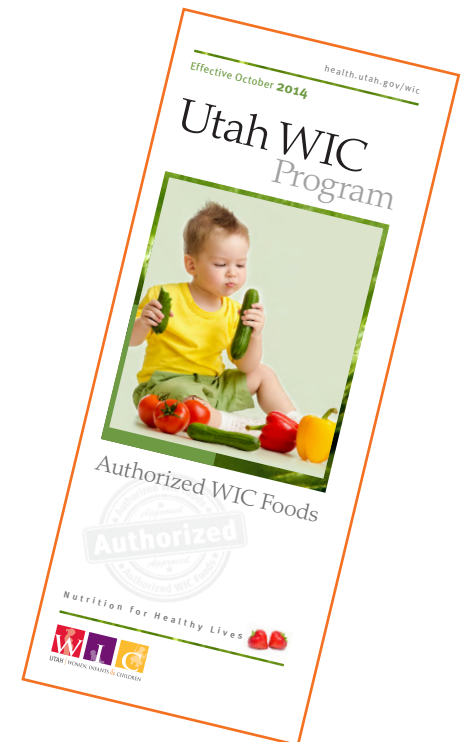


# KNOW BEFORE YOU GO

## KNOW WHAT FOODS YOU CAN BUY BEFORE HEADING TO THE GROCERY STORE!

- Find the *CATEGORY* that you fall under and refer to the appropriate page to see what foods you can receive with your WIC food vouchers.
- Refer to your *AUTHORIZED FOODS BOOKLET* to know what Brands are WIC approved!

Pregnant.....	Page 2
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# WIC Foods for Pregnancy

WIC foods help you and your baby meet today's nutrition needs as recommended by your health care provider during pregnancy. You can enjoy milk, cereal, eggs, juice, peanut butter and beans, fruits and veggies, and whole grains!



## WHAT YOU WILL RECEIVE:

GRAINS	FRUITS AND VEGGIES	DAIRY	PROTEIN
36-Ounces Cereal	3 – 12 oz cans of frozen juice	5 ½ gallons of low-fat milk	1 dozen eggs
16 oz loaf of whole wheat bread	\$10 cash value voucher for fresh fruits and vegetables		1 pound dried beans or peas
Or 16 oz whole wheat or corn tortillas			Or 4 – 15 oz cans of beans or peas
Or 16 oz brown rice			16-18 oz peanut butter
Or 16 oz whole wheat pasta			

Eat WIC foods for a healthy you and a healthy growing baby!

# WIC Foods for Exclusively Breastfeeding Mom and Baby

WIC foods help you and your breastfeeding baby meet today's nutrition needs as recommended by your health care provider. You can enjoy milk, cereal, eggs, fish, juice, peanut butter and beans, fruits, vegetables, cheese and whole grains. At six months of age, your baby can receive infant food, meats, fruits, vegetables and cereal. At nine months you can choose to receive fresh fruits and vegetables in place of part of your baby's infant fruits and vegetables.



## WHAT YOU WILL RECEIVE:

GRAINS	FRUITS AND VEGGIES	DAIRY	PROTEIN
<b>FOR MOM</b>			
36-Ounces Cereal	3 – 12 oz cans of frozen juice	6 gallons of low-fat milk	2 dozen eggs
16 oz loaf of whole wheat bread	\$10 cash value voucher for fresh fruits and vegetables	1 lb of cheese	1 pound dried beans or peas
Or 16 oz whole wheat or corn tortillas			Or 4 – 15 oz cans of beans or peas
Or 16 oz brown rice			16-18 oz peanut butter
Or 16 oz whole wheat pasta			
<b>FOR BABY</b>			
3- 8 oz boxes of infant cereal	64 – 4 oz jars of infant fruits and vegetables	Your Breastmilk	31 – 2.5 oz jars of infant meats
	Or 32 – 4 oz jars of infant fruits and vegetables		
	And \$8 cash value vouch for fresh fruits and vegetables		

Eat WIC foods for a healthy you and a healthy growing baby!

# WIC Foods for Partially Breastfeeding Mom and Baby

WIC foods help you and your breastfeeding baby meet today's nutrition needs as recommended by your health care provider. You can enjoy milk, cereal, eggs, juice, peanut butter and beans, fruits, vegetables, and whole grains. At six months of age, your baby can receive infant food, fruits, vegetables and cereal. At nine months you can choose to receive fresh fruits and vegetables in place of part of your baby's infant fruits and vegetables.



## WHAT YOU WILL RECEIVE:

GRAINS	FRUITS AND VEGGIES	DAIRY	PROTEIN
<b>FOR MOM</b>			
36-Ounces Cereal	3 – 12 oz cans of frozen juice	5 ½ gallons of low-fat milk	1 dozen eggs
16 oz loaf of whole wheat bread	\$10 cash value voucher for fresh fruits and vegetables		1 pound dried beans or peas
Or 16 oz whole wheat or corn tortillas			Or 4 – 15 oz cans of beans or peas
Or 16 oz brown rice			16-18 oz peanut butter
Or 16 oz whole wheat pasta			
<b>FOR BABY</b>			
3- 8 oz boxes of infant cereal	32 – 4 oz jars of infant fruits and vegetables	Your Breastmilk! Infant formula in amounts to meet your baby's individual needs	
	Or 16 – 4 oz jars of infant fruits and vegetables		
	And \$4 cash value vouch for fresh fruits and vegetables		

Eat WIC foods for a healthy you and a healthy growing baby!

# WIC Foods for Mom and Baby Not Breastfeeding

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



## WHAT YOU WILL RECEIVE:

GRAINS	FRUITS AND VEGGIES	DAIRY	PROTEIN
<b>FOR MOM</b>			
36-Ounces Cereal	2 – 12 oz cans of frozen juice	4 gallons of low-fat milk	1 dozen eggs
	\$10 cash value voucher for fresh fruits and vegetables		1 pound dried beans or peas
			Or 4 – 15 oz cans of beans or peas
			16-18 oz peanut butter
<b>FOR BABY</b>			
3- 8 oz boxes of infant cereal	32 – 4 oz jars of infant fruits and vegetables	Infant formula in amounts to meet your baby's individual needs	
	Or 16 – 4 oz jars of infant fruits and vegetables		
	And \$4 cash value vouch for fresh fruits and vegetables		

Eat WIC foods for a healthy you and a healthy growing baby!

# WIC Foods for Children

WIC foods help child meet today's nutrition needs as recommended by your health care provider. They can enjoy milk, cereal, eggs, juice, peanut butter and beans, fruits, vegetables, and whole grains!



## WHAT YOU WILL RECEIVE:

GRAINS	FRUITS AND VEGGIES	DAIRY	PROTEIN
36-Ounces Cereal	2 -64 oz containers of juice	4 gallons of low-fat milk	1 dozen eggs
2 -16 oz loaves of whole wheat bread	\$8 cash value voucher for fresh fruits and vegetables		1 pound dried beans or peas
Or 2 -16 oz whole wheat or corn tortillas			Or 4 – 15 oz cans of beans or peas
Or 2 -16 oz brown rice			16-18 oz peanut butter
Or 2 -16 oz whole wheat pasta			

Give your child more variety with WIC foods!