



DAVIS COUNTY HEALTH DEPARTMENT

Davis County Courthouse Complex
PO Box 618
Farmington, Utah 84025

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Contact:
Bob Ballew
Public Information Officer
Office: (801) 451-3501
Cell: (801) 510-5710

Administration

Lewis R. Garrett, M.P.H.
Director of Health
Courthouse Annex
50 East State Street
Tel: (801) 451-3351
Fax: (801) 451-3242

Environmental Health Services Division

Delane D. McGarvey,
M.Ed., E.H.S.
Associate Director
Courthouse Annex
50 East State Street
Tel: (801) 451-3354
Fax: (801) 451-3242

Family Health & Senior Services Division

Sally Kershnik,
R.N., M.P.A.
Associate Director
Courthouse Annex
50 East State Street
Tel: (801) 451-3354
Fax: (801) 451-3242

News Release

WIC Food Packages Receive Nutritional Boost

(Farmington, Utah) – Moms and kids are benefitting from a nutritional boost through the Women, Infants and Children (WIC) program. Since the beginning of July, WIC now provides fresh fruits, vegetables, and whole grains to the food vouchers it distributes to WIC participants in Davis County. The new food packages allow participants to eat a more well-balanced diet and take advantage of the health benefits of fresh fruits and vegetables.

According to Marcie Johnson, manager of the Davis County Health Department's WIC Bureau, "The federal government wants to combat obesity and one of the ways to do that is to encourage fresh fruits and vegetables. If you introduce them while children are young, they'll develop a taste for them."

"The new and improved food packages are lower in fat and high in fiber – consistent with Dietary Guidelines and MyPyramid recommendations," she said.

September is Fruits and Veggies – More Matters month. The nutritional campaign's website located at www.fruitsandveggiesmorematters.org provides many ideas for parents trying to stretch their fruit and vegetable budget, plan meals, and find recipes. Letting kids pick out a new fruit or vegetable to try from the produce section, allowing them to wash the food, and to assist with meal preparation are some of the creative ideas the website offers to get kids involved in healthy cooking and shopping.

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The new WIC food packages promote and support breastfeeding, accommodate cultural food preferences, and supply a better variety of foods. The food packages include:

- baby foods including fruits, vegetables, and baby food meat for exclusively breastfed infants;
- whole wheat bread, soft corn or whole wheat tortillas, and brown rice;
- whole grain cereals;
- canned salmon;
- canned beans in addition to dried beans for ease of serving, and;
- fresh fruits and vegetables.

WIC is a federally funded supplemental nutrition program for qualifying women and children. WIC provides assistance to children under 5, pregnant women, breastfeeding women, and women who have recently given birth or adopted.

“The services include nutrition counseling, breastfeeding instruction and support, infant feeding, prenatal classes, and food vouchers,” said Johnson. Eligibility is based on income and nutrition risk. WIC services are free of charge.

The new WIC income guidelines for 2009-2010 started July 1. For potential clients to participate in the Davis County WIC program, they must live in Davis County and their income must be less than:

*WIC Income Guidelines
(July 1, 2009 to June 30, 2010)*

Household Size	Monthly (Gross)	Yearly (Gross)
1	\$1,670	\$20,036
2	\$2,247	\$26,955
3	\$2,823	\$33,874
4	\$3,400	\$40,793
5	\$3,976	\$47,712
6	\$4,553	\$54,631
7	\$5,130	\$61,550
8	\$5,706	\$68,469

For more information about the health department’s WIC program, call the Woods Cross office at (801) 292-7803 or the Layton office at (801) 546-6924. Clients are seen by appointment only.