

Food	Foods Received Per Month For Women on the WIC Program		
	Pregnant Women and Partially Breastfeeding Women	Breastfeeding Women	Non-Breastfeeding Women
Fruits & Vegetables	<ul style="list-style-type: none"> • \$11 to buy fresh or frozen fruits & vegetables • 100% juice {~5 oz/day} 	<ul style="list-style-type: none"> • \$11 to buy fresh or frozen fruits & vegetables • 100% juice {~5 oz/day} 	<ul style="list-style-type: none"> • \$11 to buy fresh or frozen fruits & vegetables • 100% juice {~3 oz/day}
Grains	<ul style="list-style-type: none"> - Choice of: <ul style="list-style-type: none"> • 100% whole wheat bread • Brown rice • Corn or whole wheat tortillas • 100% whole wheat pasta • Oats - Low-sugar hot and cold cereals that are fortified with iron and folic acid 	<ul style="list-style-type: none"> - Choice of: <ul style="list-style-type: none"> • 100% whole wheat bread • Brown rice • Corn or whole wheat tortillas • 100% whole wheat pasta • Oats - Low-sugar hot and cold cereals that are fortified with iron and folic acid 	<ul style="list-style-type: none"> - Low-sugar hot and cold cereals that are fortified with iron and folic acid
Dairy Foods	<ul style="list-style-type: none"> - Fat-free or 1% milk <ul style="list-style-type: none"> • Lactaid milk, soy beverage, and goat milk can be substituted • Whole milk cannot be given unless on a special formula - Yogurt - Cheese • Tofu can be substituted 	<ul style="list-style-type: none"> - Fat-free or 1% milk <ul style="list-style-type: none"> • Lactaid milk, soy beverage, and goat milk can be substituted • Whole milk cannot be given unless on a special formula - Yogurt - Cheese • Tofu can be substituted 	<ul style="list-style-type: none"> - Fat-free or 1% milk <ul style="list-style-type: none"> • Lactaid milk, soy beverage, and goat milk can be substituted • Whole milk cannot be given unless on a special formula - Yogurt - Cheese • Tofu can be substituted
Protein Foods	<ul style="list-style-type: none"> - Eggs - Peanut butter - Choice of dry or canned beans 	<ul style="list-style-type: none"> - Eggs - Peanut butter - Choice of dry or canned beans - Canned salmon, tuna, or sardines for women who are exclusively breastfeeding and not giving any formula 	<ul style="list-style-type: none"> - Eggs - Choice of: <ul style="list-style-type: none"> • Peanut butter • Dry beans • Canned beans

Food	Foods Received Per Month For Infants & Children on the WIC Program		
	Infants	Toddlers (12-23 months old)	Children (2-5 years old)
Fruits & Vegetables	<ul style="list-style-type: none"> - Starting at 6 months: <ul style="list-style-type: none"> • Jarred baby fruits and vegetables - Starting at 9 months: <ul style="list-style-type: none"> • ½ of jarred baby food can be replaced by \$4 fruit & vegetables 	<ul style="list-style-type: none"> • \$8 to buy fresh or frozen fruits & vegetables • 100% juice (~4 oz/day) 	<ul style="list-style-type: none"> • \$8 to buy fresh or frozen fruits & vegetables • 100% juice (~4 oz/day)
Grains	<ul style="list-style-type: none"> - Infant cereal 	<ul style="list-style-type: none"> - Choice of: <ul style="list-style-type: none"> • 100% whole wheat bread • Brown rice • Corn or whole wheat tortillas • 100% whole wheat pasta • Oats - Low-sugar hot and cold cereals that are fortified with iron and folic acid 	<ul style="list-style-type: none"> - Choice of: <ul style="list-style-type: none"> • 100% whole wheat bread • Brown rice • Corn or whole wheat tortillas • 100% whole wheat pasta • Oats - Low-sugar hot and cold cereals that are fortified with iron and folic acid
Dairy Foods	<ul style="list-style-type: none"> - Infant formulas available for formula-fed babies 	<ul style="list-style-type: none"> - Whole milk <ul style="list-style-type: none"> • Lactaid milk, soy beverage, and goat milk can be substituted • Fat-free or 1% milk can only be given if toddler is significantly overweight - Yogurt - Cheese <ul style="list-style-type: none"> • Tofu can be substituted 	<ul style="list-style-type: none"> - Fat-free or 1% milk <ul style="list-style-type: none"> • Lactaid milk, soy beverage, and goat milk can be substituted • Whole milk cannot be given unless on a special formula - Yogurt - Cheese <ul style="list-style-type: none"> • Tofu can be substituted
Protein Foods	<ul style="list-style-type: none"> - Meat baby foods are given to babies who are exclusively breastfed, starting at 6 months 	<ul style="list-style-type: none"> - Eggs - Choice of: <ul style="list-style-type: none"> • Peanut butter • Dry beans • Canned beans 	<ul style="list-style-type: none"> - Eggs - Choice of: <ul style="list-style-type: none"> • Peanut butter • Dry beans • Canned beans