The new WIC foods help you and your baby meet your nutrition needs as recommended by your WIC Nutritionist during pregnancy. 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
- Improve the variety of foods available
- Promote healthy weight gain for you and your baby

**What You Will Receive**

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

**VEGETABLES and FRUITS**
- 3 – 12 ounce cans frozen or liquid concentrate vitamin C-rich juice
- $8 cash value voucher for vegetables and fruits

**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

*This institution is an equal opportunity provider.*