

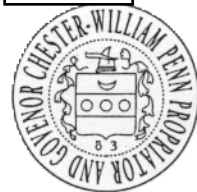
# THE COUNTY OF CHESTER

**COMMISSIONERS:**

Colin A. Hanna, Chairman  
Karen L. Martynick  
Andrew E. Dinniman

**CHESTER COUNTY HEALTH DEPARTMENT**

Chester County Govt. Services Center  
601 Westtown Road, Suite 180  
P.O. Box 2747  
West Chester, PA 19380-0990  
610-344-6252 FAX: 610-344-5405  
[www.chesco.org/health](http://www.chesco.org/health)



JOHN P. MAHER, M.D., M.P.H.  
County Health Director

November 19, 2003

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

Dear Ms. Daniels,

I have been working with WIC for 2 ½ years now and I have the following suggestions for foods that should be allowed on the program. These suggestions come from instances in where I have been able to do very little for participants who have severe allergies or eating issues. In addition I find the WIC food package to be lacking in fruits and vegetables. Finally, overall children drink way too many sweetened beverages (whether 100% juice of artificially sweetened).

- Soy milk fortified with calcium and vitamin D
- Low-fat plain or vanilla yogurt in place of some fluid milk
- Canned beans instead of dried beans or peas
- Frozen or canned vegetables
- Canned fruit in natural juices
- Removal of juice from the package

I hope that my comments and suggestions are reviewed during the upcoming process of revising the WIC food package. If you need further clarification on any of the items, feel free to contact me. I am looking forward to seeing what changes are made to the WIC food packages.

Sincerely,

*Amy L. Holtan, MA, RD, LDN*  
Amy L. Holtan, MA, RD, LDN  
Nutrition Education Coordinator  
Chester County WIC Program

