



**MONTGOMERY COUNTY HEALTH DEPARTMENT
W.I.C. CLINIC
1850 BUSINESS PARK DRIVE
SUITE 103
CLARKSVILLE, TENNESSEE 37040
PHONE: (931) 551-8777 FAX: (931) 503-0691**

October 30, 2003

Ms. Patricia Daniels, Director
Supplemental Food Programs Division
Food and Nutrition Service USDA
3101 Park Center Dr. Room 520
Alexandria, Virginia 22302

Ms. Daniels,

These are the suggestions we have come up with for changes to the WIC food package:

- 1 Offer fresh fruits and vegetables. The farmer's market pilot project in one region of Tennessee seemed to be very successful. Please consider that all over the state.
2. Currently offering too much juice. Please consider changing to fresh fruits as indicated above.
3. Offer packaged frozen vegetables, such as a 10 - 12 ounce store brand.
4. Make soy milk fortified with calcium available to toddlers over 1 year old, if there is a doctor's request. Many times it is the ONLY milk a child can drink and the parents are left to purchase it themselves.
5. Offer calcium fortified orange juice as a juice option.
6. Suggest increasing formula quantity issued. The change of Similac products from a 14 ounce can size to 12.9 has resulted in less formula for the participant already struggling to make the formula last all month.

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7. Offer tuna fish to prenatales. Also, total amount issued is not compatible with the size of the tuna fish can. Breastfeeding mothers are allowed 26 total ounces, cans are only 6 ounces. They are cheated by 2 ounces.
8. Consider whole wheat bread added to the list, possibly in place of a cereal if the participant prefers.
9. Participants have asked why the large oatmeal container made by Quaker is not offered; only the small individual packages are on the food list.

Thanks for your consideration,

Montgomery County WIC Nutritionists and RN's

Michelle Linder, RD.

Sandra Ludwig, RD

Patti Hill, Nut Ed

Kathy Thwaitt, Nut Ed

Marilyn Carral, RN