

WIC Foods

New
&
Improved

for Mom and Baby Some Breastfeeding/ Some Formula

The new WIC foods help you and your baby 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. At six months of age your baby can receive infant food fruits, vegetables, and cereal.

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

\$8 cash value voucher for veggies and fruits
Three 12 ounce cans frozen vitamin C-rich juice

DAIRY

5 1/2 gallons of non-fat (skim) or low-fat (1%) milk
More allowed substitutions

PROTEIN

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

FOR BABY

Your breastmilk!!
Infant formula

Plus at six months of age:

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

Your New WIC Foods

- Are lower in fat and higher in fiber
- Provide appropriate nutrients for your baby's growth
- Promote steady weight loss and help you maintain a healthy weight after delivery

This institution is an equal opportunity provider.

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