

Changes in WIC

What this means for you...

The WIC Prescription must contain the following information.

- Participant name and date of birth
- Specific name of prescribed product including amount needed per day
- Specific medical condition indicating the need for the prescribed product
- Duration of prescription
- Date of prescription
- Signature of health care professional and contact information

Participants with qualifying conditions will need to have a prescription form fully completed with the above information for any of the modifications listed below. Some prescriptions will require you to specify the foods to **omit** from the food package your patient will receive.

Infants (Birth–12 months)

Prescription required for all formulas other than the contract standard milk- or soy-based formulas.

Children

Prescription required for:

- Any formula/product
- Whole milk for children 24 months of age or older
- Tofu substitution for all or part of milk allowance
- Vegan diet

Women

Prescription required for:

- Any formula/product
- Whole milk
- Tofu substitution for all milk or amounts above established levels
- Vegan diet

The new WIC Prescription form will be available from the Local WIC Agency and at our website www.nutritionnc.com in July. All WIC participants with the needs identified above will require new prescriptions beginning October 1, 2009. All prescriptions are subject to WIC approval and provision based on program policy and procedures.

We look forward to working with your offices to assure a smooth transition for our clients. Please contact your Local WIC Program for additional information.



North Carolina Department of Health and Human Services
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WIC is the Special Supplemental Nutrition Program for Women, Infants and Children.

The WIC Food Package is Changing **October 1, 2009**

The Reasons for the Changes are to...

- Meet the 2005 Dietary Guidelines for Americans
- Meet the Healthy People 2010 goals and objectives
- Provide consistency with American Academy of Pediatrics recommendations on infant feeding
- Strengthen WIC's breastfeeding promotion and support messages
- Add foods that appeal to diverse populations

Overview of Food Changes...

Additions:

- Infant fruits and vegetables for all infants, and infant meats for fully-breastfeeding infants
- Fresh, frozen or canned fruits and vegetables
- Whole grains such as whole-grain bread, brown rice, whole-wheat and soft-corn tortillas
- Tofu as a substitute for milk
- Canned beans as a substitute for dry beans
- Salmon as a choice for breastfeeding women

Changes:

- Reduced formula amounts beginning at 6 months

**Maximum Formula Amounts
for Fully-formula Fed Infants**

0 - 3 months	9 cans powder
4 - 5 months	10 cans powder
6 - 11 months	7 cans powder

- No juice for infants
- Less juice for women and children
- Less milk and cheese
- Fewer eggs



References...

AAP, Committee on Nutrition. 2009. Pediatric Nutrition Handbook, 6th edition. Elk Grove Village, IL: American Academy of Pediatrics.

Committee to Review the WIC Food Packages, Food and Nutrition Board, Institute of Medicine of the National Academies WIC Food Packages Time For A Change The National Academies Press, Washington, D.C., 2005.

Institute of Medicine. 2005. Dietary Reference Intakes for energy, carbohydrate, fiber, fat, fatty acids, cholesterol, protein, and amino acids (macronutrients). National Academies Press, Washington, D.C.

Special Supplemental Nutrition Program for Women, Infants and Children (WIC): Revisions in the WIC Food Packages - Interim Rule, Federal Register, 72, no. 234 (December 6, 2007)

U.S. Department of Health and Human Services and U.S. Department of Agriculture. Dietary Guidelines for Americans, 2005. 6th Edition, Washington, DC: U.S. Government Printing Office, January 2005.