

WIC Foods for the Non-Breastfeeding Mom and Baby

The new WIC foods provide healthier choices for you and your baby. These foods:



- ✓ Help you maintain good health after delivery
- ✓ Are lower in fat and higher in fiber
- ✓ Provide appropriate nutrients for your baby's growth
- ✓ Follow the Dietary Guidelines, MyPyramid and infant feeding recommendations



GRAINS	FRUITS and VEGETABLES	DAIRY/SOY*	PROTEIN
<p>For Mom:</p> <ul style="list-style-type: none"> • 36 oz iron-fortified cereal 	<p>For Mom:</p> <ul style="list-style-type: none"> • \$8 cash value voucher for fruits and vegetables • 96 oz of vitamin C rich juice 	<p>For Mom:</p> <ul style="list-style-type: none"> • 4 gallons of fat-reduced milk (2%, 1% or skim) or soy substitute • 1 lb cheese substitutes for 3 quarts of milk 	<p>For Mom:</p> <ul style="list-style-type: none"> • 1 dozen eggs • 1 lb dry or 4 16 oz cans beans/peas or 18 oz peanut butter
<p>For Baby at 6 months:</p> <ul style="list-style-type: none"> • 24 oz iron-fortified infant cereal 	<p>For Baby at 6 months:</p> <ul style="list-style-type: none"> • 32 4 oz jars baby food fruits and vegetables 	<p>For Baby 0-3 months:</p> <ul style="list-style-type: none"> • 31 cans concentrate or 9 cans powder formula <p>For Baby 4-5 months:</p> <ul style="list-style-type: none"> • 34 cans concentrate or 10 cans powder formula <p>For Baby 6-11 months:</p> <ul style="list-style-type: none"> • 24 cans concentrate or 7 cans powder formula 	

Postpartum non-breastfeeding women are only eligible to receive WIC benefits for six months after delivery.

*Substitutions for cheese and tofu that exceed the maximum allowed (1 lb cheese or 4 lbs tofu) must be accompanied by a health care provider request based on a qualifying medical condition.

Adapted from USDA food package education materials. USDA is an equal opportunity provider.
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