

New Foods and Food Packages

Frequently Asked Questions
as of 8/12/2009

1. No Fruit or Vegetable Party Trays

We received clarification from USDA that a party tray or platter of fresh fruit and/or vegetables (with or without dips) is not allowed to be purchased with the fruit and veggie voucher. A party tray is marketed to be purchased and served to a group of people at a gathering or a party.

2. If the voucher is for “2 Juice: 64 oz. plastic bottle or 11.5-12 oz. frozen”, can the participant buy one of each?

Yes, as long as the voucher indicates both types of juice containers, then it is possible to mix and match.

3. Why are dry powdered milk and soy beverage listed under the child 1-2 years when these are low-fat options?

There is not a higher fat option for these products. We have made these products available to 13-23 month olds since there may be participants who really need them. If these products are provided, counseling by an R.D. may be needed to assure the 1-2 year old is getting the proper amount of fat to support growth and development.

4. In the new food package, why do children receive 2 lbs. of whole grain per month and post-partum, some and non-breastfeeding women not receive any?

USDA looked at food consumption data for the various women categories. Because the usual key nutrient intake of post-partum non-breastfeeding women was better than pregnant and breastfeeding women, and to maintain cost neutrality, USDA decided not to include a whole grain benefit in the post-partum non-breastfeeding woman food package.

For children, nutrients identified as lacking in the diet were fiber, vitamin E and potassium. In addition, whole grain consumption tended to be lower according to Dietary Guidelines for Americans 2005 standards for children 2-4 years. The IOM report recommends providing children with repeated exposure to new foods in order to encourage acceptance and development of healthy eating habits that promote selection of a varied diet. The report also cites increasing intakes of whole grains as a way to help limit intakes of saturated fat, trans fat, cholesterol and added sugars.

5. What 16 oz. loaves of 100% whole wheat bread are available on the market?

The following 16 oz. size loaves of bread may be available in Oregon. Look for:

- Franz 16 oz. 100% Whole Wheat
- Franz 40 calorie 100% Whole Wheat, 16 oz.
- Roman Meal Sungrain 100% Whole Wheat 16 oz. bread
- Sara Lee "Classic 100% Whole Wheat" 16 oz. bread

6. What should we do if participants bring back unused jars of baby food?

If a participant brings jars of unused baby food to the WIC clinic, do not give the baby food to other participants. WIC staff can donate the jars to a local food bank or pantry if they take them. Tailor the food package to provide an amount of baby food that best meets the infant's needs.

7. What if a participant indicates they aren't going to use all of the foods from WIC?

If a participant is not using all of the foods in their WIC food package, it is ideal to tailor the food package to a quantity that meets the participant's needs. If it is not possible to tailor the package, then encourage the client not to purchase foods they are not going to use. Local agencies should not encourage participants to donate food they receive from WIC to food banks or food pantries.