



New WIC Food Packages

Resources for WIC Staff

www.nal.usda.gov/wicworks

Where to Start?

The WIC food packages are changing to better meet the nutritional needs of WIC participants. The new packages align with the Dietary Guidelines for Americans and infant feeding practice guidelines of the American Academy of Pediatrics.

The WIC Works Resource System is the place to find several

helpful resources for implementing the new food packages. These include: frequently asked questions, staff training and education tools, participant education materials, and tools for breastfeeding promotion and support.

The State-developed Materials section includes resources developed solely

by WIC State agencies who have volunteered to share their materials through WIC Works. This section helps others avoid reinventing the wheel by using the materials that other States have developed to guide them as they develop their own resources. If you haven't visited WIC Works lately, take a look. New materials are added often.

Materials and Tools

WIC Foods new & improved **for Moms to Be**

The new WIC foods help you and your baby meet today's nutrition needs as recommended by your health care provider during pregnancy. You can contribute to enjoy milk, cereal, eggs, pasta, peanut butter and beans plus fruits, vegetables and whole grains!

Your New WIC Foods:

- Are lower in fat and higher in fiber
- Improve the variety of foods available
- Promote healthy weight gain for you and your baby

What You Will Receive:

GRAINS

- Two 18 ounce cans non-fortified cereal
- 3 pound whole wheat bread
- Or other whole grain options

VEGETABLES and FRUITS

- Three 12 ounce cans frozen vitamin C-rich peas
- 18 each value pack for vegetables and fruits

DAIRY

- 5 12 ounces of non-fat (skim) or low-fat (1%) milk
- More allowed substitutions

PROTEIN

- 2 dozen eggs
- 1 pound dried beans or peas
- Or four 15 ounce cans of beans or peas
- 18 ounces of peanut butter

The resources in this material were developed by the National Center for Health Promotion and Disease Prevention, U.S. Department of Health and Human Services.

Eat WIC foods for a healthy you and a healthy growing baby!

MAKE HALF YOUR GRAINS WHOLE WORKSHEET

This worksheet is about whole grains. Please remember all parts of the worksheet. If you have any questions or need help, please ask!

ACTIVITY: 1 WHAT IS A WHOLE GRAIN?

DIRECTIONS: All of the statements below are true. Please read each statement and place a check mark if you need to read any new information to you.

Whole grains have three parts: the fiber rich bran, the starchy endosperm, and the hard healthy germ.

Whole grains keep all three parts, even after they are milled into flour and made into breads and cereals.

Eating whole grains may reduce your risk of:

- High blood pressure
- High cholesterol
- Type 2 diabetes
- Some types of cancer

Whole grains give your body energy.

Eating whole grains can help you prevent constipation.

Whole Grain Diagram:

- Bran:** Fiber rich
- Endosperm:** Starchy
- Germ:** Hard healthy

Milk - Why and How Much?

Why is milk important?

- Milk is a great source of calcium, protein, Vitamin A, and Vitamin D
- Calcium helps build strong bones and teeth in children
- Calcium helps prevent bone loss in adults

How much milk do we need?

Age	Recommended amount per day	Recommended type of milk
Children 12-24 months	1 1/2 - 2 cups	Whole milk
Children 2-8 years	2 cups	Low fat or Fat free
Children and adults 9 years and over	3 cups	Low fat or Fat free
Adults	3 cups	Reduced fat or Fat free

What counts as one cup of milk?

Each of these foods is a great source of calcium:

- 8 ounces of milk
- 8 ounces of yogurt
- 3 slices of cheese (1 1/2 ounces)

Lactose intolerant? Milk causes bloating or gas?

Take a look at your passport for other foods that are high in calcium.

Public Relations & FAQs

Looking for answers to questions such as "Can a State agency authorize only fresh fruits and vegetables?" or "Are lactose-reduced and lactose-free milk allowed?" Find answers to these questions, as well as fact sheets, PowerPoint presentations, and more in the Public Relations section.

How to Share Your Stuff

All of the items in the Sharing Gallery have been submitted by State agencies. If you have developed staff training or participant handouts related to the new food packages, please submit the items to WIC Works to be added to the gallery. Email wicworks@ars.usda.gov for more information.



Materials for Participants



Educating WIC participants on the new aspects of the food packages, such as the addition of fruits and vegetables, whole grains and baby foods is an important part of implementation.

In particular, it is important that a breastfeeding mom knows that the new food packages better support her breastfeeding efforts so she can continue the breastfeeding relationship as long as possible. The new foods will offer more variety and

help her better meet her nutrition needs.

Find tools that support the breastfeeding mom, as well as other resources to tailor your nutrition education efforts, in the new Food Packages section of WIC Works.

Fruits and Vegetables Resource Guide

This resource guide provides training and educational resources to support implementation of the new food packages; specifically consumption of fruits and vegetables.

The guide highlights materials that are consistent with MyPyramid and the Dietary Guidelines for

Americans. Included are materials in five broad categories to reach staff, moms, caregivers and children.

Information is provided on how to access the materials; however, many of the resources included in the guide are readily available online for review and downloading.

This guide is by no means comprehensive and may not have resources appropriate for all ethnic groups served by WIC. However, information on resources for many ethnic groups is included in the "Other Resources" category of the guide.

Additional Resources on WIC Works

- Helping WIC Participants Make the Switch to Low-Fat and Fat-Free Milk
- WIC Soy Beverage Decision Tool
- Infant Foods Calculator
- Whole Grain Resource Guide
- Whole Grain Calculator
- Medical Documentation Templates
- Standard Infant Formula Reconstitution Yields

And Much More!!



The WIC Works Resource System is a collaboration of USDA's Food and Nutrition Service and the National Agricultural Library's Food and Nutrition Information Center. USDA is an equal opportunity provider and employer. September 2009