Eat a
RAINBOW

Make half your
GRAINS
whole

Lose the fat, keep the vitamins…
Drink **LOWFAT**
MILK

Eat more
ANYTIME FOODS…
Less sometime foods

Love to GROW

NEW WIC FOODS
NOW AVAILABLE

WEST VIRGINIA WIC
Helps You Help Your Family

WEST VIRGINIA Department of Health & Human Resources

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

THIS POSTER HAS BEEN ADAPTED FRON THE CALIFORNIA WIC PROGRAM.