



Healthy WIC Foods...

The WIC food package includes whole grains, fruits and vegetables and more! The WIC food package offers a variety of healthy food choices for our families. The WIC food package is based on the Institute of Medicine's report which aligns its food package recommendations with the US Dietary Guidelines for Americans, the Dietary Reference Intakes, and advice from the American Academy of Pediatrics. A review of the WIC food package is required at a minimum of every 10 years. WIC foods provide a solid foundation for healthy eating. Below is a summary of what we offer:

- **Whole grain options** are whole grain bread, brown rice, whole wheat pasta, oatmeal, and whole wheat and soft corn tortillas. Cereal continues to be provided, with a wide variety of whole grain cereals. Whole grain cereals make up 50% of the approved WIC cereals.
- **Fresh, frozen and canned fruits and vegetables** are available year round. Participants have cash value benefits to use in grocery stores and are allowed to choose what they would like, up to specific dollar amounts.
- **Fruit juice** is available to women and children in amounts that are recommended by the American Academy of Pediatrics and consistent with the US Dietary Guidelines. Juice is not provided to infants.
- **Milk, cheese, and eggs** are provided in amounts that are consistent with the US Dietary Guidelines. As a standard, whole milk is provided to children 12-24 months of age—some children 12-24 months may be provided low fat or fat free milk; low fat or fat free milk is provided to women and children 2 years and older. Lactose-free milk is available as a substitute for milk. Yogurt is also an option.
- **Soy milk and tofu** are available for cultural preference for women and children as a substitute for cow's milk.
- **Canned beans** are available to participants, as an alternate choice for **peanut butter** and **dried legumes**. Canned salmon is available to fully breastfeeding women, as an alternate choice to tuna fish.
- **Infant cereal and jarred infant fruits and vegetables** are provided to infants six months and older. A fresh fruit or vegetable benefit is available for replacement of a portion of the jarred infant foods starting at 9 months of age. Fully breastfed infants also receive jarred infant meats.

Let's join forces and grow healthy families together--Refer your families to WIC!

For more information or referral materials please call 1-800-942-4321.

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<http://www.dhhs.nh.gov/dphs/nhp/wic/index.htm>