



CHOICES for Mom and Baby

Minimally & Non-Breastfeeding

WIC foods support your healthy lifestyle and your baby's healthy development. You will enjoy milk, cereal, eggs, juice, peanut butter and beans, as well as fruits and vegetables. Your formula feeding baby will receive infant formula.

At six months of age your baby can receive infant food, fruits, vegetables and cereal.

Your WIC Foods

- Are low in fat and high in fiber
- Offer a variety of foods
- Help you maintain your strength to care for your baby
- Support your growing baby's developmental needs



What You Will Receive

FOR MOM

GRAINS

- 36 ounces of iron-fortified cereal

VEGETABLES and FRUITS

- Two 12-ounce cans of frozen Vitamin C-rich juice
- \$8 cash value voucher for fresh vegetables and fruits

DAIRY

- 4 gallons of non-fat (skim), low-fat (1%) or reduced fat (2%) milk
- Allowable substitutions of cheese or soymilk

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

FOR BABY

- Infant formula if not fully breastfeeding

AT SIX MONTHS OF AGE:

- Iron-fortified infant cereal
- Baby food vegetables and fruits



This institution is an equal opportunity provider.

**Eat WIC foods to keep you strong
while you love and take care of your growing baby!**