

WIC Foods

New
&
Improved

for Children



Your New WIC Foods

- ◆ Are lower in fat and higher in fiber
- ◆ Offer a variety to help with picky eating habits
- ◆ Help maintain a healthy weight for your child

Give your child more variety with the new WIC Foods. Help them learn to like fresh fruits and vegetables.

What Your Child will Get with WIC:

Grains

36 ounces iron-fortified cereal
2 pounds whole wheat bread

Fruits & Vegetables

Two 64 ounce containers of Juice
\$6 voucher for Fresh Fruits & Vegetables

Dairy

3 Gallons + 1 Quart 2%, 1% or Skim milk (whole milk for 1-2 year olds)
1 pound Cheese

Protein

1 dozen eggs
1 pound dried beans/peas