

WIC Foods

**New &
Improved**

For Mom and Baby Formula Feeding/ Some Breastfeeding

The new WIC foods help you and your baby meet today's nutrition needs. You can continue to receive milk, cereal, eggs, juice, peanut butter or beans plus fruits and vegetables until your baby is six months old.

Your baby will receive infant formula. 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
- 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

FRUITS AND VEGETABLES

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

DAIRY

4 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
OR 1 jar (18 ounces) of peanut butter

FOR BABY

Infant formula

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!**