



WOMEN INFANTS & CHILDREN

USDA, Supplemental Food Programs Division
Food and Nutrition Services
3101 Park Center Drive, Room 520
Alexandria, Virginia 22302

Dear Patricia,

Enclosed please find comments from WIC clients enrolled in the York County Community Action WIC Program in Sanford and Biddeford, Maine. Our clients have proposed the suggestions they feel would be beneficial to them as low income persons.

As a nutrition professional, I feel a few changes would be beneficial to our clients. In understanding that the cost of the food package must stay the same, I propose the following changes:

- Soy milk be added- many clients are aware of the benefits of soy products. For those who have allergies to milk protein, this product is a good alternative to cow's milk. Currently, we are offering Prosobee formula for these children, which provides too many calories for children over 1 year of age. Soy milk would eliminate the cost of providing formula, and therefore would be less expensive.
- Add cottage cheese and yogurt- with the rate of childhood obesity raising, offering low fat cottage cheese and yogurt would lower the saturated fat intake in children eating cheese as their main source of calcium.
- Allow canned beans- this would increase the retention rate of the beans and peas. Many of our clients do not know how to cook dried beans and peas, so therefore purchase peanut butter. These same people have large amounts of peanut butter in their kitchen cabinets, and are unable to use the amount WIC provides. While a simple solution may be to decrease the amount of peanut butter that is given, many clients do purchase and use all that is offered. By allowing canned beans, clients would have more choices for protein sources and would be more likely to use canned beans in cooking.

Please refer to the attached list of suggestions from our clients. As you'll see, many have agreed with my recommendations, and many others have added comments of their own. We encourage you to consider all the changes that have been proposed.

Sincerely,

Jamie Webster
Office Manager/Nutritionist
York County Community Action WIC Program



United Way
Partner Agency

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Suggestions from clients-

Sliced bread- whole or white

Soy milk

Tofu

Yogurt

Canned beans

Fresh fruit- such as 1-2lb bags of apples, oranges or banana's

Fresh vegetables

Canned fruit in natural juices

Canned or frozen vegetables

Nuts and seeds

Granola and/or nutri-grain bars

Cottage cheese

Rice milk



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