

## PUBLIC COMMENT

**Infant Juice:** It is difficult, as a Nutrition Counselor, to give juice at 6 months of age on WIC checks, but to also state to the client that juice is not necessary for infants and not widely recommended by the health community. That eating a variety of fruits, vegetables, and infant cereal is a healthier choice. For cup training, use water (or breastmilk/formula).

A substitute for juice: Specific 2oz. jars of fruits that contain 100% vit. C (not Earth's Best) Amount per month to be determined.

**Juice for ages 1-5yrs. Old:** Obesity, tooth decay, high sugar intake are all problems that WIC Counselors see on a daily basis. As counselors we are finding that many children drink above and beyond the juice that WIC allows each month. Rather than aiding in high juice intake by offering the very drink we caution so highly against, let us look into fruits/vegetables as an option on WIC checks. Juice is inexpensive and can be bought easily. A list of high quality fruits and vegetables (both vit. A & C) can be put on a list that includes all four seasons. Also frozen and canned vegetables can be an option.

**Infant Cereal:** Clients repeatedly are disenchanted with "all those extra boxes of cereal in their cupboards". Recipes that WIC Counselors hand out only help a minority – not the majority.

A suggestion: Keep the 6-12 month cereal allowances to 2 8oz. boxes. This will save some money for the other changes being proposed.

**Fortified Soy Milk:** With the increased request for soy milk comes more and more clients disappointed and disenchanted with a health program that cannot accommodate their needs. By allowing fortified soy milk as an option, the WIC program may save money on costly soy formulas.

Milk, cheese, eggs, cereal, peanut butter, beans, carrots, and tuna are all basically considered staple foods for WIC. They provide important nutrients and they combine well with other foods to make well-balanced meals. If we are serving and trying to come up with food packages for the "majority", then these foods fit in well with daily eating.

As far as cultural foods are concerned, the staple foods listed above work well with the majority of our diverse clients. If some people do not eat cheese in their culture, then the food package is changed to provide all milk. Fruits and vegetables are a reoccurring theme that WIC clients ask for.

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\*Revisions to WIC Food Package