

WIC Foods for Non-Breastfeeding Mom and Baby

The new WIC foods help you and your baby meet today's nutrition needs as recommended by your health care provider. You can continue to enjoy milk, cereal, eggs, juice, peanut butter or beans plus fruits and vegetables. Your formula feeding 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, MyPyramid and infant feeding recommendations!

What You Will Receive:

GRAINS	FRUITS and VEGETABLES	DAIRY	PROTEIN
<p>For Mom: 36 ounces iron-fortified cereal</p> <p>For Baby: 24 ounces iron-fortified infant cereal</p>	<p>For Mom: \$8 cash value voucher for fruits & veggies</p> <p>96 fluid ounces of vitamin C-rich juice</p> <p>For Baby: 128 ounces baby food fruits & veggies</p>	<p>For Mom: 16 quarts of milk</p> <p>More allowed substitutions</p> <p>For Baby: Infant formula in amounts to meet your baby's individual needs</p>	<p>For Mom: 1 pound dried beans or peas</p> <p>Or 4 15-ounce cans beans or peas</p> <p>Or 18 ounces of peanut butter</p>

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