



## JOHNSON COUNTY HEALTH DEPARTMENT

dedicated to the prevention of disease and promotion of wellness for our community.

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### FOR IMMEDIATE RELEASE:

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### JOHNSON COUNTY WIC FAMILIES RECEIVE HEALTHIER FOOD OPTIONS

(OLATHE, KS – **AUGUST 10, 2009**) Starting this month, Johnson County WIC (Women, Infants and Children) families will have access to a wider variety of healthy foods. The Johnson County Health Department WIC Clinic was the first in the state to offer the new foods.

Foods now covered include whole grain cereals, whole wheat breads, rolls, buns, and tortillas, canned beans, brown rice, jarred baby foods, and fresh, frozen and canned fruits and vegetables. Women and children over the age of two will receive low or non-fat milk only. In addition, families will now receive milk, juice, and eggs in quantities that follow current dietary recommendations. These changes will be implemented nationwide by October 1.

“We’re very excited about the new package changes,” Lougene Marsh, Johnson County Health Department Director, said. “We welcome the opportunity to shift our focus to be even more in line with current dietary guidelines and to ensure our county’s children continue to have access to healthy foods.”

The WIC program also continues to champion long-term breastfeeding of infants. The program will continue to offer an additional incentive of the highest amounts and greatest variety of foods to mothers who choose to breastfeed. WIC staff members provide counseling and support of breastfeeding efforts for all expecting and new moms, and can offer additional guidance through breastfeeding peer counselor services.

The Johnson County WIC program provides nutrition education, breastfeeding support, health referrals, and nutritious foods to more than 7,900 participants monthly. WIC is federally funded and is administered through the Kansas Department of Health and Environment (KDHE) through contracts with local health departments.

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