<ul style="list-style-type: none"> 1 Dozen Eggs 1 Pound Dried or 4 16-ounce Cans Beans or Peas <p style="text-align: center;">- OR -</p> <ul style="list-style-type: none"> 18-ounce Jar Peanut Butter

* Up to 2 pounds of cheese may be substituted for some of the milk

† Up to 1 pound of cheese may be substituted for some of the milk

Changes to the Prenatal Women's Food Package

Most of the changes to the prenatal women's food package were made for similar reasons to the children's food package

- Juice—decreased by approximately 50 percent
- Fruits and vegetables added
- Eggs—reduced in quantity to make other package enhancements possible
- Canned beans or peas added as a substitute for dry beans or peas—allows for participant options
- Peanut butter is offered in addition to beans or peas to improve intake of several nutrients
- Whole grains—half of all cereals offered must be whole grain; additional whole grain options included
- Milk
 - Limited to approximately the amount recommended in the Dietary Guidelines or other dietary guidance
 - Nonfat and 1% low fat milk for all women to limit saturated fat and dietary cholesterol intake

Prenatal Women's Food Package

Each month, prenatal women will receive grains, fruits and vegetables, dairy, and protein-rich foods

	Current Package	NEW Package
Grains	<ul style="list-style-type: none">○ 36 Ounces Cereal	<ul style="list-style-type: none">○ 1 Pound Whole Grains (including whole wheat bread, brown rice, corn or whole wheat tortillas)○ 36 Ounces Cereal
Fruits and Vegetables	<ul style="list-style-type: none">○ 6 Cans Juice (frozen, liquid concentrate, full strength)	<ul style="list-style-type: none">○ \$8 Fruits & Vegetable Check○ 3 Cans Frozen Juice or 2 Bottles Full Strength Juice

Women who are pregnant with multiples will receive a 'Fully Breastfeeding' food package

Prenatal Women's Food Package Cont.

	Current Package	NEW Package
Dairy	<ul style="list-style-type: none"> 7 Gallons Milk* 	5 ½ Gallons Fat Free or 1% Lowfat Milk†
Protein	<ul style="list-style-type: none"> 2 Dozen Eggs 1 Pound Dried Beans or Peas - OR - 18-ounce Jar Peanut Butter 	<ul style="list-style-type: none"> 1 Dozen Eggs 1 Pound Dried or 4 16-ounce Cans Beans or Peas 18-ounce Jar Peanut Butter

* Up to 2 pounds of cheese may be substituted for some of the milk

† Up to 1 pound of cheese may be substituted for some of the milk

Women who are pregnant with multiples will receive a 'Fully Breastfeeding' food package

Milk

- Fat free or 1% lowfat for all participants over the age of 2. This includes long life and evaporated milk
- Whole milk for children ages 12 to 23 months only. Whole milk can **only** be provided to participants over the age of 2 who have a documented medical condition that requires the issuance of a high-calorie nutritional supplement such as Pediasure*

*Guidance for assigning special medical foods and formula will be provided in the *Special Medical Foods and Formula* module 5.



Milk cont.

- 2% reduced-fat milk is no longer included in standard food prescriptions
 - 2% milk may be provided to participants over the age of 2 who present with a growth or nutritional need for a higher-fat milk. For example: participants who need additional calories and fat, but do not need a nutritional supplement
 - Issuing 2% milk does not require a prescription but the need for a higher-fat milk must be documented in the chart
 - 2% milk can **only** be issued by a nutritionist
 - If a participant presents with a need to boost caloric intake, there are alternative sources to obtaining extra calories and fat. Please see the “Boosting Calories” handout for additional ideas

Milk Alternatives

Milk alternatives are offered to meet medical need and to provide cultural appeal

Soy-based beverages:

- Soy-based beverages may be provided to all participants over the age of 1 with medical documentation of a milk-protein allergy

Tofu:

- Up to 4 pounds of tofu may be provided to all women as a substitute for milk without medical documentation (4 pounds of tofu is substituted for 1 gallon of milk). Over 4 pounds of tofu can be issued to women with medical documentation of a milk-protein allergy
- Tofu may only be issued to children over the age of 1 with medical documentation of a milk-protein allergy

Guidance for assigning special medical foods and formula will be provided in the *Special Medical Foods and Formula* module 5.

Final Notes...

○ Prenatal Women:

- Be proactive and inform all prenatal women of the food packages she and her baby will receive postpartum based on her feeding choice as well as her baby's age and development
- Support a prenatal woman's desire to breastfeed. Provide her with as much support as possible to make sure she has all of the resources and information she may need once her baby arrives



Discussion Questions

- How do you work alongside families to make the switch to a lower fat milk? What has worked well for you in the past?
- How will you work with families who request tofu or soy-based beverages due to preference?
- How will you inform prenatal moms about the food packages she and her baby will receive from WIC?
- How will you work with the pregnant moms you see to ensure they are prepared for *no routine issuance of formula to breastfed babies* through WIC in the birth month?



Touching Hearts, Touching Minds

All parents want the best for their children. Mothers in Massachusetts told us that these emotional “pulse points” are what guide them in making decisions about feeding their families:

- Security
- Pride
- Happiness
- Success
- Hope for the Future



How could you tie the information you just learned about the new food packages to these “pulse points”?