

Pregnant

You may receive food, breastfeeding and nutrition education during your pregnancy.

Example of foods you can get:

16	OZ	Cheese
1	DOZ	Eggs
36	OZ	Breakfast Cereal
1	CTR	Peanut Butter
1	CTR	Dry Beans
16	OZ	Whole Grains
11	\$\$\$	Fruits and Vegetables
4.5	GAL	Milk (1% Lowfat or Nonfat)
144	OZ	Juice
32	OZ	Yogurt (Lowfat or Nonfat)

Children

You may receive food and nutrition education from your child's 1st birthday until their 5th birthday.

Example of foods your child can get:

16	OZ	Cheese
1	DOZ	Eggs
36	OZ	Breakfast Cereal
1	CTR	Dry Beans or Peanut Butter
32	OZ	Whole Grains
9	\$\$\$	Fruits and Vegetables
3	GAL	Milk (1% Lowfat or Nonfat; Whole for age 12–23 months)
128	OZ	Juice
32	OZ	Yogurt (Lowfat or Nonfat; Whole fat for age 12–23 months)

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.

WIC Foods	\$\$\$	Cash Value Benefit
units of	CTR	Container
measure:	DOZ	Dozen
	GAL	Gallon
	OZ	Ounces

For more information, look at your **California WIC Shopping Guide.**



Your WIC Foods



A Variety of
Healthy Choices



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

1-800-852-5770 910363 07/19

Fully Breastfeeding

Mom:

You may receive food, breastfeeding support, and nutrition education for up to 1 year.

Example of foods you can get:

32	OZ	Cheese
2	DOZ	Eggs
36	OZ	Breakfast Cereal
1	CTR	Peanut Butter
1	CTR	Dry Beans
16	OZ	Whole Grains
11	\$\$\$	Fruits and Vegetables
5	GAL	Milk (1% Lowfat or Nonfat)
30	OZ	Canned Fish
144	OZ	Juice
32	OZ	Yogurt (Lowfat or Nonfat)

Infant:

Birth through 11 months

Mom's Healthy Breastmilk

At 6 months

24	OZ	Infant Cereal
64	CTR	Infant Fruits and Vegetables
31	CTR	Infant Meat

At 9 months*

24	OZ	Infant Cereal
32	CTR	Infant Fruits and Vegetables
31	CTR	Infant Meat
8	\$\$\$	Fresh Fruits and Vegetables

* When your baby is 9 months, you can choose a food package with some fresh fruits and vegetables.

Mostly Breastfeeding

Mom:

You may receive food, breastfeeding support, and nutrition education for up to 1 year.

Example of foods you can get:

16	OZ	Cheese
1	DOZ	Eggs
36	OZ	Breakfast Cereal
1	CTR	Peanut Butter
1	CTR	Dry Beans
16	OZ	Whole Grains
11	\$\$\$	Fruits and Vegetables
4.5	GAL	Milk (1% Lowfat or Nonfat)
144	OZ	Juice
32	OZ	Yogurt (Lowfat or Nonfat)

Infant:

Birth through 11 months

Mom's Healthy Breastmilk

- Some Formula (Amount varies)
- Birth–1 month: 1 can (powder)
 - 1–3 months: 1–4 cans (powder)
 - 4–5 months: 1–5 cans (powder)
 - 6–11 months: 1–4 cans (powder)

At 6 months

24	OZ	Infant Cereal
32	CTR	Infant Fruits and Vegetables

Formula (see above)

At 9 months*

24	OZ	Infant Cereal
16	CTR	Infant Fruits and Vegetables
4	\$\$\$	Fresh Fruits and Vegetables

Formula (see above)

Some Breastfeeding

Mom:

You may receive food for 6 months, with breastfeeding support and nutrition education for up to 1 year.

Example of foods you can get:

16	OZ	Cheese
1	DOZ	Eggs
36	OZ	Breakfast Cereal
1	CTR	Dry Beans or Peanut Butter
11	\$\$\$	Fruits and Vegetables
3	GAL	Milk (1% Lowfat or Nonfat)
96	OZ	Juice
32	OZ	Yogurt (Lowfat or Nonfat)

Infant:

Birth through 11 months

Mom's Healthy Breastmilk

- Some Formula (Amount varies)
- Birth–1 month: 2–9 cans (powder)
 - 1–3 months: 5–9 cans (powder)
 - 4–5 months: 6–10 cans (powder)
 - 6–11 months: 5–7 cans (powder)

At 6 months

24	OZ	Infant Cereal
32	CTR	Infant Fruits and Vegetables

Formula (see above)

At 9 months*

24	OZ	Infant Cereal
16	CTR	Infant Fruits and Vegetables
4	\$\$\$	Fresh Fruits and Vegetables

Formula (see above)

No Breastfeeding

Mom:

You may receive food and nutrition education for 6 months.

Example of foods you can get:

16	OZ	Cheese
1	DOZ	Eggs
36	OZ	Breakfast Cereal
1	CTR	Dry Beans or Peanut Butter
11	\$\$\$	Fruits and Vegetables
3	GAL	Milk (1% Lowfat or Nonfat)
96	OZ	Juice
32	OZ	Yogurt (Lowfat or Nonfat)

Infant:

Birth through 11 months

Formula

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

At 6 months

24	OZ	Infant Cereal
32	CTR	Infant Fruits and Vegetables

Formula (see above)

At 9 months*

24	OZ	Infant Cereal
16	CTR	Infant Fruits and Vegetables
4	\$\$\$	Fresh Fruits and Vegetables

Formula (see above)

