

Allegheny County Health Department

LA-23

DIRECTOR
Bruce W. Dixon, M.D.



WIC Program
Investment Building, 6th Floor
239 Fourth Avenue
Pittsburgh, PA 15222

November 25, 2003

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Patricia Daniels, Director
Supplemental Food Programs Division
Food and Nutrition Service, USDA
3101 Park Center Drive, Room 520
Alexandria, VA 22302

Dear Ms. Daniels:

On behalf of the Allegheny County Health Department WIC Program, submit the following comments on revisions to the WIC food packages:

Soy milk is needed for adults and children with an allergy to cows milk as well as religious groups such as Muslims and cultures who do not drink cows milk.

Limit juice; offer canned or frozen fruits and vegetables. Offer juice in individual size containers to pack in a child's lunch for daycare.

Canned beans are more convenient for participants than dried beans. With welfare reform, working mothers have requested that juice be packaged in small juice boxes and cheese in single portion sizes such as string cheese.

Limit cereal; offer a source of whole grain bread or pasta.

Sincerely,

Kathryn K. South, M.S., R.D., LDN
Nutrition Education Coordinator

KKS/ac

Cc: J. Dodge, Local WIC Program Director
R. Lin, State WIC Program

received
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