



### Updated WIC Program Information

Starting October 1, 2015, WIC (Women, Infant, and Children) participants will be seeing two exciting additions to their food package. The two food items that will now be included are yogurt and 100% whole wheat pasta.

For the yogurt addition, the following applies:

- Children aged 1-2 will get whole fat yogurt.
- Women and children over age 2 will get low fat/fat free yogurt.
- There are specific restrictions on the type of yogurt, brand of yogurt, and size of the yogurt container.

Yogurt has been added to the food package as a desirable milk alternative for those who might not otherwise drink sufficient amounts of milk. Yogurt is an excellent source of priority nutrients.

For the 100% whole wheat pasta addition, the following applies:

- Boxes must be 12-16 oz. of any shape dry pasta.
- No bulk pasta is allowed.
- The pasta must be 100% whole wheat - the only ingredient must be “whole wheat flour or whole durum wheat flour”.

Other additions and changes include:

- Great Grains Cinnamon Hazelnut has been discontinued.
- Great Grains Banana Nut Crunch has been added to the Idaho WIC approved cereal list.
- Low Sodium V8 Juice has been added.
- Reser’s Whole Wheat Tortillas are no longer WIC eligible.

If you have questions about these additions and changes, please call the WIC office at Eastern Idaho Public Health at 208-522-3823.

WIC is a federally funded special supplemental nutrition program for Women, Infants, and Children. WIC helps eligible families save money, eat well, learn about nutrition, and stay healthy at **no** cost to the family. Go to Eastern Idaho Public Health’s website to see if you qualify for this amazing program:

<http://EIPH.Idaho.gov/WIC/wicmain.html>