

“Revisions to WIC Food Packages”

- 1 The WIC food package should basically be kept the same.
Basic nutrients should be the same, except to add additional antioxidants and fiber by adding vegetables to the food package.

2. Additions to food package -
 - Option for Soy milk that has comparable Calcium and Vitamin D based on cultural requests and allergies
 - Addition of vegetables to the food package
For example: ___ oz. fresh, frozen, or canned vegetables
Choice of carrots, tomatoes, greens or spinach
(possibly broccoli or sweet potatoes)
Selection of vegetables that have deep green or deep orange color for added Vitamin A/antioxidants.

3. Consider decreasing cheese on food package in order to save money to add vegetables.

4. Addition of antioxidants to nutrients

5. Overweight Concerns –
 - Provide more vegetables on food package
 - Consider low fat milk and cheese for children over 2 years.

