

WIC Foods

**New &
Improved**

For Children



The new WIC foods help your child meet today's nutrition needs. Your child can continue to receive milk, cereal, eggs, juice, peanut butter and beans with the addition of fruits, vegetables and whole grains.

Your New WIC Foods

- Are lower in fat and higher in fiber
- Offer a variety to help with picky eating habits
- Help maintain a healthy weight gain for your child.

What Your Child Will Receive

GRAINS

36 ounces of iron-fortified cereal
2 pounds of whole wheat bread, brown rice, or corn or whole wheat tortillas.

FRUITS AND VEGETABLES

2 containers (64 ounces) of juice
\$6 cash value voucher for fruits and vegetables

DAIRY

4 gallons of skim, 1% or 2% milk (whole milk for 1-2 year olds)
Cheese and soy milk substitutions available

PROTEIN

1 dozen eggs
1 pound of dry beans or peas
OR 4 cans (15-16 ounces) of beans or peas
OR 1 jar (18 ounces) peanut butter

Give your child more variety with the new WIC foods!