

COUNTY OF



ALLEGHENY

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**FOR IMMEDIATE RELEASE**  
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## **Health Department's WIC Program Releases New Food List, Shopping Guide** *Also Urges Clients to Redeem Farmers' Market Checks*

**PITTSBURGH** – The Allegheny County Health Department (ACHD) Women, Infants and Children Program (WIC) is announcing that its new food list and shopping guide will go into effect tomorrow, October 1. The newly updated food list design is very colorful and contains a lot more photos making it more user-friendly for WIC participants and the cashiers. Every food group has its own tab so it can be found quickly. The food list also serves as a WIC check holder.

You can see the list online in English ([http://www.achd.net/wic/pubs/pdf/2016-2017\\_Food\\_List\\_En\\_Final.pdf](http://www.achd.net/wic/pubs/pdf/2016-2017_Food_List_En_Final.pdf)) and Spanish ([http://www.achd.net/wic/pubs/pdf/2016-2017\\_Food\\_List\\_Sp\\_Final.pdf](http://www.achd.net/wic/pubs/pdf/2016-2017_Food_List_Sp_Final.pdf)).

WIC also urges participants and seniors to use their Farmers' Market Nutrition Program (FMNP) checks. The FMNP checks can be redeemed through November 30, 2016. Even so, health officials strongly suggest WIC families use them sooner as many farm stands and farmers' markets close for the season in October and November. Nearly all are closed before the week of Thanksgiving. To find a location, either call your local WIC office or see the list on the Health Department's WIC website: <http://www.achd.net/wic/2016FMNPList.html>.

WIC is a federally funded program for pregnant or breastfeeding women, postpartum mothers, infants and children under the age of 5. Program eligibility is based on income and nutritional risk. The 2016 -17 income limits for eligibility start with an annual gross income of \$21,978 for a family of one; \$29,637 for two; \$37,296 for three; \$44,955 for four; and \$52,614 for five. Unborn children are counted when the woman is pregnant. Allegheny County residents with family sizes larger than five, should contact the Health Department directly for benefit information.

WIC families receive nutrition information, breastfeeding support, referrals and food vouchers redeemable at participating grocery stores for infant formula; infant cereal; milk; eggs; cheese; juice; cereal; peanut butter; whole grains, including bread, tortillas, oatmeal and rice; soy beverage; tofu; jarred baby foods; dry or canned beans; canned tuna/sardines/pink salmon; and fresh/frozen/canned fruits and vegetables. Certain whole wheat pastas and yogurts have also been added to the food list.

For information about WIC and how to apply for benefits, please call the Allegheny County Health Department WIC Program at **412-350-5801**. If this number is a toll call or you live outside Allegheny County, please call the statewide toll-free number, **1-800-WIC-WINS**, or visit [www.pawic.com](http://www.pawic.com).

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