

WIC Foods

New
&
Improved

for Mom and Baby Formula Feeding

The new WIC foods help you and your baby meet today's nutrition needs as recommended by your health care provider. You can continue to enjoy milk, cereal, eggs, juice, peanut butter or beans plus fruits and vegetables. Your formula feeding baby will receive infant formula in amounts that meet nutrition needs. At six months of age your baby can receive infant food fruits, vegetables, and cereal.

Your New WIC Foods

- Are lower in fat and higher in fiber
- Improve the variety of foods available
- Help you maintain your strength to care for your baby

What You Will Receive

FOR MOM

GRAINS

Two 18 ounce boxes iron-fortified cereal

VEGETABLES and FRUITS

\$8 cash value voucher for veggies and fruits

Two 12 ounce cans frozen vitamin C-rich juice

DAIRY

4 gallons of non-fat (skim) or low-fat (1%) milk

More allowed substitutions

PROTEIN

1 dozen eggs

1 pound dried beans or peas

Or four 15 ounce cans beans or peas

Or 18 ounces of peanut butter

FOR BABY

Infant formula

Plus at six months of age:

Iron-fortified infant cereal

Baby food vegetables and fruits

All in amounts to meet your baby's individual needs

This institution is an
equal opportunity provider.

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