

# WIC Foods for Non-Breastfeeding Mom and Baby

The new WIC foods help you and your baby meet today's nutrition needs. You can continue to enjoy milk, cereal, eggs, juice, peanut butter or beans plus fruits and vegetables. Your baby can continue to receive infant formula in amounts that meet nutrition needs. At six months of age your baby can receive infant food fruits, vegetables, and cereal.



## Your New WIC Foods

- ♥ Are lower in fat and higher in fiber
- ♥ Improve the variety of foods available
- ♥ Help you maintain your strength to care for your baby
- ♥ Are consistent with Dietary Guidelines and MyPyramid recommendations!

## What You Will Receive:

GRAINS	FRUITS and VEGETABLES	DAIRY	PROTEIN
<p><b><u>FOR MOM:</u></b> 36 ounces iron-fortified cereal</p> <p><b><u>FOR BABY:</u></b> 24 ounces iron-fortified infant cereal at 6 months old</p>	<p><b><u>FOR MOM:</u></b> \$8 cash value voucher for fruits &amp; veggies 96 fluid ounces of vitamin C-rich juice</p> <p><b><u>FOR BABY:</u></b> 128 ounces baby food fruits &amp; veggies at 6 months old</p>	<p><b><u>FOR MOM:</u></b> 16 quarts of reduced fat, low fat or skim milk</p> <p><b><u>FOR BABY:</u></b> Infant formula in amounts to meet your baby's needs for their age.</p>	<p><b><u>FOR MOM:</u></b> 1 pound dried beans or peas</p> <p><b>Or 18 ounces of peanut butter</b></p> <p><b>1 dozen eggs</b></p>

We're WIC and we're here for you.

