

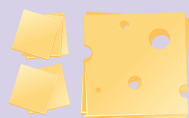
# WIC Foods for the 2-4-year-old

## Dairy



Low-Fat Milk/  
 Substitute  
**3 gal.**

and



Cheese  
**16 oz.**

and



Yogurt\*  
**32 oz.**

### OTHER OPTIONS?

Remove 16 oz. cheese for  
 3 quarts more milk

Remove 32 oz. of yogurt for  
 1 quart more milk  
 (max. 2 yogurts)



Remove 1 quart of milk  
 for 1 container tofu

## Proteins



Canned Fish  
**6 oz.**

and



Eggs

**1 doz.**

and

**PICK 1:**



Dry Beans  
**16 oz.**

or



Canned Beans  
**4**

or



Peanut Butter  
**1 Jar**

### OTHER OPTIONS?

Remove 1 doz. eggs for  
 1 jar peanut butter or 16 oz.  
 dry beans/4 can beans

## Grains



Whole Grains  
**24 oz.**

and



Breakfast Cereal  
**36 oz.**

## Fruits & Vegetables



Fruits & Vegetables  
**CVB**

and



(1) Container of Juice  
**64 fl. oz.**

### OTHER OPTIONS?

Remove juice for \$3 more  
 CVB for fruit/vegetables



4 qts. = 1 gal. | 2 qts. = 1 hgal.

**CVB = Cash Value Benefit for fruits & vegetables**

\*Choose between low-fat or non-fat yogurt.

Talk to your WIC Nutritionist to choose substitution options on your child's food package.