



# Your WIC Foods



A Variety of  
Healthy Choices





# Pregnant

You may receive food, breastfeeding education, 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 or Dry Beans or Canned Beans (4 cans)
1	CTR	Dry Beans
10	OZ	Canned Fish
48	OZ	Whole Grains
51*	\$\$\$	Fruits and Vegetables
32	OZ	Yogurt (Lowfat or Nonfat)
4.5	GAL	Milk (1% Lowfat or Nonfat)

### WIC foods units of measure:

**\$\$\$**

Cash Value Benefit

**CTR**

Container

**DOZ**

Dozen

**GAL**

Gallon

**OZ**

Ounces



\* Dollar amounts are subject to change. Check [MyFamily.WIC.ca.gov](http://MyFamily.WIC.ca.gov) for current amounts. If juice is selected, reduce CVB amount by \$3.00.

# Children



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

## Example of foods you can get:

### Children (12–23 months)

16	OZ	Cheese
1	DOZ	Eggs
36	OZ	Breakfast Cereal
1	CTR	Peanut Butter or Dry Beans or Canned Beans (4 cans)
6	OZ	Canned Fish
24	OZ	Whole Grains
29*	\$\$\$	Fruits and Vegetables
32	OZ	Yogurt (Whole or Lowfat)
3	GAL	Milk (Whole)

### WIC foods units of measure:

\$\$\$

Cash Value Benefit

CTR

Container

DOZ

Dozen

GAL

Gallon

OZ

Ounces

### Children (2nd through 5th birthday)

16	OZ	Cheese
1	DOZ	Eggs
36	OZ	Breakfast Cereal
1	CTR	Peanut Butter or Dry Beans or Canned Beans (4 cans)
6	OZ	Canned Fish
24	OZ	Whole Grains
29*	\$\$\$	Fruits and Vegetables
32	OZ	Yogurt (Lowfat or Nonfat)
3	GAL	Milk (1% Lowfat or Nonfat)



\* Dollar amounts are subject to change. Check [MyFamily.WIC.ca.gov](http://MyFamily.WIC.ca.gov) for current amounts. If juice is selected, reduce CVB amount by \$3.00.

# Fully Breastfeeding



## Mom:

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

### Example of foods you can get:

<b>32</b>	<b>OZ</b>	Cheese
<b>2</b>	<b>DOZ</b>	Eggs
<b>36</b>	<b>OZ</b>	Breakfast Cereal
<b>1</b>	<b>CTR</b>	Peanut Butter or Dry Beans or Canned Beans (4 cans)
<b>1</b>	<b>CTR</b>	Dry Beans
<b>20</b>	<b>OZ</b>	Canned Fish
<b>48</b>	<b>OZ</b>	Whole Grains
<b>55*</b>	<b>\$\$\$</b>	Fruits and Vegetables
<b>64</b>	<b>OZ</b>	Yogurt (Lowfat or Nonfat)
<b>4</b>	<b>GAL</b>	Milk (1% Lowfat or Nonfat)

### WIC foods units of measure:

<b>\$\$\$</b>	Cash Value Benefit
<b>CTR</b>	Container
<b>DOZ</b>	Dozen
<b>GAL</b>	Gallon
<b>OZ</b>	Ounces



## Infant:

### Birth through 11 months Your Breastmilk

#### At 6 months

<b>16</b>	<b>OZ</b>	Infant Cereal
<b>32</b>	<b>CTR</b>	Infant Fruits and Vegetables
<b>16</b>	<b>CTR</b>	Infant Meats

Or

<b>16</b>	<b>OZ</b>	Infant Cereal
<b>16</b>	<b>CTR</b>	Infant Fruits and Vegetables
<b>11*</b>	<b>\$\$\$</b>	Fruits and Vegetables
<b>16</b>	<b>CTR</b>	Infant Meats

Or

<b>16</b>	<b>OZ</b>	Infant Cereal
<b>22*</b>	<b>\$\$\$</b>	Fruits and Vegetables
<b>16</b>	<b>CTR</b>	Infant Meats

### You Choose!

When your baby is six months old, you can choose to swap out all or half of their infant fruits and vegetables containers for fresh, frozen, or canned fruits and vegetables.

\* Dollar amounts are subject to change. Check [MyFamily.WIC.ca.gov](http://MyFamily.WIC.ca.gov) for current amounts. If juice is selected, reduce CVB amount by \$3.00.

# 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 or Dry Beans or Canned Beans (4 cans)
1	CTR	Dry Beans
15	OZ	Canned Fish
48	OZ	Whole Grains
55*	\$\$\$	Fruits and Vegetables
32	OZ	Yogurt (Lowfat or Nonfat)
4.5	GAL	Milk (1% Lowfat or Nonfat)

### WIC foods units of measure:

\$\$\$	Cash Value Benefit
CTR	Container
DOZ	Dozen
GAL	Gallon
OZ	Ounces



## Infant:

### Birth through 11 months

#### Your Breastmilk

Some Formula (Amount varies based on infant's age and nutritional needs)

Birth–3 months: 1–4 cans (powder)

4–5 months: 1–5 cans (powder)

6–11 months: 1–4 cans (powder)

### At 6 months

8	OZ	Infant Cereal
32	CTR	Infant Fruits and Vegetables

Or

8	OZ	Infant Cereal
16	CTR	Infant Fruits and Vegetables
11*	\$\$\$	Fruits and Vegetables

Or

8	OZ	Infant Cereal
22*	\$\$\$	Fruits and Vegetables

### You Choose!

When your baby is six months old, you can choose to swap out all or half of their infant fruits and vegetables containers for fresh, frozen, or canned fruits and vegetables.

\* Dollar amounts are subject to change. Check [MyFamily.WIC.ca.gov](http://MyFamily.WIC.ca.gov) for current amounts. If juice is selected, reduce CVB amount by \$3.00.

# 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	Peanut Butter or Dry Beans or Canned Beans (4 cans)
10	OZ	Canned Fish
48	OZ	Whole Grains
51*	\$\$\$	Fruits and Vegetables
32	OZ	Yogurt (Lowfat or Nonfat)
3	GAL	Milk (1% Lowfat or Nonfat)

### WIC foods units of measure:

\$\$\$	Cash Value Benefit
CTR	Container
DOZ	Dozen
GAL	Gallon
OZ	Ounces



## Infant:

### Birth through 11 months

#### Your Breastmilk

Some Formula (Amount varies based on infant's age and nutritional needs)

Birth–3 months: 5–9 cans (powder)

4–5 months: 6–10 cans (powder)

6–11 months: 5–7 cans (powder)

### At 6 months

8	OZ	Infant Cereal
32	CTR	Infant Fruits and Vegetables

Or

8	OZ	Infant Cereal
16	CTR	Infant Fruits and Vegetables
11*	\$\$\$	Fruits and Vegetables

Or

8	OZ	Infant Cereal
22*	\$\$\$	Fruits and Vegetables

### You Choose!

When your baby is six months old, you can choose to swap out all or half of their infant fruits and vegetables containers for fresh, frozen, or canned fruits and vegetables.

\* Dollar amounts are subject to change. Check [MyFamily.WIC.ca.gov](http://MyFamily.WIC.ca.gov) for current amounts. If juice is selected, reduce CVB amount by \$3.00.

# 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	Peanut Butter or Dry Beans or Canned Beans (4 cans)
10	OZ	Canned Fish
48	OZ	Whole Grains
51*	\$\$\$	Fruits and Vegetables
32	OZ	Yogurt (Lowfat or Nonfat)
3	GAL	Milk (1% Lowfat or Nonfat)

### WIC foods units of measure:

\$\$\$	Cash Value Benefit
CTR	Container
DOZ	Dozen
GAL	Gallon
OZ	Ounces



## Infant:

### Birth through 11 months

Formula amount varies based on infant's age.

Birth–3 months: 9 cans (powder)

4–5 months: 10 cans (powder)

6–11 months: 7 cans (powder)

### At 6 months

8	OZ	Infant Cereal
32	CTR	Infant Fruits and Vegetables

Or

8	OZ	Infant Cereal
16	CTR	Infant Fruits and Vegetables
11*	\$\$\$	Fruits and Vegetables

Or

8	OZ	Infant Cereal
22*	\$\$\$	Fruits and Vegetables

### You Choose!

When your baby is six months old, you can choose to swap out all or half of their infant fruits and vegetables containers for fresh, frozen, or canned fruits and vegetables.

\* Dollar amounts are subject to change. Check [MyFamily.WIC.ca.gov](http://MyFamily.WIC.ca.gov) for current amounts. If juice is selected, reduce CVB amount by \$3.00.

# Ask about other WIC food choices if you or your child cannot eat certain foods.

WIC is a supplemental food program, which means we do not provide all the food or formula your family needs.



For more information, check out the **California WIC Shopping Guide.**



**Use your California WIC App to:**

- View your WIC Food Balance.
- Scan foods as you shop to find your WIC approved foods.



**California Department of Public Health, California WIC program**

*This institution is an equal opportunity provider.*

**1-800-852-5770 | MyFamily.WIC.ca.gov**

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