



CHOICES FOR MOM AND BABY



MOSTLY BREASTFEEDING

WIC foods support your healthy lifestyle choices and the development of your breastfeeding baby. You will enjoy milk, cereal, eggs, fish, juice, peanut butter and beans, plus fruits, vegetables, cheese, and whole grains. At six months of age your baby can receive infant fruits, vegetables, and cereal.

YOUR WIC FOODS

- Provide healthy food options
- Are low in fat and high in fiber
- Provide appropriate nutrients for your baby's growth
- Promote steady weight loss and help you keep a healthy weight after delivery

See possible food package options on the back.



WHAT YOU WILL RECEIVE

FOR MOM



Grains

- 36 ounces of iron-fortified cereal
- 48 ounces of whole grains such as bread, buns, bagels, pasta, rice, tortillas, oats, and many more



Vegetables and Fruit

- \$55 cash value benefit for fresh vegetables and fruits, canned fruits and vegetables, and frozen fruits and vegetables. Allowable substitution of 64 ounces juice for \$3 CVB



Dairy

- 4 gallons of non-fat (skim) or low-fat (1%) milk – allowable choices of cheese, yogurt, or soy milk



Protein

- 1 dozen eggs
- 15 ounces of canned tuna, mackerel, or salmon
- Choice of two: 1 pound dried beans or peas or four 15 to 16-ounce cans of beans or one 16 to 18-ounce jar of peanut butter

FOR BABY

Continue providing your breast milk at six months of age



- 8 ounces iron-fortified infant cereal
- 128 ounces of baby food, vegetables, and fruits
- Infant 6-11 months may receive Cash Value Benefit (CVB) to substitute for half or all of baby food vegetables and fruits for fresh, canned, or frozen forms

Please check the website or the WICShopper app for substitutions for both Mom and Baby.

