



The WIC Food Package is Changing!



DC WIC will be providing new food packages by October 2009. We would like to know more about the foods that you will choose with your WIC checks. Your input is very important because it will help us choose which foods to include in the DC WIC food package. Please fill out this short survey to have your choices count!

If you have a baby (0-11 months) please answer the questions in the box below. If you do not have a baby, skip to question 5.

1) How old is your baby?

0-5 months

6-11 months

2) Which baby foods do you buy?

(Select all that are true)

Fruit

Vegetable

Meats

Dinners/Combination meals

Desserts

None, why not? _____

3) In addition to cereal, WIC will offer other baby foods. Which of the following baby foods will you buy with your WIC checks?

(Select all that are true)

I will not buy ready made baby foods

Fruits

Vegetables

Meats

4) Does your baby eat table foods?

Yes

No

5) Including yourself, how many people currently live in your household? _____

6) How many people are currently on WIC in your household?

Please write in the number:

Pregnant women _____

Breastfeeding women _____

Non-breastfeeding post-partum women _____

Infants or babies (0-11 mo) _____

Children (1-5yr) _____

The next few questions are about the type of milk you buy and drink.

7) What type(s) of milk do you buy for you and your family?

(Select all that are true)

(How often?)

- | | | |
|---|----------------------------------|------------------------------------|
| <input type="checkbox"/> Whole milk (vitamin D milk) | <input type="checkbox"/> usually | <input type="checkbox"/> sometimes |
| <input type="checkbox"/> 2% reduced fat milk | <input type="checkbox"/> usually | <input type="checkbox"/> sometimes |
| <input type="checkbox"/> 1% low-fat milk | <input type="checkbox"/> usually | <input type="checkbox"/> sometimes |
| <input type="checkbox"/> Skim or nonfat milk | <input type="checkbox"/> usually | <input type="checkbox"/> sometimes |
| <input type="checkbox"/> Lactaid or other lactose-free milk | <input type="checkbox"/> usually | <input type="checkbox"/> sometimes |
| <input type="checkbox"/> Acidophilus milk | <input type="checkbox"/> usually | <input type="checkbox"/> sometimes |
| <input type="checkbox"/> Soy milk | <input type="checkbox"/> usually | <input type="checkbox"/> sometimes |
| <input type="checkbox"/> Goat's milk | <input type="checkbox"/> usually | <input type="checkbox"/> sometimes |
| <input type="checkbox"/> Other, please specify: _____ | | |

8) Why do you buy this type of milk?

(Select all that are true)

- It's best for me and my children (healthier)
- I like the taste
- It's the only type available where I shop
- My family prefers it
- Someone in my household has lactose intolerance or milk allergy
- Other, please specify: _____

9) You can not choose whole milk, only lower fat milk (2% milk, 1% milk, skim milk or nonfat milk) **for everyone older than 2 years.** Which type will you choose for the family member(s) older than 2?

(Select all that are true):

- 2% milk
- 1% milk
- Skim milk or nonfat milk
- Acidophilus/ Lactaid milk
- No milk
- I will continue to buy whole milk with my own money

10) If WIC offered soy milk in place of all or some of the cow's milk, would you buy soy milk?

- No
- Yes
- Maybe
- Combination of soy milk and cow's milk

11) Do you ever buy tofu for your family?

- Yes
- No
- No, but I'll try it if WIC offers it

The next few questions are about the fruits and vegetables you buy for your family.

12) How often do you buy the following:

- | | | | | |
|---------------|-----------|------------|-----------|----------|
| FRESH fruit: | weekly___ | monthly___ | rarely___ | never___ |
| FROZEN fruit: | weekly___ | monthly___ | rarely___ | never___ |
| CANNED fruit: | weekly___ | monthly___ | rarely___ | never___ |
| DRIED fruit: | weekly___ | monthly___ | rarely___ | never___ |

13) How often do you buy the following:

FRESH vegetables:	weekly___	monthly___	rarely___	never___
FROZEN vegetables:	weekly___	monthly___	rarely___	never___
CANNED vegetables:	weekly___	monthly___	rarely___	never___
DRIED vegetables:	weekly___	monthly___	rarely___	never___

14) With the new food package you will be able to get vegetables and fruits all year long. Which of the following vegetables and fruits would you buy for your family with your WIC checks:

Vegetables

Leafy vegetables: ___ Bok Choy ___ Broccoli Rabe ___ Bibb Lettuce ___ Cabbage
 ___ Collard Greens ___ Endive ___ Escarole ___ Iceberg Lettuce
 ___ Kale ___ Mustard Greens ___ Red Leaf Lettuce ___ Romaine Lettuce
 ___ Spinach ___ Swiss Chard ___ Turnip Greens ___ Watercress

Other vegetables: ___ Alfalfa Sprouts ___ Artichoke ___ Asparagus ___ Bean Sprouts
 ___ Beans ___ Beets ___ Broccoli ___ Brussels Sprouts
 ___ Carrots ___ Cauliflower ___ Celery ___ Chayote
 ___ Corn ___ Cucumber ___ Eggplant ___ Garlic
 ___ Leeks ___ Mushrooms ___ Okra ___ Onions
 ___ Parsnip ___ Peas ___ Peppers ___ Pumpkin
 ___ Radishes ___ Squash ___ Sweet Potatoes ___ Tomatillo
 ___ Tomato ___ Turnip ___ Water Chestnut ___ Yams

Root vegetables: ___ Daikon Root ___ Ginger Root ___ Horseradish Root ___ Jicama
 ___ Malanga ___ Rutabaga ___ Taro Root ___ Yucca Root

Please list other vegetables that you would like to be able to purchase with your WIC checks.

Fruits

Citrus fruits: ___ Grapefruit ___ Homli Fruit ___ Kumquat ___ Lemons
 ___ Limes ___ Limequats ___ Oranges ___ Persimmon
 ___ Tangerine ___ Ugli Fruit

Other fruits: ___ Apples ___ Apricots ___ Avocados ___ Bananas
 ___ Berries ___ Breadfruit ___ Cantaloupe ___ Cherimoya
 ___ Cherries ___ Dates ___ Feijoa ___ Fig
 ___ Grapes ___ Guava ___ Honeydew ___ Kiwano (Horned Melon)
 ___ Kiwi ___ Loquat ___ Lychee ___ Mango
 ___ Melons ___ Nectarines ___ Papayas ___ Passion Fruit (Granadilla)
 ___ Peaches ___ Pears ___ Pineapple ___ Plantains
 ___ Plums ___ Pomegranate ___ Quince ___ Sapote
 ___ Starfruit (Carambola) ___ Tamarindo ___ Watermelon

Please list other fruits that you would like to be able to purchase with your WIC checks.

This next question is about the fruit juice you buy for your family.

15) How often do you buy the following:

FRESH fruit juice:	weekly___	monthly___	rarely___	never___
FROZEN fruit juice:	weekly___	monthly___	rarely___	never___
CANNED fruit juice:	weekly___	monthly___	rarely___	never___
BOTTLED fruit juice:	weekly___	monthly___	rarely___	never___

(Glass or Plastic Bottles)

The next question is about the bread and grain products you buy for your family.

16) You will be able to buy whole grain foods with your WIC checks after October 2009. Which of the following will you purchase?

Whole wheat bread or whole grain bread
 Whole wheat buns or rolls
 Corn tortillas
 Whole wheat tortillas
 Oatmeal (not instant oatmeal packets)
 Brown rice
 Barley
 Bulgur
 None

The next few questions are about canned and dried beans.

17) Which of the following beans does your family eat?

Pinto beans
 Refried beans
 Black beans (Turtle beans)
 Blackeye peas
 Garbanzo beans (Chickpeas)
 Kidney beans
 Lima beans (Butter beans)
 Navy beans
 Great Northern beans
 Split Peas
 Lentils
 Other, please specify: _____

18) Do you prefer dried or canned beans?

Dried
 Canned

The next question is about canned fish, which is available to those mothers who only feed breast milk (no formula) to their babies.

19) What type of canned fish do you currently purchase?

(Select all types that you purchase)

Tuna
 Pink Salmon
 Plain Sardines
 Sardines in Sauce (includes sauces, oils, and mustards)
 Mackerel
 Other

The last questions are about the mother or caregiver.

20) Please tell us which of the following races/ethnicities you most closely identify with. You can select more than one.

- Hispanic/Latino
- White
- African American / Black
- Asian
- Pacific Islander
- American Indian/Alaska Native
- I prefer not to answer
- Other, please specify: _____

21) What is the highest grade of school you completed or highest degree you have received?

- No formal schooling
- 8th grade or less
- Grades 9-12 but not a high school graduate
- High school graduate
- Some college/trade school/associate degree
- 4-year college graduate
- Post graduate or professional degree

22) Which language do you prefer for written handouts?

- English
- Spanish
- Chinese
- Vietnamese
- French
- Other, please specify: _____

23) What ways do you like to get information from WIC?

- Handouts
- Classes
- One-on-one contact
- Video/DVD
- Interactive computer programs
- E-mail
- Internet
- Phone
- Other, please specify: _____

24) Is the nutrition education that you get at WIC helpful?

- Yes
- No

Please give us any comments you have about our nutrition education:

25) Who does the grocery shopping in your household?

- The mother
- Husband/male significant other
- The grandmother
- The grandfather
- Other relative or friend

26) Which Ward do you live in?

- | | |
|---------------------------------|---------------------------------|
| <input type="checkbox"/> Ward 1 | <input type="checkbox"/> Ward 5 |
| <input type="checkbox"/> Ward 2 | <input type="checkbox"/> Ward 6 |
| <input type="checkbox"/> Ward 3 | <input type="checkbox"/> Ward 7 |
| <input type="checkbox"/> Ward 4 | <input type="checkbox"/> Ward 8 |

 **If you have any additional comments, please write them below.**

Thank you for taking this important survey. Your input will help the WIC program in improving which foods WIC families will get in the District of Columbia.

Additional Comments: