

New WIC Foods Coming in 2008



- More foods for breastfeeding moms and their babies
- Mom's foods will depend on how she is feeding her baby
- Formula amounts will be based on the baby's age and how the baby is being fed



- **NEW** food: Whole grain breads

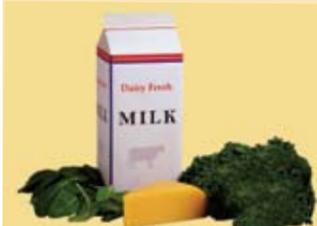


- **NEW** cereal choices: Whole grains

- **NEW** food for infants
Baby food: vegetables, fruits and meats



- **NEW** protein choices for breastfeeding women:
Salmon and sardines



- Reduced fat, low-fat and non-fat milk for those over two years old
- Changes in the amount of cheese



- Vegetables and Fruit in place of some of the juice



- **NEW** food for women and children:
Vegetables and Fruit (fresh, frozen and canned)



- **NEW** Canned beans instead of dried beans or peanut butter



- Changes in the amount of eggs



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