

WIC is a Jump Start to Better Health.

Vegetables and Fruits

- Fresh, frozen, or canned vegetables and fruits
- Baby food vegetables and fruits
- 100% juice over age one

Foods Lower in Saturated Fat

- Choice of non-fat (skim) or low-fat (1%) milk after age two
- Low and reduced fat cheese is available

Whole Grains and Fiber

- Whole grain breads, tortillas and cereals
- Infant cereal provided at 6 months of age

Healthy Lifestyle Promotion/Education

- Age-appropriate physical activity
- Cooking, recipes and shopping

For More Information:

- health.ny.gov/wic
- 1-800-522-5006

Together Growing Stronger Families



Together Growing Stronger Families

This institution is an
equal opportunity
provider and employer.

