






# WIC Foods for You and Your Children

The new WIC foods help you and your child meet today's nutrition needs. You can continue to enjoy milk, cereal, eggs, juice, peanut butter and beans. Plus fruits, vegetables, and whole grains!

## Your New WIC Foods...

- ♥ are lower in fat and higher in fiber.
- ♥ will help you and your baby to be healthy during pregnancy.
- ♥ keep you strong while you love and take care of your growing baby.
- ♥ provide appropriate nutrients for your baby's growing needs.
- ♥ offer more variety to help with picky eating habits.
- ♥ are consistent with Dietary Guidelines for Americans and MyPyramid recommendations.
- ♥ follow the American Academy of Pediatrics infant feeding advice.

\*This institution is an equal opportunity provider.

	Pregnant	Children
Grains	36 oz iron-fortified cereal + 16 oz whole wheat bread or other whole grain options <sup>1</sup> 	36 oz iron-fortified cereal + 2 (16 oz) whole wheat bread or other whole grain options <sup>1</sup>
Fruits & Veggies	\$8 cash value voucher for fruits and vegetables + 3 (12 oz) frozen vitamin C-rich juice 	\$6 cash value voucher for fruits and vegetables + 2 (64 oz) containers vitamin C-rich juice
Dairy	5 & 1/2 gallons milk (skim, 1% or 2%)	4 gallons milk (skim, 1%, 2% for 2-4 years) (whole milk for 12-23 months) 
Protein	1 dozen eggs + 16 oz dry beans, peas or lentils or 4 (15-16 oz) cans beans, peas or lentils + 18 oz peanut butter	1 dozen eggs + 16 oz dry beans, peas or lentils or 4 (15-16 oz) cans beans, peas or lentils or 18 oz peanut butter

<sup>1</sup>Brown rice, corn tortillas or whole wheat tortillas (14-16 oz)

## Fully Breastfeeding Mom & Baby

## Partially Breastfeeding Mom & Baby<sup>2</sup>

## Non-Breastfeeding Mom & Baby

Grains

Up to one year after delivery

For Mom: 16 oz whole wheat bread  
 or  
 other whole grain options<sup>1</sup>  
 +  
 36 oz iron-fortified cereal

Up to one year after delivery

For Mom: 16 oz whole wheat bread  
 or  
 other whole grain options<sup>1</sup>  
 +  
 36 oz iron-fortified cereal

Up to six months after delivery

For Mom: 36 oz iron-fortified cereal



For Baby: 3 (8 oz) iron-fortified infant cereal

For Baby: 3 (8 oz) iron-fortified infant cereal

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Fruits & Veggies

For Mom: \$10 cash value voucher for fruits and vegetables  
 +  
 3 (12 oz) frozen vitamin C-rich juice

For Mom: \$8 cash value voucher for fruits and vegetables  
 +  
 3 (12 oz) frozen vitamin C-rich juice

For Mom: \$8 cash value voucher for fruits and vegetables  
 +  
 2 (12 oz) frozen vitamin C-rich juice

For Baby: 64 (4 oz) jars baby food fruits and vegetables

For Baby: 32 (4 oz) jars baby food fruits and vegetables

For Baby: 32 (4 oz) jars baby food fruits and vegetables

Dairy

For Mom: 6 gallons milk (skim, 1% or 2%)  
 +  
 1 pound cheese



For Mom: 5 & 1/2 gallons milk (skim, 1% or 2%)

For Mom: 4 gallons milk (skim, 1% or 2%)

For Baby: Your breast milk!

For Baby: Your breast milk and infant formula.

For baby: Infant formula.

Protein

For Mom: 16 oz dry beans, peas or lentils  
 or  
 4 (15-16 oz) cans beans, peas or lentils  
 +  
 18 oz peanut butter  
 +  
 2 dozen eggs  
 +  
 6 (5 oz) canned fish

For Mom: 16 oz dry beans, peas or lentils  
 or  
 4 (15-16 oz) cans beans, peas or lentils  
 +  
 18 oz peanut butter  
 +  
 1 dozen eggs

For Mom: 16 oz dry beans, peas or lentils  
 or  
 4 (15-16 oz) can beans, peas or lentils  
 or  
 18 oz peanut butter  
 +  
 1 dozen eggs

For Baby: 31 (2.5 oz) jars baby food meat



<sup>1</sup>Brown rice, corn tortillas or whole wheat tortillas (14-16 oz)

<sup>2</sup>Partially breastfeeding mothers may be issued a non-breastfeeding package. The package issued depends on the age of the infant and the amount of formula the infant is receiving.