

# American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™



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**TO:** AAP Chapter Presidents, Vice Presidents, and Executive Directors

**FR:** David T. Tayloe, Jr, MD, FAAP  
President, American Academy of Pediatrics

**RE:** Changes to the Women, Infants, and Children Food Packages

As you may be aware the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) food packages are undergoing monumental changes to improve the nutritional intake of mothers and children as well as to promote breastfeeding. A few states have already implemented the new food package, while others began implementation on August 1. All states must implement by October 1, 2009. Currently, over 50% of women, infants, and children in the United States are eligible for WIC.

It is likely that members of your Chapter will be faced with questions about the new food packages from their patients and will need to be prepared to answer them and work collaboratively with the local WIC Program. Fostering this partnership will ensure that mothers, infants, and children continue to receive supplemental nutrition from the program. Chapters may wish to contact your state WIC Director <http://www.fns.usda.gov/wic/contacts/statealpha.htm> to further discuss the educational needs of your members related to these changes. Below are the key points related to the food package changes:

- WIC is promoting breastfeeding by offering an enhanced food package to mothers who choose to breastfeed. These mothers will receive more baby foods for children over six months of age, including baby meats, and fish for the mother. (States will vary slightly)
- Fresh fruits and vegetables and baby foods are now part of all food packages, including those for fully and partially breastfeeding and formula feeding (varying degrees according to breastfeeding status and state allowances).
- Cash vouchers will be provided for the purchase of fresh fruits and vegetables, in the amount of \$6 per child age 1-4 years, \$8 for fully or partially formula-feeding mothers, and \$10 for fully breastfeeding mothers.
- Special formulas or diets require documentation of a qualifying condition from a physician (a specific form must be fully filled out and submitted to WIC – state forms will vary).
- As baby foods are now being provided, less formula will be provided by WIC after 6 months of age for partially breastfed infants and older babies (keep in mind WIC is supplemental food program and is not meant to provide all food for the child or mother).
- Children ages 12 – 23 months will only receive whole milk. Children 2 – 4 years of age will only receive 1% or fat free milk. Whole milk for the older children will require a physician's prescription.

As these food packages will vary by state, I urge you to contact your state WIC director for specific information. Pediatricians need to partner with WIC to ensure that these food packages benefit families, increase the rate of breastfeeding, and reduce the risks of obesity and other chronic diseases. If you have any questions please contact Lauren Barone, Manager, Breastfeeding Initiatives, at [lbarone@aap.org](mailto:lbarone@aap.org), or Debra Burrowes, Manager, Committee on Nutrition and Section on Gastroenterology, Hepatology, and Nutrition at [dburrowes@aap.org](mailto:dburrowes@aap.org).

DTT/lfb

cc: Chapter Breastfeeding Coordinators  
Chapter Nutrition Committee Chairpersons

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