

WIC program expands, healthier foods added

Written by Holyoke Enterprise

On June, 1 the Women, Infants and Children (WIC) program expanded its food packages to include healthier foods.

Until the change, the program provided cereal, milk, eggs, cheese, 100 percent juice, dried beans, peanut butter and infant formula to low-income participants.

Fresh or frozen fruits and vegetables, more whole grain choices, bread, brown rice, soft corn tortillas, dairy alternatives such as tofu and soy beverages, canned beans, more varieties of canned fish, fresh bananas and jarred baby foods for infants were all added.

For over 30 years, WIC has supported pregnant and postpartum women, infants and children up to age 5 who live in Colorado, have a nutritional need and have a family income below 185 percent of the U.S. For a family of four, that is a monthly income of \$3,400 or less.

The program provides nutrition education, breast feeding support and health care referrals. Women who want to find out if they or their children qualify for WIC may contact their nearest WIC agency or call 522-3741 x250.