

WIC Foods

New
&
Improved

for Mom and Baby Fully Breastfeeding

The new WIC foods help you and your breastfeeding baby meet your nutrition needs as recommended by WIC. You can continue to enjoy milk, cereal, eggs, cheese, fish, juice, peanut butter and beans plus fruits, vegetables, and whole grains for up to one year postpartum. At six months of age your baby can receive infant food meats, fruits, vegetables, and cereal.

Your New WIC Foods

- Support your breast milk supply
- Improve the variety of foods available
- Help you maintain a healthy weight after delivery



What You Will Receive

FOR MOM

GRAINS

- 36 ounces of iron-fortified cereal
- 1 pound whole wheat bread
- OR** other whole grain options

VEGETABLES and FRUITS

- \$10 cash value voucher for vegetables and fruits
- 3 – 12 ounce cans frozen or liquid concentrate vitamin C-rich juice

DAIRY

- 5 gallons and 1 quart of non-fat (skim) or low-fat (1%) milk
- 2 pounds of cheese
- More allowed substitutions

PROTEIN

- 1 dozen eggs
- 18 ounces of peanut butter
- 4 – 14-16 ounce canned beans
- 6 – 5 ounce cans of tuna or other canned fish options

FOR BABY

Your breastmilk!

Plus at six months of age:

- 24 ounces of iron-fortified infant cereal
- 64 - 4 ounce jars of baby food vegetables and fruits
- 32 - 2.5 ounce jars of baby food meats

This institution is an equal opportunity provider.

**Eat WIC foods to keep you strong
while you love and take care of your growing baby!**