With its tailored nutrition education and complimentary nutritious food packages, WIC has been shown to improve the diets of participants. It has been documented that participation in the WIC Program is associated with improved Healthy Eating Index scores and subscores for vegetables, fruits, and meats, as well as decreased intake of fat and added sugar.\(^1\)

Researchers have also noted that WIC participants prefer the following methods of nutrition education: facilitated discussions, support groups, cooking classes, participation in a community garden project, and interactive Web and CD materials.\(^3,4,5\)

**References**