



## Memorandum

**#14-147**

**TO:** WIC Local Agency Directors

**FROM:** Amanda Hovis, Unit Manager  
 Nutrition Education/Clinic Services Unit  
 Nutrition Services Section

**DATE:** December 19, 2014

**SUBJECT:** Yogurt and Whole Wheat Pasta Food Packages for April 1, 2015

This memo addresses important information you need to know about the upcoming addition of yogurt and whole wheat pasta to the food packages starting April 1, 2015.

### Yogurt

Food packages with yogurt will be an exciting new addition for our participants. In a Texaswic.org online survey conducted last summer, 96% of the participants indicated they would like to see yogurt on WIC.

**Yogurt will not be in all food packages.** The U.S. Department of Agriculture (USDA) added yogurt as an option in place of milk. Participants will be able to choose either a quart of milk or a quart of yogurt. Yogurt will only be available in food packages with cheese.

NOTE: Some food packages will include the option of choosing a quart of milk or a quart of yogurt; other food packages will only have yogurt. The table below shows which packages include yogurt and how the description will appear on the bottom of the “Shopping List Items” column of the Shopping List.

Food Packages with Yogurt	What to expect on the Shopping List
<b>Whole Milk/Yogurt - Option of milk or yogurt</b> <ul style="list-style-type: none"> <li>• Standard with cheese</li> <li>• Gluten-free with cheese</li> <li>• Special Dietary Needs with cheese</li> </ul>	WHOLE MILK OR WHOLE FAT YOGURT
<b>Skim /1% Milk/Low-fat Yogurt - Option of milk or yogurt</b> <ul style="list-style-type: none"> <li>• Standard with cheese</li> <li>• Gluten-free with cheese</li> <li>• Special Dietary Needs with cheese</li> </ul>	SKM 1% MLK OR LOW/NONFAT YOGURT
<b>Whole Fat Yogurt – Yogurt only</b> <ul style="list-style-type: none"> <li>• Soy milk with cheese</li> <li>• Lactose-free milk with cheese</li> </ul>	WHOLE FAT YOGURT QT

<p><b>Low-fat Yogurt – Yogurt only</b></p> <ul style="list-style-type: none"> <li>• Soy milk with cheese</li> <li>• Lactose-free milk with cheese</li> </ul>	<p>LOW FAT/NON FAT YOGURT QT</p>
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<p><b>Food Packages that will NOT Include Yogurt</b></p>	<p><b>What to expect on the Shopping List</b></p>
<ul style="list-style-type: none"> <li>• All packages that do not issue cheese</li> <li>• No Refrigeration</li> <li>• Dry Milk</li> <li>• Evaporated Milk</li> <li>• Kosher (<i>Cholov Yisroel kosher yogurts not available in the appropriate size</i>)</li> </ul>	<p>No changes on the shopping list</p>

Also, starting April 1, the low-fat lactose-free milk food packages will not include the quart of milk due to limited availability across the state. Participants will receive a quart of yogurt in place of the quart of milk.

**Whole Wheat Pasta**

In April, whole wheat pasta will be added to the whole grain description on the Shopping List. Where the current description in the “Shopping List Items” for whole grains reads, BREAD/TORTILLAS/RICE/OATMEAL, a new description will be downloaded in the WIN system that will read BREAD/TORTILLA/RICE/OATS/PASTA. Since this description will not be downloaded until April, WIC participants will not see “PASTA” on the Shopping List when advance issuing benefits for April.

If you have any questions or require additional information, contact Paula Kanter, Clinical Nutrition Specialist, at [paula.kanter@dshs.state.tx.us](mailto:paula.kanter@dshs.state.tx.us) or 512-341-4574.