



## **New Utah WIC Food Packages Beginning July 1, 2009**

### **Summary of Major Changes**

- Revises infant food packages
  1. removes juice
  2. delays cereal until 6 months
  3. reduces formula amounts for older and partially breastfed infants from 6 through 11 months of age
  4. adds baby food fruits and vegetables
  5. fully breastfed infants receive baby meats
- Allows purchase of fresh fruits and vegetables with Cash Value Vouchers
  1. \$6.00 per month for children
  2. \$8.00 per month for pregnant, postpartum and partially breastfeeding women
  3. \$10.00 per month for fully breastfeeding women
- Allows soy based beverage as a milk alternative (currently not available in Utah)
- Adds whole wheat bread or other whole grains (corn or whole wheat tortillas or brown rice) for children, pregnant and partially breastfeeding and fully breastfeeding women
- Reduces amounts of eggs, cheese and juice to better follow the Dietary Guidelines for Americans to achieve healthy weight and lifestyles

