

Summary of Foods available in the 2009 Illinois WIC Food Packages

Addition of Fruits & Vegetables

- Fruit & Vegetable Vouchers
- \$6 for children (1-5 years) & \$8 - \$10 for women
- Participants may choose from a wide variety of fresh, frozen, and/or canned fruits and vegetables except No white potatoes
 - Fresh fruit and vegetable - all varieties except white potatoes; includes bagged salads
 - Frozen fruit – any brand with no sugar added; any type or mixture of fruits
 - Frozen vegetables – any brand or variety or mixed varieties (without white potatoes)
 - Canned fruit – any brand in water or juice; any plain fruit or plain fruit mixture; applesauce (“no sugar added” or “unsweetened” varieties only)
 - Canned vegetables – any brand; any plain vegetable or plain vegetable mixtures (without potatoes, pasta, beans or sauce added)
 - Juices – 100%; unsweetened; concentrates and ready-to-drink

Whole grains

- 100% Whole-wheat bread for children and women
- Whole grain options
 - Brown rice
 - Soft corn tortillas
 - Oatmeal (regular, no flavors)
 - WIC cereals – most are made with whole grains

MILK

- White milk
- 2%, 1%, or skim – women and children (2-5 years)
- Whole milk (children 12 months – 2 years)

Cheese

- Natural Cheddar, Colby, Monterey Jack, Mozzarella, Pasteurized Processed American (block or sliced)

Meat & Beans

- Chunk **light** tuna – water or oil packed (*exclusively for breastfeeding moms*)
- Eggs
- Dry beans
- Peanut butter

Baby Food (6-12 months old)

Fruits & Vegetables

- 4 oz. container; single ingredient

Meats

- 2.5 oz. container; single ingredient meat or poultry with added broth or gravy

Dry Infant Cereals

- 24 oz. “total weight”; rice, oatmeal, barley, mixed grain

Do Not Duplicate

Teacher Guide – Nutrition Class for WIC

Objective: To provide “general” information for WIC clients on how to use the foods in the 2009 WIC package to prepare nutritious meals.

Sample ANCHOR questions:

“What type of milk does your family like to drink?”

“What kinds of dishes do you prepare with rice?”

“What kinds of fruit does your family like to eat?”

“What kind of dark green or orange vegetables do you serve your family?”

Background information for teachers - Choose the appropriate information below to share (**ADD**) with your clients.

MILK

MyPyramid recommends:

- adults and children 9 years and older drink 3 cups of milk each day
- Children 2-8 years old need 2 cups of milk each day

Choose low fat (1%) and fat free milk

Children under the age of two need fat and calories for normal growth and development. Fat free and low fat milk and milk products are not recommended for children under the age of two.

Switch from whole milk to fat free milk by mixing fat free milk with whole milk to start. Gradually add more fat free milk and less whole milk.

Lactose intolerance means individuals cannot digest milk properly. Symptoms may include gas, diarrhea, stomach ache and bloating. Lactose intolerant individuals should try drinking milk as part of a meal rather than alone and drink small, more frequent portions of milk or choose milk products such as cheese, yogurt, or lactose-free milk

Other calcium sources include:

- Calcium-fortified juices, cereals, breads, soy beverages, or rice beverages
- Canned sardines and canned salmon with bones
- Soy products (soybeans, soy-based beverages, soy yogurt, tempeh)
- Cooked dried beans and canned dried beans
- Some leafy greens (collard and turnip greens, kale, bok choy)

BEANS - Cooked dry beans

You can make a healthful, low cost meal by serving cooked dry beans, split peas and lentils. Beans are a cheap alternative to meat when used in a variety of dishes:

Soups - Chili - Stews - Salads - Bean dips

Dry Beans & Peas

- Each pound of dry beans makes 5 - 6 cups of cooked beans.
- Follow directions on package for soaking and cooking beans.
- Rinse beans and pick out stems or stones before soaking.

Soaking Beans (Note: Lentils and split peas do not need to be soaked before cooking.)

Quick Soak – Bring to a boil 1 pound of beans or peas and 6 cups of water. Boil for 2 minutes. Remove pan from heat and let stand 1 hour.

Overnight Soak – Soak beans overnight in a pan containing 6 cups of water for each pound of beans or peas. Beans and peas soaked by this method will keep their shape, have uniform texture and cook more quickly. Overnight soaking of beans will make them more digestible producing less intestinal discomfort if drained and rinsed **before cooking**.

Cooking Dry Beans & Peas

1. Drain the soaked beans and cover with FRESH water. Add 1 tablespoon of oil or other fat to reduce foaming during cooking.
2. Bring beans/peas to a boil. Reduce heat to low and simmer until tender. Simmer gently to prevent skins from bursting. Stir occasionally.
3. Beans and peas are done when they are fork tender. Most varieties will take 1-1/2 to 2 hours to cook.
4. One cup of dried beans or peas makes about 2-3 cups cooked.

Handout: "Cooking With Dry Beans & Peas":

Whole Grains

Make half of your grain choices whole-grain foods. Whole-grain breads and cereals, brown rice and soft corn tortillas are good choices.

Choose low-sugar whole-grain breakfast cereals:

- Whole grains should be listed FIRST in the ingredient list.
- One serving should have at least 3 grams of fiber and no more than 8 grams of sugar.

Children can learn to enjoy low-sugar whole-grain cereals.

- Mix sweetened cereal with low-sugar cereal to start. Gradually add more low-sugar cereal and less sweetened cereal.
- Add fruit (canned, fresh or dried) to low-sugar cereals

Rolled Oats are whole oat kernels that have been processed so they cook quickly.

- **Old-fashioned oats** are whole oats pressed and rolled.
- **Quick cooking oats** are sliced before heating then pressed.
- **Instant oats** are precooked, dried and pressed very thin.

Storage

- Unopened, *uncooked* oats may be stored up to 6 months in a cool, dry place.
- After opening, store *uncooked* oats in an air-tight container away from moisture.

Uses & Tips

- Cooked oats make a nutritious and high fiber dish. Flavor cooked oats with fruit or syrup.
- Add oats to meat loaf and casseroles.
- Add oats to thicken soups, stews and desserts.

Brown Rice

- Brown rice tastes great and has more fiber than white rice.
- Like oatmeal, brown rice can be used to thicken soups and stews.
- Regular brown rice takes a little longer to cook than regular white rice.
- Instant brown rice cooks quickly and is as nutritious as regular brown rice.
- Follow package directions when cooking rice.

Fruits

- Eat at least 2 cups of fruits every day (based on a 2,000 calorie diet).
- Fruit juice is low in fiber. Choose whole fruits (fresh, frozen, canned, dried) more often than fruit juice.
 - Infants younger than 6 months old should not be given juice.
 - Do not give infants juice in a bottle.
 - Older infants and toddlers should not drink juice from a sippie cup or bottle.
 - Children 1 to 6 years of age should have only 4 to 6 ounces of juice per day.
 - Children 7 to 18 years of age should not drink more than 8 to 12 ounces of juice per day.
- Choose 100% fruit juice. Only 100% fruit juice can be counted as a serving of fruit. **“Fruit drinks”** contain little or no fruit juice so they **do not** count as a serving of fruit.

Fruit Serving Tips

Breakfast

- Drink 100% fruit juice such as orange juice, grape juice or apple juice.
- Add fruit to cold cereal. Try sliced bananas, raspberries, kiwi fruit, blueberries, strawberries, canned peaches or fruit cocktail.
- Add applesauce, raisins and/or banana slices to a bowl of hot cereal such as oatmeal or cream of wheat cereal.
- Top pancakes and waffles with berries, canned fruit or applesauce. Add a grated apple and a dash of cinnamon to pancake or waffle batter.

Lunch and Dinner

- Chill cans of peaches, pears or mixed fruit for lunch.
- Try a mixed fruit salad for lunch.
- Add slices of summer melon to your lunch.

- Serve applesauce or cranberry sauce as a side dish.
- Try fruit sorbet or frozen fruit yogurt for dessert.
- Eat sliced fresh fruit or berries topped with sweetened yogurt for a quick dessert.

Snack Time

- Put an apple or banana in your pocket or bag for a quick snack.
- Freeze grapes for a cold snack.
- Freeze pieces of your favorite fruit and process in a blender with a cup of milk for a quick fruit smoothie.
- Carry dried fruit for a quick snack.
- Keep a bowl of raisins, cherries or grapes on the kitchen counter for quick, easy snacks.

Vegetables

- Eat at least 2 1/2 cups of vegetables every day (based on a 2,000 calorie diet).
- Vary your vegetable choices.
- Include dark green vegetables in your meals: bok choy, kale, broccoli, mustard greens, collard greens, romaine lettuce, dark green leafy lettuce, spinach, mesclun (assortment of young salad leaves), turnip greens, and watercress
- Include orange vegetables in your meals: Acorn squash, butternut squash, carrot, hubbard squash, pumpkin, and sweet potatoes

Add vegetables to your diet.

- Combine vegetables with soups and casseroles.
- Have pre-cut vegetables (carrots, celery, etc.) in the refrigerator for easy snacking.
- Add chopped peppers, tomatoes, zucchini, onions and mushrooms to scrambled eggs.
- Top cooked baked potato with chopped vegetables of choice, sprinkle with low fat cheese and microwave until cheese melts.
- Add frozen or canned vegetables to rice or pasta dishes during the last 5 to 10 minutes of cooking time.
- For a quick soup, combine tomato juice with chopped potatoes, celery, beans, corn and peas. Heat soup in microwave or on stove until vegetables are tender.
- Top sandwiches or burgers with lettuce and tomato.
- Add chopped vegetables to your salads.

Canned Fruits and Vegetables are healthful and economical.

- Choose canned vegetables that have “no salt added”.
- Choose canned fruit packed in water or juice.

ACTIVITIES

(APPLY)

1. **Count your servings.** Begin by asking participants to think about the food they ate yesterday. ***“Think about what you ate for dinner, did you eat any (fruit, whole grains, beans, dark green vegetables)”?*** Ask the participants to identify which foods ***(fruit, whole grains, beans, dark green vegetables)*** they ate and how much. Go through lunch, breakfast and snacks the same way.
2. ***“Read labels carefully to make sure the products you buy are really whole grain. Look at the list of ingredients to see what grains or cereals a food contains. Make sure whole grains appear first on the list of ingredients.”*** Use ***“You Can’t Tell If Bread Is Whole Grain By Its Color”*** handout or provide package labels of grain products for participants to look at and determine if the product is whole grain.

(AWAY)

1. ***“If you do not eat a variety of fruit (or vegetables) or several servings each day let’s talk about how to eat more fruit (or vegetables) and a greater variety of fruit (or vegetables).”*** Find out why individuals don’t eat fruit ***(or vegetables)*** or several servings each day. As a group, brainstorm solutions to help those individuals eat more fruit ***(or vegetables)***. For example, if the cost of fresh fruit ***(or vegetables)*** is a concern, suggest canned fruits ***(or vegetables)*** are very nutritious and often cheaper than fresh or frozen fruit ***(or vegetables)***.

2. Plan meals for one day or one week to include whole-grain foods.

3. Have participants share with each other their favorite ways to cook with beans.

Handout: The “ABC’s of Cooking” booklet has information about cooking and tasty recipes.

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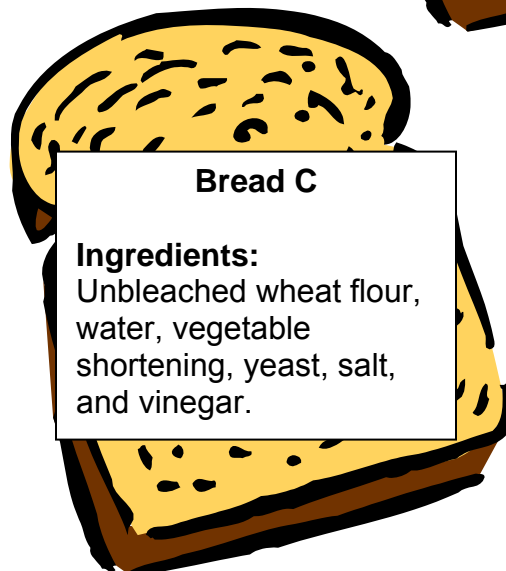
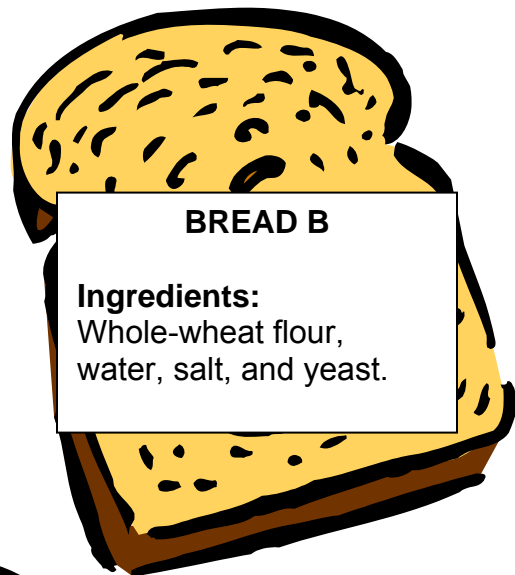
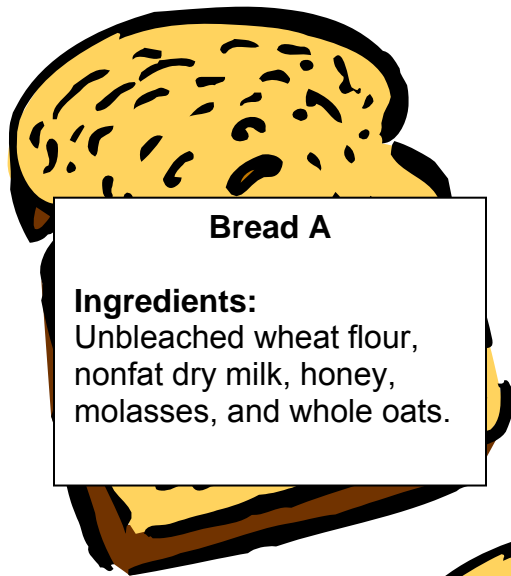
This material was funded by USDA's Supplemental Nutrition Assistance Program.

YOU CAN'T TELL IF BREAD IS WHOLE GRAIN BY ITS COLOR

DIRECTIONS:

Look over the ingredients for each slice of bread.

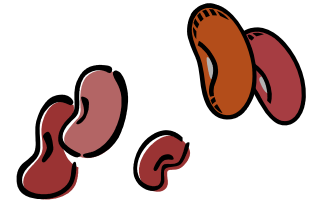
Choose which slice represents **whole grain**, **whole grain + refined grain**, and **refined grain**.



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Cooking With Dry Beans & Peas



Preparing Dry Beans & Peas

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Storing Dry Beans and Peas

- Store dry beans and peas in an airtight (covered) container. Store in a cool, dry area.
- Dry beans and peas may be stored up to two years.
- Cooked beans may be covered and refrigerated for 4-5 days.
- Freeze cooked beans - Most cooked beans freeze well (except lentils). Place 1 to 3 cups of beans in a container or plastic freezer bag. Label bags with content, quantity and date. They will keep for up to 6 months.

