

WIC Foods

New
&
Improved

for Mom and Baby Breastfeeding

The new WIC foods help you and your breastfeeding baby meet today's nutrition needs as recommended by your health care provider. You can continue to enjoy milk, cereal, eggs, fish, juice, peanut butter and beans plus fruits, vegetables, cheese, and whole grains. At six months of age your baby can receive infant food meats, fruits, vegetables, and cereal.

Your New WIC Foods

- Support your breast milk supply
- Improve the variety of foods available
- Promote steady weight loss and help you maintain a healthy weight after delivery



What You Will Receive

FOR MOM

GRAINS

Two 18 ounce boxes iron-fortified cereal
1 pound whole wheat bread
Or other whole grain options

VEGETABLES and FRUITS

\$10 cash value voucher for veggies and fruits
Three 12 ounce cans frozen vitamin C-rich juice

DAIRY

6 gallons of non-fat (skim) or low-fat (1%) milk
1 pound of cheese
More allowed substitutions

PROTEIN

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

FOR BABY

Your breastmilk!!

Plus at six months of age:

Iron-fortified infant cereal
Baby food vegetables and fruits
Baby food meats
All in amounts to meet your baby's individual needs

This institution is an equal opportunity provider.

**Eat WIC foods to keep you strong
while you love and take care of your growing baby!**