**Special Supplemental Nutrition Program for Women, Infants, and Children: Revisions in the Women, Infants, and Children Food Packages**

Social Media Toolkit

**SAMPLE SOCIAL MEDIA CONTENT**

* Join us! Proposed changes to the #WICFoodPackage will ensure that more #WICFamilies have access to healthier food options! Provide comments here >> <http://bit.ly/wicfoodpackage>
* Help us support healthy changes to the WIC program! The @USDA is accepting public comments to increase the #WICFoodPackage. Make your voice heard >> <http://bit.ly/wicfoodpackage>
* Help us help California families buy a broader range of healthy food! Let @USDA know you support the proposed updates to the #WICFoodPackage, improving the health and nutrition of nearly 1 million #WIC participants >> <http://bit.ly/wicfoodpackage>
* The @USDA is calling for an increase to the #WICFoodPackage, allowing #WICFamilies to have a broader range of fruits and veggies. Make your voice heard to support the proposed updates >> <http://bit.ly/wicfoodpackage>

**HASHTAGS & HANDLES**

* #WICFoodPackage
* #ExtendTheWICBump
* #WICFamilies
* #WICBenefits
* #WIC
* @USDA
* @USDANutrition
* @NatWICAssoc
* @CalWic

**HOW TO SUBMIT COMMENTS**

* [How to submit comments to the USDA (Video)](https://youtu.be/LOgA-v5Tk-w)
* [Former WIC dad submits comment to the USDA in support of food package rule (Video)](https://youtu.be/Mk9plw_eUIw)

**NEWSLETTER CONTENT**

**Great News for One Million California Infants, Children and Parents as USDA Proposes New Food Options**  
Back in November, the USDA announced proposed changes to the foods prescribed to families in the Special Supplemental Nutrition Program for Women, Infants and Children (WIC). The proposed revisions support fruit and vegetable consumption by increasing the amount provided and the varieties available for purchase, helping the nearly 1 million participants served per month in California. All interested parties in support of the changes to the WIC food package are encouraged to provide feedback to the USDA by Tuesday, February 21stand can comment directly through the National WIC Association campaign [**here**](https://nwica.salsalabs.org/WICFoodPackageComments/index.html).

**GRAPHICS**

**(Download graphics below by right clicking and selecting “Save as Picture”)**

 Graphical user interface

Description automatically generated 

  