

# CHOICES FOR CHILDREN



WIC foods help meet your child's nutrition needs and supports their healthy development. Your child will enjoy milk, cereal, eggs, juice, peanut butter and beans, plus fruits, vegetables, yogurt and whole grains!

## YOUR CHILD'S WIC FOODS

- Are low in fat and high in fiber
- Offer a variety of choices to help with picky eating habits
- Help maintain a healthy weight for your child

## WHAT YOU WILL RECEIVE

### Grains

- 36 ounces of iron-fortified cereal
- 32 ounces of whole grains (bread, buns, tortillas, rice or pasta)

### Vegetables and Fruits

- Two 64 ounce containers of Vitamin C-rich juice
- \$9 cash value benefit for fresh vegetables and fruits, canned fruits and vegetables, and frozen fruits and vegetables

### Dairy

- 4 gallons of whole milk for ages 12 to 23 months
  - Allowable substitutions of cheese or whole milk yogurt
- 4 gallons of non-fat (skim) or low-fat (1%) milk for ages 2-5 years
  - Allowable substitutions of cheese, yogurt or soy milk

### Protein

- 1 dozen eggs
- Choice of: 1 pound dried beans or peas OR four 15-16 ounce cans of beans for ages 12 to 23 months
- Choice of: 1 pound dried beans or peas OR four 15-16 ounce cans of beans OR one 16-18 ounce jar of peanut butter for ages 2-5 years

**Give your child more variety with WIC foods!**

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