



## Memorandum

**#14-081**

**TO:** WIC Regional Directors  
WIC Local Agency Directors

**FROM:** Linda Brumble, Unit Manager  
Nutrition Education/Clinic Services Unit  
Nutrition Services Section

**DATE:** June 24, 2014

**SUBJECT:** Low-fat Milk Changes Coming October 1, 2014

On October 1, 2014, the standard food packages for children two years and older and women will no longer provide 2% milk. Please note that 2% milk will not be an option for any participant. For participants who are underweight or pregnant and not gaining enough weight, the Special Dietary Needs Food Packages that provide a supplemental formula with whole milk may be provided with a prescription.

### Shopping List

Starting July 1, 2014, the milk descriptions on the Shopping List will read differently. The new descriptions will alert participants about the upcoming changes that will occur on October 1, 2014, and ensure that advanced-issued benefits do not include the 2% milk in the description. Even though a participant will no longer see 2% milk on the shopping list, they will be able to buy 2% milk until October 1.

The new descriptions are shown below and will be downloaded to the clinics on Monday, June 30, 2014. We encourage staff to point out these changes by highlighting the milk description on the Shopping List.

<u>Current description</u>	<u>Description as of July 1, 2014</u>
MILK SKIM 1/2% 1% 2%	SKIM 1/2% 1% MILK ON OCT 1
LACTOSE FREE MILK SKM 1% OR 2%	LACT FR SKIM 1% MILK ON OCT 1
KOSHER MILK SKIM 1/2% 1% 2%	KOSHER SKIM 1% MILK ON OCT 1
EVAP MILK LOWFAT/FATFREE 12 OZ	No Changes
NONFAT DRY MILK	No Changes

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## **Materials**

*Make the Switch to 1%* inserts and posters have been shipped to the Local Agencies and should be distributed to participants beginning July 1, 2014. These materials inform participants to *Make the Switch to 1%* milk starting October 1, 2014. Please give each family an insert with the *Smart Choices Healthy Family Shopping Guide*. Use the following stock numbers to re-order the 1% milk materials: inserts (13-06-14216), posters (13-06-14216P). If you have questions about the inserts or poster, please contact Matt Harrington, Nutrition Education Coordinator, by email at [matt.harrington@dshs.state.tx.us](mailto:matt.harrington@dshs.state.tx.us) or by phone at 512-341-4515.

## **Training**

Trainings for the upcoming approved foods and food packages changes are available currently on CenturyLink. WIC staff members are encouraged to attend *Final Food Rules for Texas WIC*. The *WIC Approved Foods and WIC Food Packages* trainings will include the final food rule information. Local Agency WIC Directors and Training Coordinators may contact Liz Bruns, by email at [Elizabeth.Bruns@dshs.state.tx.us](mailto:Elizabeth.Bruns@dshs.state.tx.us) or by phone at (512) 341-4585, to request copies of the PowerPoints for these trainings.

If you have any questions or need additional information about food packages and the Shopping List, please contact Paula Kanter, Clinic Nutrition Specialist, by phone at 512-341-4574 or by email at [paula.kanter@dshs.state.tx.us](mailto:paula.kanter@dshs.state.tx.us).