























WIC Foods for the Non-Breastfeeding Mother & Baby

FOR MOM

Dairy	Proteins	Grains	Fruits & Vegetables
 Low-Fat Milk/ Substitute 3 gal. _____ and _____  Cheese 16 oz. _____ and _____  Yogurt* 32 oz.	 Canned Fish 10 oz. _____ and _____  Eggs 1 doz. _____ and _____ PICK 1:  Dry Beans 16 oz. _____ or _____  Canned Beans 4 _____ or _____  Peanut Butter 1 Jar	 Whole Grains 48 oz. _____ and _____  Breakfast Cereal 36 oz.	 Fruits & Vegetables CVB _____ and _____  (1) Container of Juice 64 fl. oz.
<p>OTHER OPTIONS? Remove 16 oz. cheese for 3 quarts more milk</p> <p>Remove 32 oz. of yogurt for 1 quart more milk (max. 2 yogurts)</p>  <p>Remove 1 quart of milk for 1 container tofu</p>	<p>OTHER OPTIONS? Remove 1 doz. eggs for 1 jar peanut butter or 16 oz. dry beans/4 can beans</p>	 <p>OTHER OPTIONS? Remove juice for \$3 more CVB for fruit/vegetables</p>	

FOR BABY AT 6 MONTHS

Dairy	Proteins	Grains	Fruits & Vegetables
 <p>Formula based on the needs and age of your baby</p>		 Infant Cereal 1 Container	 Infant Fruits/Veggies 32 Containers _____ or _____  \$22 CVB _____ or _____  Infant Fruits/Veggies 16 Containers &  \$11 CVB

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 package.