

# WIC Foods

**New &  
Improved**

# For Mom and Baby Mostly Breastfeeding/ Some Formula

The new WIC foods help you and your breastfeeding baby meet today's nutrition needs. You can continue to receive milk, 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 fruits, vegetables and infant cereal.



## Your New WIC Foods

- Are lower in fat and higher in fiber
- Provide appropriate nutrients for you baby's growth
- 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 wheat tortillas

### FRUITS AND VEGETABLES

3 cans (12 ounces) frozen/shelf stable juice  
\$8 cash value voucher for fruits and vegetables

### DAIRY

5 1/2 gallons of skim, 1% or 2% milk  
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  
1 jar (18 ounces) of peanut butter

### FOR BABY

Your breastmilk  
Infant formula in amounts to meet your baby's individual needs

### Plus at six months of age:

24 ounces of iron-fortified infant cereal  
32 jars of baby food fruits and vegetables

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