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# Northwest Wisconsin Community Services Agency, Inc.

## WIC Program Revisions to WIC Food Packages

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

Comments on the following USDA issues (these are based on our practice experiences and current knowledge):

1. We recommend the addition of soymilk option for documented milk allergies (we suggest using this only with documentation from the health care provider). We recommend using only soymilks with vitamin D, riboflavin, and calcium levels equivalent to those of cows' milk; and we recommend that unsweetened soymilks only be used. Of course, if the participant gets soymilk then no cows' milk cheese should be given. It is our experience that soy cheese is not well received in our population and is not as standardized as soymilks are.
- 2 and 3. Changes, additions, deletions:
  - Decrease juice from 6 per month (approx. 9+ oz./day) to 3 per month (app. 4+ oz./day) to meet the current recommendations from dentists and dietitians.
  - Then add canned, frozen or fresh vegetable/fruit from grocery store to replace lost juice (This, to encourage more fruit and vegetable intake in following the 5 (or more) a Day recommendations).
  - Make calcium fortified juices acceptable for any package (the cost is almost always the same). Add canned beans to dry package (e.g. 1# dry or 3 cans) to increase use of these excellent protein sources but keep peanut butter an option.
5. Overweight concerns: While we support addressing overweight concerns, we feel uncomfortable with a blanket change to low fat milks, for example. While we strongly encourage use of low fat milks for anyone over the age of two we believe that this should be left to the discretion of the adult caretaker and not be mandated by participation.
6. Allergies: We believe that the WIC package should offer alternatives for those who have documented allergies for which there is no suitable alternative in the package. We do not experience this as a major problem, but for those few with documented egg, milk, peanut or soy allergy it would be nice to have something to offer as a nutritionally equal substitute. The potential for abuse of this option is very low (especially in our population in Wisconsin).
9. Cultural and ethnic foods: We agree with offering cereal substitutes such as enriched rice, enriched tortillas, whole grain bread, and corn meal; the WIC package should be able to be adjusted to meet the cultural requirements of the participants.

From the WIC Nutritionists (Registered Dietitians) in the WIC program of Douglas County, Wisconsin

Barbara Mahan, RD, Director  
 Barbara Adams, MS, RD, and Toni Britton, RD

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**received**  
 DEC 15 2003

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