





# The New WIC Food Packages

The new WIC foods provide healthier choices to meet your nutritional needs.



- ✓ Lower in fat and higher in fiber
- ✓ Help you reach a healthy weight
- ✓ More variety
- ✓ More foods for fully breastfeeding moms and their infants
- ✓ Follows Dietary Guidelines and MyPyramid Recommendations

**Coming Soon!**  
**October 1, 2009**

GRAINS	FRUITS and VEGETABLES	DAIRY	PROTEIN
<ul style="list-style-type: none"> <li>• Whole wheat bread</li> <li>• Other whole grain foods</li> <li>• Iron-fortified cereal</li> </ul> 	<ul style="list-style-type: none"> <li>• Cash vouchers for fruits &amp; vegetables (children and women)</li> <li>• Baby food fruits &amp; vegetables (infants)</li> <li>• Vitamin C-rich juice</li> </ul> 	<ul style="list-style-type: none"> <li>• Milk</li> <li>• Other dairy and soy foods</li> </ul> 	<ul style="list-style-type: none"> <li>• Eggs</li> <li>• Dry or canned beans or peas</li> <li>• Peanut butter</li> <li>• <b>Fully Breastfeeding Moms</b></li> <li>• Tuna and other canned fish options</li> <li>• <b>Fully Breastfed Infants</b></li> <li>• Baby food meats</li> </ul> 

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New Jersey WIC Services FFY 2009

