

WIC Foods

New
&
Improved

for Mom and Baby Formula Feeding

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, juice, cheese, peanut butter or beans plus fruits and vegetables. Your baby will receive infant formula in amounts that meet his/her nutrition needs. 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
- 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

VEGETABLES and FRUITS

\$8 cash value voucher for vegetables and fruits

2 – 12 ounce cans frozen or liquid concentrate vitamin C-rich juice

DAIRY

3 gallons and 1 quart 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

OR 4 – 14-16 ounce canned beans

FOR BABY

Infant formula

Plus at six months of age:

24 ounces of iron-fortified infant cereal

32 – 4 ounce baby food vegetables and fruits

This institution is an
equal opportunity provider.



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