

PREGNANT

- » Food for a healthy pregnancy
- » Breastfeeding and nutrition education

\$11 Check to buy Fruits and Vegetables

Whole Grains (16 oz)
Breakfast Cereal (36 oz)
Milk (4.5 gallons)
Lowfat (1%) or Nonfat
Yogurt (32 oz or Quart)
Lowfat or Nonfat
Cheese (16 oz)
Eggs (1 dozen)
Juice (144 oz)
Peanut Butter (16 oz to 18 oz)
Dry Beans, Peas, or Lentils (16 oz)

CHILDREN

- » Food and nutrition education until 5 years old

\$8 Check to buy Fruits and Vegetables

Whole Grains 2 (16 oz)
Breakfast Cereal (36 oz)
Milk (3 gallons)
Lowfat (1%) or Nonfat
Whole milk for children 12–23 months of age
Yogurt (32 oz or Quart)
Lowfat or Nonfat
Whole fat for children 12–23 months of age
Cheese (16 oz)
Eggs (1 dozen)
Juice (128 oz)
Peanut Butter (16 oz to 18 oz), or
Dry Beans, Peas, or Lentils (16 oz)



- » If you or your child has food allergies or intolerances, ask your WIC staff about other WIC food choices.
- » WIC is a supplemental food program, which means we do not provide all the food or formula your family needs.

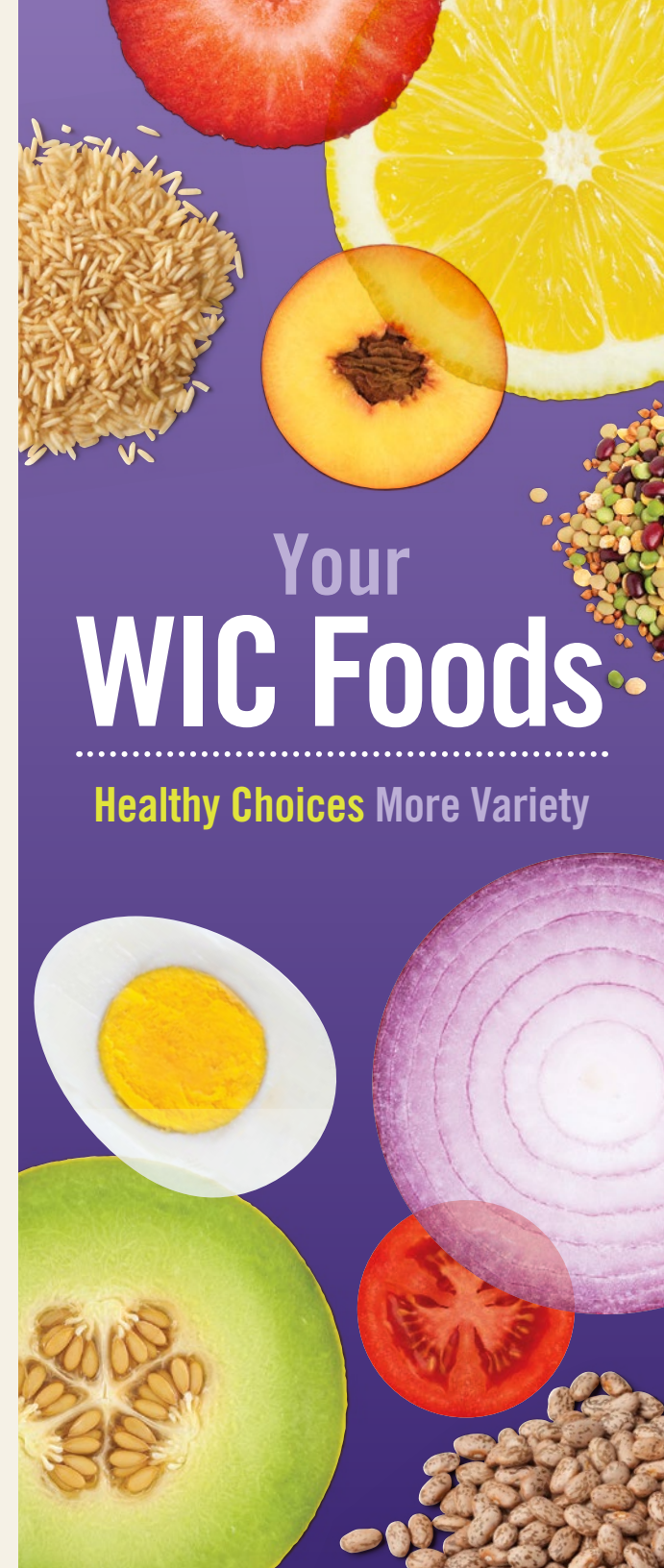


Your Local WIC Agency



California Department of Public Health, California WIC Program
This institution is an equal opportunity provider.

1-800-852-5770 #910186 Rev 03/16/16



Your
WIC Foods

Healthy Choices More Variety

FULLY BREASTFEEDING

MOM

» Food, breastfeeding support and nutrition education for up to 1 year

\$11 Check to buy Fruits and Vegetables

Whole Grains (16 oz)

Breakfast Cereal (36 oz)

Milk (5 gallons)

Lowfat (1%) or Nonfat

Yogurt (32 oz or Quart)

Lowfat or Nonfat

Cheese 2 (16 oz)

Eggs (2 dozen)

Juice (144 oz)

Peanut Butter (16 oz to 18 oz)

Dry Beans, Peas, or Lentils (16 oz)

Canned Fish (30 oz)



INFANT

Birth to 11 months

Mom's Healthy Breastmilk!

At 6 months

Infant Fruits and Vegetables 60 (4 oz) **or 68** (3.5 oz)

Infant Cereal 1 (16 oz) **and 1** (8 oz)

Infant Meats 31 (2.5 oz)

4 Fresh Bananas

At 9 months

2 - \$4 Checks to buy FRESH Fruits and Vegetables only

Infant Fruits and Vegetables 28 (4 oz) **or 32** (3.5 oz)

Infant Cereal 1 (16 oz) **and 1** (8 oz)

Infant Meats 31 (2.5 oz)

4 Fresh Bananas

MOSTLY BREASTFEEDING

MOM

» Food, breastfeeding support and nutrition education for up to 1 year

\$11 Check to buy Fruits and Vegetables

Whole Grains (16 oz)

Breakfast Cereal (36 oz)

Milk (4.5 gallons)

Lowfat (1%) or Nonfat

Yogurt (32 oz or Quart)

Lowfat or Nonfat

Cheese (16 oz)

Eggs (1 dozen)

Juice (144 oz)

Peanut Butter (16 oz to 18 oz)

Dry Beans, Peas, or Lentils (16 oz)

INFANT

Birth to 11 months

Mom's Healthy Breastmilk!

Some Formula (starting at age 1 month)

- Age 1–3 months: 1–4 cans (powder)
- Age 4–5 months: 1–5 cans (powder)
- Age 6–11 months: 1–4 cans (powder)

At 6 months

Formula (see above)

Infant Fruits and Vegetables 28 (4 oz) **or 32** (3.5 oz)

Infant Cereal 1 (16 oz) **and 1** (8 oz)

4 Fresh Bananas

At 9 months

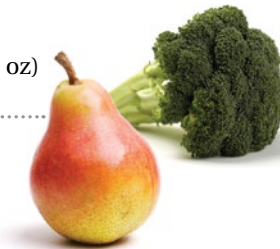
Formula (see above)

\$4 Check to buy FRESH Fruits and Vegetables only

Infant Fruits and Vegetables 12 (4 oz) **or 13** (3.5 oz)

Infant Cereal 1 (16 oz) **and 1** (8 oz)

4 Fresh Bananas



SOME BREASTFEEDING

MOM

» Breastfeeding support and nutrition education for up to 1 year and food for 6 months

\$11 Check to buy Fruits and Vegetables

Breakfast Cereal (36 oz)

Milk (3 gallons)

Lowfat (1%) or Nonfat

Yogurt (32 oz or Quart)

Lowfat or Nonfat

Cheese (16 oz)

Eggs (1 dozen)

Juice (96 oz)

Peanut Butter (16 oz to 18 oz), or

Dry Beans, Peas, or Lentils (16 oz)

INFANT

Birth to 11 months

Mom's Healthy Breastmilk!

Some Formula (starting at age 1 month)

- Age 1–3 months: 5–9 cans (powder)
- Age 4–5 months: 6–10 cans (powder)
- Age 6–11 months: 5–7 cans (powder)

At 6 months

Formula (see above)

Infant Fruits and Vegetables 28 (4 oz) **or 32** (3.5 oz)

Infant Cereal 1 (16 oz) **and 1** (8 oz)

4 Fresh Bananas

At 9 months

Formula (see above)

\$4 Check to buy FRESH Fruits and Vegetables only

Infant Fruits and Vegetables 12 (4 oz) **or 13** (3.5 oz)

Infant Cereal 1 (16 oz) **and 1** (8 oz)

4 Fresh Bananas



NO BREASTFEEDING

MOM

» Food and nutrition education for up to 6 months

\$11 Check to buy Fruits and Vegetables

Breakfast Cereal (36 oz)

Milk (3 gallons)

Lowfat (1%) or Nonfat

Yogurt (32 oz or Quart)

Lowfat or Nonfat

Cheese (16 oz)

Eggs (1 dozen)

Juice (96 oz)

Peanut Butter (16 oz to 18 oz), or

Dry Beans, Peas, or Lentils (16 oz)

INFANT

Birth to 11 months

Formula

- Birth–3 months: 9 cans (powder)
- Age 4–5 months: 10 cans (powder)
- Age 6–11 months: 7 cans (powder)

At 6 months

Formula (see above)

Infant Fruits and Vegetables 28 (4 oz) **or 32** (3.5 oz)

Infant Cereal 1 (16 oz) **and 1** (8 oz)

4 Fresh Bananas

At 9 months

Formula (see above)

\$4 Check to buy FRESH Fruits and Vegetables only

Infant Fruits and Vegetables 12 (4 oz) **or 13** (3.5 oz)

Infant Cereal 1 (16 oz) **and 1** (8 oz)

4 Fresh Bananas

