



Saint Vincent Catholic Medical Centers

LA-24

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The Academic
Medical Center of
New York Medical College
in New York City

12/08/03



Patricia Daniels, Director
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Food and Nutrition Service

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Dear Ms. Daniels,

This letter is in response to the Federal Register Vol 68, No. 178 Proposed Rules regarding "Revisions to the WIC Food Packages". I believe there is a need for each state to have individually devised food packages because the cultures represented in each state varies. Also, I have the following comments:

- There is too much milk in the food package. Even if we tailor the package to include a significant amount of cheese, the tendency is for the family to consider the food package for the entire family because there is no way for one child to drink all the milk by themselves in one month.
- There is too much juice included in the food packages. Especially since we are trying to combat childhood obesity and Type II DM and baby bottle dental caries. We need to include fresh fruit and vegetables.
- We need to have an alternative to cow's milk for the child over 12 months old. When children > 12 months old have milk allergies, the only choice is to keep them on infant formula sometimes for years. We need regular soy milks provided in the super markets. The cost of regular soy milk compared to infant formula is no comparison.
- I would like to see canned tuna included as a protein source as an alternative to peanut butter and beans and eggs. Studies have shown less incidence of premature births in women who include at least a small amount of fish in their diets.

Thank you for considering my comments.

Sincerely,

Pam Harbin, RD,MS
Director, WIC Program

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