

WIC Food Package Survey

The WIC Program is working to improve the food choices we offer. Please let us know your thoughts and ideas about these planned changes so we can serve you better.

1. WIC will be providing fresh fruits and vegetables for all women and children. What types of fruits and vegetables would you most likely pick up with your WIC checks? Please list all.

2. WIC is only allowed to pay stores up to a certain dollar amount for fruits and vegetables. What would you do if the price of the fruits and vegetables you've selected goes over this certain dollar amount? Please circle one.
 - a. Pay the difference plus tax
 - b. Put some items back to stay under the WIC dollar amount
 - c. Other. Please list: _____

3. WIC will be offering a variety of whole grain foods. Which whole grain foods are you most likely to use? Please circle all that apply.

Barley	Whole wheat tortillas	Corn tortillas	Oatmeal
Brown rice	Whole wheat/grain bread	Bulgur	None of these

4. Which whole grain cereals would you most likely use? Please circle all that apply.

Grape Nuts	Grape Nut Flakes	Bran Flakes	Multigrain Cheerios
Cheerios	Toasted Oats	Instant Oatmeal	Whole Grain Total
Wheat Chex	Wheaties	Life	Banana Nut Crunch
Frosted Mini-Wheats Bite-Sized		Quaker Oatmeal Squares	

Other: _____

5. Canned or dried beans will be allowed. Which types of beans would you use? Please circle all that apply.

Dried beans	Canned beans	None of these
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6. WIC will be providing only lower fat milk to women and children age 2 and older. What type of lower fat milk are you most likely to use if available? Please circle all that apply.
 - a. Fat free (skim milk)
 - b. 1% milk (low fat)
 - c. 2% (reduced fat)
 - d. Low fat acidophilus or lactose free milk
 - e. I don't buy milk

7. If WIC offered soy products, which soy product would you most likely use instead of cow's milk or cheese? Please circle all that apply.
- a. Soy milk
 - b. Tofu
 - c. Both soy milk and tofu
 - d. I don't buy soy products.

****If you are pregnant or have a baby on WIC, please answer Question 8.**

8. WIC will be providing baby food (fruits and vegetables in jars/containers) or fresh bananas for infants starting at 6 months. How often would you choose:
- a. Fruits and vegetables in jars/containers. Please circle your choice.

Always Sometimes Never

- b. Fresh bananas (for infants 6 months and older.) Please circle your choice.

Always Sometimes Never

****If you are fully breastfeeding your baby, please answer Question 9.**

9. Fully breastfeeding women will have more choices of canned fish. Which types of canned fish would you most likely use? Please circle all that apply.

Mackerel Sardines Salmon Tuna (light only) None

****All participants please answer Questions 10 and 11.**

10. There are many changes planned for the WIC food packages. What would help you to learn about these changes? Please circle all that apply.

- a. Talking with WIC staff
- b. Written guide
- c. Pictures of the new foods and changes
- d. Hawaii WIC website
- e. Other. List: _____

11. What other comments do you have about the new WIC food packages?

Thank you for your help!

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