



## CONTACT US

Office of Nutrition Services  
West Virginia WIC Program

Call 1-844-601-0365 or 304-558-0030

Text localwic + zip code to 67076

Email [dhrwic@wv.gov](mailto:dhrwic@wv.gov)

Visit [dhr.wv.gov/wic](http://dhr.wv.gov/wic)

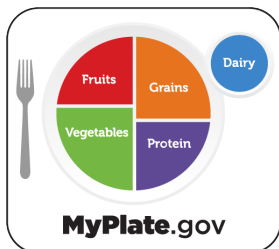
Participant Portal [wwichouse-hold.wvdhhr.org](http://wwichouse-hold.wvdhhr.org)

## HELPFUL TIPS

- › Contact your WIC nutritionist if you need soy or lactose free milk.
- › A variety of cheeses are available.
- › Use your cash value benefits (CVB) to purchase fresh, frozen or canned fruits and vegetables.
- › Fruits and vegetables can be diced or pureed.
- › 1 tablespoon per age for toddlers is a healthful single serving of fruits & veggies. (1 yr = 1 tbsp, 2 yr = 2 tbsp, etc.)

## TOTAL DAILY SERVING SIZES

|         | 1 year      | 2-5 years    | 5+ years   |
|---------|-------------|--------------|------------|
| grains  | 1 ½ - 2 oz  | 1 ½ - 3 oz   | 3-4 oz     |
| fruits  | 1 ½ - 1 cup | 1 - 2 cups   | 2 cups     |
| veggies | 1 cup       | 1 - 2 cups   | 2 - 3 cups |
| dairy   | 1 - 2 cups  | 2 - 2 ½ cups | 3 cups     |
| protein | 2 oz        | 2 - 5 oz     | 5 - 6 oz   |



This institution is an equal opportunity provider.  
03/23

# PERFECT PAIRINGS FOR KIDS & YOU

*Simple food combinations to power your day!*

Looking for new ways to use your WIC foods? Inside you will find lots of fun ideas for pairing different WIC foods that will add variety to your menu. Snack time is a great time to get your little helpers involved, too. Choose and enjoy “perfect pairings” for you and your family!



In partnership with the American Dairy Association Mideast. For more information about dairy foods, visit [Drink-Milk.com](http://Drink-Milk.com)

# SUGGESTED AGE 1 YEAR



💡 dip banana in yogurt, roll in cheerios, freeze

# SUGGESTED AGE 2-5 YEARS



💡 blend as a smoothie

# SUGGESTED AGE 5+ YEARS



💡 add basil and make a sandwich



💡 make an omelette



💡 add cinnamon and nutmeg to make horchata



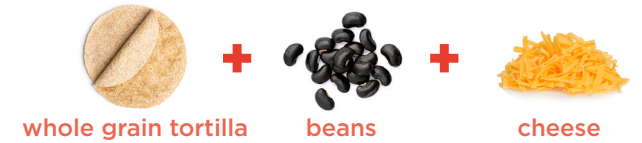
💡 add favorite herbs and make a dip



💡 make a puree



💡 make as a grilled cheese



💡 make a wrap, serve with homemade salsa



💡 make a "PBJ" parfait



💡 mix together as a salad



💡 make a kabob, serve with milk



💡 make overnight oats, sprinkle with cinnamon



💡 serve on a piece of whole wheat toast



💡 mix and top with favorite sauce

💡 = idea