



WIC & YOU:

MAKING HEALTHY CHOICES TOGETHER

Because all moms want to learn more about which foods to choose for a healthy pregnancy and a healthy family.

WIC FOOD PACKAGES ARE CHANGING OCTOBER 1, 2009.

New food options include:

- jarred baby food
- whole wheat bread/rolls
- brown rice
- oats
- whole wheat/corn soft tortillas
- soy beverage & tofu
- fruits & vegetables
- canned beans
- pink salmon & sardines

Learn more about how WIC's healthy foods and helpful tips can give your family more opportunities for a healthy start.



**ASK YOUR WIC NUTRITION
PROFESSIONAL FOR MORE
INFORMATION.**

