



# COMMUNITY ACTION PROGRAM

## ADMINISTRATIVE OFFICE

764 South 200 West • Salt Lake City, Utah 84101 • (801) 359-2444  
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December 15, 2003

### PRES. BOARD OF TRUSTEES

James R. Russell  
 Patricia Daniels  
 Director  
 Supplemental Food Programs Division  
 Food and Nutrition Service  
 USDA  
 3101 Park Center Drive, Room 520  
 Alexandria, Virginia 22302

**EXECUTIVE DIRECTOR**  
 Catherine C. Hoskins, CCAP

Re: Revisions of WIC Food Packages

Dear Patricia,

The Salt Lake Community Action Program is a private non-profit agency that serves low income households in Salt Lake and Tooele Counties. We operate 6 emergency food pantries in these communities, serving over 15,000 households annually and 2,000 Head Start children (ages 3 and 4.)

The WIC program is one our key referrals for working poor families with young children. Utah census figures also indicate changes in our growing Hispanic and Pacific Islander populations, as well as the fact that our numbers living in poverty are growing, particularly an increasing number of children. Our agency appreciates the opportunity to comment on the WIC Food Packages, this food prescription is key to meeting the key nutritional deficiencies in these households.

I have reviewed national comments and the comments of our State WIC Office. Based on what I have read I would like to echo many of their comments.

The nutrition recommendation for the Food packages, prescriptions for a health well being should:

- \* Include increased consumption of fruits, vegetables, whole grains, and fiber rich foods.
- \* Reduce the fat content of specific foods and overall food package/prescription.
- \* Balance contribution from the major food groups and reflect national dietary guidelines.
- \* Increase availability of nutrient-dense food prescriptions.
- \* Allow flexibility of States to offer locally available foods that reflect cultural groups served and regional dietary patterns.

I appreciate the opportunity to comment on the WIC Food Package.

Sincerely,

*Sheila Walsh-McDonald*  
 Sheila Walsh-McDonald

Health Care Advocate  
 Member, Utah WIC Advisory Council

### COMMUNITY ACTION NEIGHBORHOOD PROGRAMS

South County 8446 So. Harrison Midvale, Utah Phone: 255-3516	Central City 764 So. 200 West Salt Lake City, Utah Phone: 359-2444	Northwest/Westside 1300 West 3rd No. Salt Lake City, Utah Phone 359-8741	Murray 61 East 4800 So. Murray, Utah Phone 289-4937	Magna 3041 So. 8560 West Magna, Utah Phone: 250-6414	Redwood 3060 Lester Street West Valley City, Utah Phone: 972-6661	Southeast 4392 So. 900 East Salt Lake City, Utah Phone: 313-0337	Tooele 270 Maple St. Tooele, Utah Phone: 882-1278
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**received**  
 DEC 18 2003

Thanks to you...  
 it works...  
 for  
 ALL  
 OF US

