

## The WIC Food Package

USDA has released the new proposed food package rule for WIC following the advice of the federally chartered Institute of Medicine. The changes will bring the WIC food package in line with current nutrition knowledge and reinforce the *Dietary Guidelines for Americans 2005* while also supporting WIC nutrition education efforts in promoting healthier food choices. To view the rule visit: <http://www.fns.usda.gov/wic/regspublished/foodpackagesrevisions-proposedrule.htm>. A summary of the changes include:

The elimination of

- juice for all infants
- whole milk for participants age 2 and older.

The addition of

- fruits and vegetables for children and women;
- baby foods for all infants 6-11 months of age;
- alternatives to milk;
- canned beans or peas;
- canned fish choices (salmon, sardines); and
- whole wheat bread or other whole grain options.

Reductions in

- juice for children and women;
- the quantity of eggs;
- milk for children and women; and
- infant formula for partially breast-fed infants and for fully formula fed infants 6-11 months.

Please show your support of the proposed rule by sending comments via instructions on the above website. Comments must be submitted by **November 6, 2006**. A sample letter will be available on the National WIC Association website (<http://www.nwica.org/>) in late September. USDA values and encourages comments and is planning to release the interim rule in 2007.

Contact the State WIC Office at 208-334-5948 if you have any questions.