



News Release

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Women, Infants, and Children (WIC) program gets new milk guidelines

Most Washington clients will get 1 percent or nonfat milk

OLYMPIA — Clients of the state’s Women, Infants, and Children (WIC) Nutrition Program can now only buy 1 percent or nonfat milk.

The change that started this month better aligns WIC with the Dietary Guidelines for Americans and other programs, such as Head Start, and the School Lunch and Breakfast Program, which already offer only 1 percent milk or nonfat milk. WIC is an important strategy to help create the [healthiest next generation](#). Overweight and obesity rates for young children served by WIC decreased for the first time in 2012 and again in 2013. The decline is attributed to changes to the WIC food package in 2009, and the trend should continue following this change.

“One percent and nonfat milk have the same nutrients as 2 percent and whole milk; the only difference is the amount of fat. One percent and nonfat milk have less calories and cholesterol,” said Cathy Franklin, nutrition coordinator for the state’s WIC program. “This will be new for some families, but we’re giving lots of support and information to help them make the change.”

Children ages 1 to 2 will get whole milk, along with women and children who are prescribed 2 percent or whole milk by their health care provider.

WIC provides health screening and referrals, nutrition education, and checks for specific healthy foods. Women who are pregnant, breastfeeding or postpartum, and children up to five whose family’s income is at or below 185 percent poverty level qualify for WIC. The program serves more than 300,000 Washington women and children each year.

Get more information on local services from the state WIC office at 1-800-841-1410 or on the [Washington WIC Nutrition Program website](#). Related services around the state can be found at [ParentHelp123.org](#) or by calling the Family Health Hotline at 1-800-322-2588.

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