

WIC Foods For Children

The new WIC foods help your child meet today's nutrition needs. You can continue to enjoy many of the WIC foods you're used to, but will now receive fruits, vegetables, and whole grains!



Your New WIC Foods:

- ♥ Are lower in fat and higher in fiber
- ♥ Help maintain a healthy weight for your child
- ♥ Improves the variety of foods available

What You Will Receive

Grains

- Whole wheat / whole grain bread
 - **OR** soft corn / whole wheat tortillas
- Iron-fortified cereal

Fruits & Vegetables

- \$6 cash value for fresh fruits and vegetables
- Vitamin C rich juice

Dairy

- Milk
 - Whole milk for 1-2 years only
 - Low-fat (2% or lower) for 2-5 years
- Cheese

Protein

- Eggs
- Dried beans or peas
 - **OR** peanut butter
 - **OR** canned beans

Better Foods, Healthier Families



WIC is an equal opportunity provider and employer.