

(NEW &amp; IMPROVED!)

# WIC Foods for children

The new WIC foods help your child meet today's nutrition needs as recommended by registered dietitians. Your child can continue to enjoy milk, cereal, eggs, juice, peanut butter and beans, plus fruits, vegetables, and whole grains!

Your child's new WIC foods are lower in fat and higher in fiber, offer a variety to help with picky eating habits, and help your child maintain a healthy weight.



## children will receive

### GRAINS

- 36 oz. iron-fortified cereal
- 2 lbs. whole wheat bread
- OR other whole grain options

### FRUITS & VEGGIES

- \$6 cash value benefit for fruits and vegetables
- (2) 64 oz. containers vitamin C-rich juice

### DAIRY

- 4 gal. reduced fat, low fat, or skim milk (whole milk for 1-year olds)
- allowed substitutions, such as cheese

### PROTEINS

- 1 dozen eggs
- 1 lb. dried beans or peas
- OR (4) 16 oz. cans beans
- OR 18 oz. peanut butter (for children over age 2)

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

