



CHOICES FOR CHILDREN



YOUR CHILD'S WIC FOODS

- Provide healthy food options
- Are low in fat and high in fiber
- Offer a variety of choices to help with picky eating habit
- Help keep a healthy weight for your child

See possible food package options on the back.



Please check the website or the WICShopper app for substitutions for Children.

WHAT YOU WILL RECEIVE FOR CHILDREN



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

- \$29 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

- 3 gallons of whole milk for ages 12 to 23 months - allowable substitution choices of cheese or yogurt
- 3.5 gallons of non-fat (skim) or low-fat (1%) milk for ages 2-5 years - allowable choices of cheese, yogurt, or soy milk



Protein

- 1 dozen eggs
- 6 ounces of canned tuna, mackerel, or salmon
- Choice of one: 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

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Possible food package options for: Children

FOR CHILDREN



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