

# Blount County Department of Public Health

LA-46

State Department of Health Co-operating

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December 15, 2003

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

RE: Revisions to WIC food packages

As a WIC/Nutrition staff in a county health department, we have discussed changes we would like to see in the WIC food packages. We have based these changes on clientele requests and/or where we have seen a need.

One of our major concerns is the increasing obesity of our population. Some of the suggestions for changes in the food packages encourage lower calorie choices, ie, offering vegetables instead of fruit juices.

We have tried to make suggestions that are similar in cost of the current food packages.

The revisions we would like to see are:

- ◆ **JUICES.** Offer frozen vegetables, frozen fruits, or fresh fruits instead of juices. Suggestions: Frozen broccoli, spinach, mixed vegetables, peas, strawberries, blueberries. Fresh oranges (or canned), tangerines, apples, grapes, and bananas. Canned tomatoes may also be included.
- ◆ **MILK.** In addition to milk, and lactose-reduced milk, offer fortified soy milk, calcium fortified orange juice, or buttermilk. This would give some choices to those that can't or won't drink milk, and vegetarians. Specify 2% or lower fat milk for women and children over age two.
- ◆ **TUNA.** Offer canned chicken, salmon in addition to tuna.
- ◆ **PEANUT BUTTER.** Offer a reduced fat version as well a regular.
- ◆ **DRIED BEANS.** Offer canned beans. Many young families will not rehydrate the beans. Continue to offer the dry also. Offer beans and peanut butter to young children, pregnant women, and breastfeeding women.
- ◆ **CEREAL.** Offer bagged cereals. Offer rice, flour, and cornmeal as alternatives.
- ◆ **VEGETARIAN/ETHNIC PACKAGES.** Offer soy, rice, egg substitutes, etc..
- ◆ **INFANT PACKAGE.** \*Offer jar fruits and vegetables instead of juices  
\*Offer cereal with added fruit


**received**  
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*SMC*

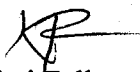
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- ◆ **INFANT FORMULAS.** Offer milk-based lactofree formulas without a prescription. The price is the same. Offer nutramigen and alimantum without a prescription after a trial with the standard package.

We would like to see the states have more flexibility to change the food packages. We would like the USDA to consider these changes with the goal of adding variety, and to help meet the cultural and ethnic differences in our community.

Thank-you for your consideration of these suggestions.

  
Susan Messer  
Nutrition Educator

  
Stacie Tullos, RD, LDN  
Dietitian

  
Kristi Feller  
Nutrition Educator