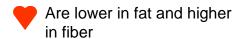
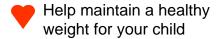
## **WIC Foods for Children**

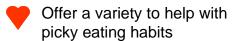
The new WIC foods help your child meet today's nutrition needs as recommended by your health care **provider**. You can continue to enjoy milk, cereal, eggs, juice, peanut butter and beans plus fruits, vegetables and whole grains!



## Your New WIC Foods:







Are consistent with Dietary Guidelines and MyPyramid recommendations!

## What You Will Receive:

GRAINS	FRUITS and VEGETABLES	DAIRY	PROTEIN
36 ounces cereal	128 fluid ounces of vitamin C-rich juice	16 quarts of milk	1 dozen eggs
2 pounds whole wheat bread	\$6 cash value voucher for fruits and vegetables	More allowed substitutions	1 pound dried beans or peas
Or other whole grain options			<b>Or</b> 18 ounces of peanut butter
			Or 4, 15 ounce cans of beans or peas

Give your child more variety with the new WIC foods!