

WIC Foods

New
&
Improved

for Mom and Baby Breastfeeding & Formula

The new WIC foods help you and your baby meet your nutrition needs as recommended by WIC. You can continue to enjoy milk, cereal, eggs, cheese, 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 fruits, vegetables, and cereal.



Your New WIC Foods

- Are lower in fat and higher in fiber
- Provide nutrients for your baby's growth
- Help you maintain a healthy weight after delivery

This institution is an equal opportunity provider.

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

\$8 cash value voucher for vegetables and fruits

3 – 12 ounce cans frozen or liquid concentrate vitamin C-rich juice *

DAIRY

4 gallons and 3 quarts of non-fat (skim) or low-fat (1%) milk *

1 pound of cheese

More allowed substitutions

PROTEIN

1 dozen eggs

18 ounces of peanut butter

4 – 14-16 ounce canned beans *

FOR BABY

Your breastmilk!

Infant formula

Plus at six months of age:

24 ounces of iron-fortified infant cereal

32 - 4 ounce jars of baby food vegetables and fruits

* Food items not included or available in a lesser amount for mom's food package whose infant is receiving a greater amount of formula.

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