

# WIC Foods

New & Improved

# For Mom and Baby Breastfeeding

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

At six months of age, your baby can receive baby food meats, fruits, vegetables and infant cereal.

## Your New WIC Foods

- Support your breast milk supply
- Improve the variety of food available
- Promote steady weight loss and help you maintain a healthy weight



## What You Will Receive

### FOR MOM

#### GRAINS

36 ounces of iron-fortified cereal  
1 pound whole wheat bread, brown rice, or corn or whole wheat tortillas

#### FRUITS AND VEGETABLES

3 cans (12 ounces) frozen or shelf stable juice  
\$10 cash value voucher for fruits and vegetables

#### DAIRY

6 gallons of skim, 1% or 2% milk  
1 pound of cheese  
Additional cheese and soy milk substitutions available

#### PROTEIN

2 dozen eggs  
1 pound of dry beans or peas  
**OR** 4 cans (15-16 ounces) of beans or peas  
1 jar (18 ounces) of peanut butter  
30 ounces of canned tuna or pink salmon

### FOR BABY

Your breastmilk

#### Plus at six months of age:

24 ounces of iron-fortified infant cereal  
64 jars of baby food fruits and vegetables  
31 jars of baby food meats

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