

# WIC Foods for Children

The new WIC foods help your child meet today's nutrition needs as recommended by your health care provider. 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 picky eating habits
- Help maintain a healthy weight for your child

## What You Will Receive

### GRAINS

Two 18 ounce boxes iron-fortified cereal  
2 pounds whole wheat bread  
Or other whole grain options

### VEGETABLES and FRUITS

Two 64 ounce containers  
vitamin C-rich juice  
\$6 cash value voucher for fruits  
and vegetables

### DAIRY

4 gallons of non-fat (skim) or low-fat  
(1%) milk (whole milk for 1-2 year olds)  
More allowed substitutions

### PROTEIN

1 dozen eggs  
1 pound dried beans or peas  
Or four 15 ounce cans beans or peas  
Or 18 ounces of peanut butter

This institution is an equal opportunity provider.

**Give your child more variety with the new WIC foods!**