WIC Foods for Children

The new WIC foods help your child meet his or her nutrition needs as recommended by WIC. You can continue to enjoy milk, cereal, eggs, juice, peanut butter and beans plus fruits, vegetables and whole grains!

Your New WIC Foods

• Are lower in fat and higher in fiber
• Offer a variety to help with your child’s eating habits
• Help maintain a healthy weight for your child

What You Will Receive

GRAINS
36 ounces of iron-fortified cereal
1 pound of whole wheat bread and
1 pound of brown rice
OR other whole grain options

VEGETABLES and FRUITS
2 – 64 ounce containers vitamin C-rich juice
$6 cash value voucher for vegetables and fruits

DAIRY
3 gallons and 1 quart of non-fat (skim) or low-fat (1%) milk for 2-4 year olds
(or whole milk for 1 year olds)
More allowed substitutions

PROTEIN
1 dozen eggs
18 ounces of peanut butter
OR 4 – 14-16 ounce canned beans

Give your child more variety with the new WIC foods!

This institution is an equal opportunity provider.

Adapted from NY WIC Program

New Hampshire WIC Nutrition Program