

(NEW & IMPROVED!)

WIC foods for mom & baby

The new WIC foods help you and your baby meet today's nutrition needs as recommended by registered dietitians. You can continue to enjoy milk, cereal, eggs, juice, peanut butter or beans, plus fruits and vegetables. Your baby will receive infant formula in amounts that supplement nutrition needs. At six months of age, your baby can receive infant food fruits, vegetables, and cereal.

Your new WIC foods are lower in fat and higher in fiber, improve the variety of foods available, and help you maintain your strength to care for your baby.



for mom

- GRAINS
 - 36 oz. iron-fortified cereal
- FRUITS & VEGGIES
 - \$8 cash value benefit for fruits and vegetables
 - (2) 12 oz. cans frozen vitamin C-rich juice
- DAIRY
 - 4 gal. reduced fat, low fat, or skim milk
 - allowed substitutions, such as cheese
- PROTEINS
 - 1 dozen eggs
 - 1 lb. dried beans or peas
 - OR (4) 16 oz. cans beans
 - OR 18 oz. of peanut butter

for baby

- infant formula
- PLUS, AT 6 MONTHS OF AGE
 - 24 oz. iron-fortified cereal
 - (18) 2-pack containers of baby food fruits & veggies

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

