



WIC Foods & Nutrition Education

Illinois Department of Human Services

Objectives

Upon completion of this presentation, participants will be able to:

- List the anticipated WIC Food changes with EBT implementation
- Explain ways to utilize a FVV for infants
- Describe the resources offered by WIC Health for both WIC staff and WIC participants



New WIC Foods

To arrive with EBT implementation

Bulgur

Whole Wheat Tortillas

UHT Milk

Dairy Substitution

Infant CVB

Whole grain option

Ancient grain
derived from wheat

Recipes on WIC
Health

May replace brown
rice, quinoa, or
couscous in a
recipe

Bulgur

Whole grain
option

In addition to
corn tortillas

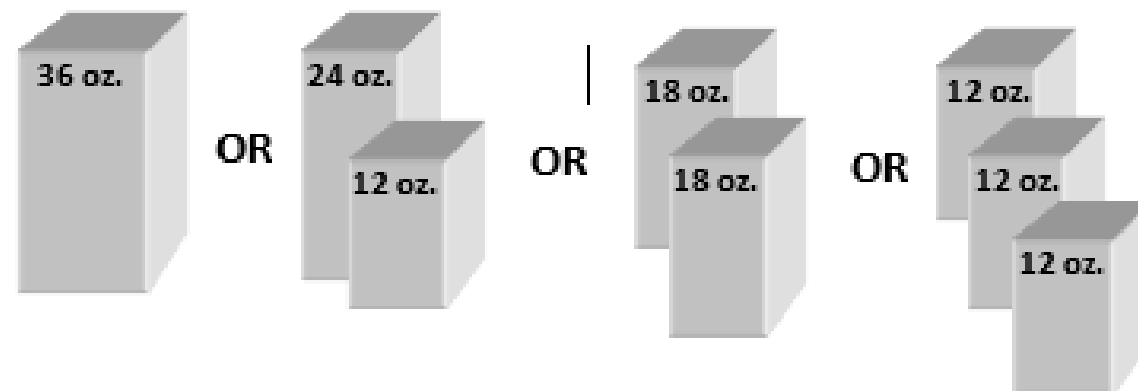
Recipes on
WIC Health

Whole Wheat Tortillas

WIC Foods: Whole Grains & WIC Cereal

ALL Participants:

36 Ounces of Cereal



Children

2-16 ounce packages

Pregnant

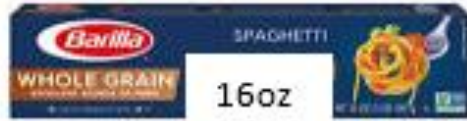
Exclusively Breastfeeding Woman

**Partially Breastfeeding Woman (up to 1 year
postpartum)**

1-16 ounce package



Whole Wheat Bread 16oz



16oz



16oz



16oz



Whole Wheat Buns 16oz



16oz



16oz



16oz

Ultra High-
Temperature
Pasteurization

Shelf-Stable

Replaces dry
milk

UHT Milk

Tofu

Yogurt

Cheese

Dairy Substitutions

WIC Foods: Milk, Cheese, Yogurt and Tofu

Children *Niños*

**Postpartum Women
(up to 6 months postpartum)**
*Mujer Posparto
(Hasta 6 meses de postparto)*

4 gallons (16 quarts)



Substitute up to **4 quarts** of milk with a combination of cheese, tofu or yogurt.
Reemplace hasta 4 cuartos de galón de leche con una combinación de queso, tofu o yogur

Pregnant

**Partially Breastfeeding Woman
(up to 1 year postpartum)**

5 gallons + ½ gallon
(22 quarts)



Substitute up to **4 quarts** of milk with a combination of cheese, tofu or yogurt.

Exclusively Breastfeeding Woman

6 gallons (24 quarts)



Substitute up to **6 quarts** of milk with a combination of cheese, tofu or yogurt.



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Maximum
1 yogurt
substitution per
participant

May replace $\frac{1}{2}$
jarred fruits
and vegetables

Ages 9-11
months

Infant Fruit & Veggie Voucher

Infant Fruit & Veggie Voucher

- Vary texture
- Should mush easily
- Pieces the size of your pinky fingernail
- Avoid raw vegetables and grapes
- Shred apples
- May puree

Infant Fruit & Veggie Voucher

COOKED OPTIONS:

- Mashed peas
- Broccoli
- Carrots
- Butternut squash

RAW OPTIONS:

- Avocados
- Bananas
- Strawberries
- Canned peaches

WIC Health



WIC Health Staff Resources

- View courses and certificates
- Usage statistics
- Resources
- Evaluation reports
- FAQ
- Academy

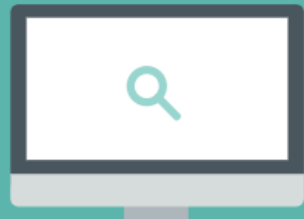


News and Updates



Welcome, WIC Staff!

We hope you will take some time to explore our support site!



Client Search

Enter a client's WIC ID and see details for each of their completed nutrition education lessons.



Usage Statistics

Check out the latest wichealth usage statistics for your state, agency, or clinic.



Resources

Access a variety of free training and promotional materials for WIC staff and clients.



Evaluation Reports



FAQs



Academy

Healthy eKitchen

- Resources
- Bookmark recipes
- Filter by meal type or cooking method
- Recipes by ingredients available



CEREAL HACKS



Every WIC food plays a role in good nutrition. Why breakfast cereals? Cereal provides a great source of:

- **Iron**, which builds blood cells that take oxygen from your lungs to the rest of your body.
 - **Folate/Folic acid**, which helps with cell growth and development.
 - **Fiber** (from whole grain options), which helps keep you regular and helps you feel full after a meal.
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Mix, Coat, Swap, and Top



Breakfast cereal can be used in a variety of ways outside of breakfast to help you save money on tasty family meals.

- Mix crushed rice, corn, or wheat flake cereal into meatball, meatloaf, or meat patty recipes.
- Coat chicken or fish with crushed corn or rice cereal to make crisp lower fat oven fried family favorites.
- Swap seasoned corn or rice flakes for expensive croutons and salad toppers.
- Top a casserole, yogurt parfait or other prepared food with crushed cereal for an extra layer of crunch!



Recommendations

- Ensure your staff is familiar with ways to utilize the new WIC Foods
- Create WIC Health accounts for staff if they do not have one
- Remind staff of ways to use WIC Health
- Use WIC Health for data gathering purposes