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PUBLIC HEALTH ADMINISTRATOR

## Memorandum

**To:** Patricia Daniels, Director  
**From:** Elizabeth Anne Pearson, WIC Coordinator *eat*  
**Date:** October 10, 2003  
**Re:** Revisions to the WIC Food Packages

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Since Vitamin A is one of WIC's target nutrients, I believe one pound of fresh carrots should be added to all child and woman food packages. Carrots are cheap, widely available and nutrient dense. If adding carrots makes the food package too expensive, you could decrease the amount of juice by one can which would still provide a child with 4.5 oz/day and a woman 7.4 oz/day, surely an adequate amount of Vitamin C. A pound of carrots and a can of juice are roughly equivalent in price, I believe.

I have read the NAWD Food Prescription Recommendations and suspect most of them are too expensive or unwieldy to implement, but I support reducing the maximum quantity of milk for children and offering legumes to all women and children.

cc: Penny Roth

**received**  
*APMC*

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