



CHOICES FOR MOM TO BE



YOUR WIC FOODS

- Provide healthy food options
- Are low in fat and high in fiber
- Offer a variety of choices
- Promote healthy weight gain for you and your baby

See possible food package options on the back.



Please check the website or the WICShopper app for substitutions for Mom to be.

WHAT YOU WILL RECEIVE

FOR MOM TO BE



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

- \$50 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 substitution choices of cheese, yogurt, or soy milk



Protein

- 1 dozen eggs
- 10 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

CHOICES FOR MOM TO BE

Possible food package options for: Mom to Be

FOR MOM TO BE



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