

WIC Foods

New
&
Improved

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

This institution is an equal opportunity provider.

Give your child more variety with the new WIC foods!