

USDA Overhauls Food Program for Moms and Kids

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WASHINGTON (AP) — Pregnant women and mothers who get federal assistance with their grocery bills will now be able to buy more whole-grain foods, yogurt, fish, fruits and vegetables.

The changes to the Special Supplemental Nutrition Program for Women, Infants and Children, or WIC, will go into place by 2015.

[The Agriculture Department](#) [1] announced the changes Friday as the final part of a process it began in 2007 to overhaul WIC and expand the list of healthy foods offered. Changes announced that year and put in place in 2009 eliminated juice from infant food packages, reduced saturated fat and made buying fruits and vegetables easier.

USDA says that overhaul will now be complete with a few more items included, such as whole grain pastas, yogurt and additional types of canned fish.

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<http://www.foodmanufacturing.com/news/2014/02/usda-overhauls-food-program-moms-and-kids>

Links:

[1] <https://twitter.com/USDA>