



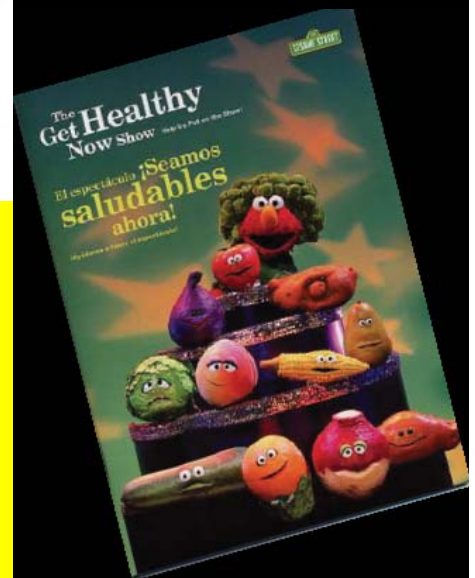
WEST VIRGINIA WIC PROGRAM

Exciting changes are coming to the WV WIC food packages! Beginning in October of 2009, WIC participants will be able to enjoy a variety of healthy foods!



Health & Wellness Initiatives

Establishing an early foundation for healthy habits can make them last a lifetime. Discover ways to make this healthy start tasty and fun while making it key to your child's learning and development.



Sunshine Salad

1. Wash some lettuce and put it on a plate.
2. Put round pineapple slices on the lettuce.
3. Add some low-fat vanilla or lemon yogurt.
4. Add orange slices to make the rays of the sun.



Each family will be given "The Get Healthy Now Show" Kit to introduce the new food package.

A Fresh Start for Families

- **Breastfeed your baby**

It is recommended by the American Academy of Pediatrics. Breast milk has all the nutrients your baby needs for the first 6 months of life and it is free!

- **Lower fat milk for everyone over the age of 2**

Low-fat milk is healthier for your heart and a good source of calcium and Vitamin D.

- **Eat more fruits and vegetables**

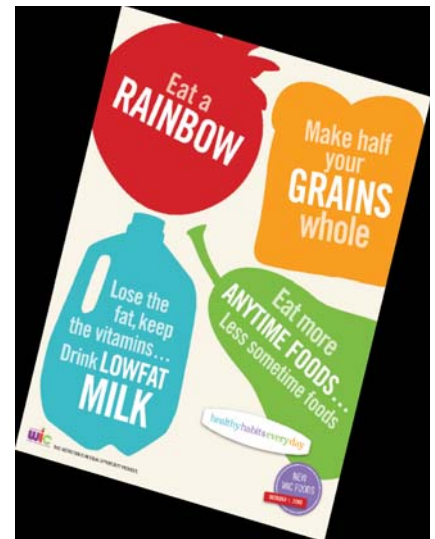
Low in fat, packed with nutrients and fiber, plus they taste great too!

- **Drink less juice and sweetened beverages**

Too much sugar isn't healthy for the body or teeth. Limit juice and sweetened beverages and drink more water.

- **Eat whole grain breads and cereals**

Vitamins, minerals, phytonutrients, antioxidants, fiber, and carbohydrates that your body needs to stay healthy.



Key Changes to WV WIC Food Packages:

Juices

- Infant juice eliminated; reduced amount for others
- Juice replaced with fruits

Fruits & Vegetables

- Cash-value vouchers-\$8 for women, \$6 for children, and \$10 for fully breastfeeding women

Protein

- Canned beans
- Salmon for fully breastfeeding moms

Dairy

- Less milk and cheese offered overall
- Reduced fat milk for all participants over age 2
- Soy milk

Whole Grains & Cereals

- Whole wheat bread added and whole grain cereals emphasized



References:

- <http://calwic.org/newfood.aspx#download>
- http://calwic.org/docs/reports/wiconnect_final.pdf
- <http://www.mypyramid.gov/preschoolers/index.html>
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