



CHOICES for Children

WIC foods help meet your child's nutrition needs and supports their healthy development. Your child will enjoy milk, cereal, eggs, juice, peanut butter and beans, plus fruits, vegetables and whole grains!

Your Child's WIC Foods

- Are low in fat and high in fiber
- Offer a variety of choices to help with picky eating habits
- Help maintain a healthy weight for your child

What You Will Receive

GRAINS

- 36 ounces of iron-fortified cereal
- 2 pounds whole grain bread

VEGETABLES and FRUITS

- Two 64-ounce containers of Vitamin C-rich juice
- \$6 cash value voucher for fresh vegetables and fruits

DAIRY

- 4 gallons of non-fat (skim), low-fat (1%) or reduced fat (2%) milk (whole milk for 1-2 year olds only)
- Allowable substitutions of cheese

PROTEIN

- 1 dozen eggs
 - Choice of one: 1 pound dried beans or peas OR four 16-ounce cans of beans OR one 18-ounce peanut butter
- * Children 1-2 years old only receive dry beans or canned beans



This institution is an equal opportunity provider.

Give your child more variety with WIC foods!