

BABY CEREAL

BUY

Must Be

8 oz or 16 oz

Dry

These brands:

Beech-Nut

Earth's Best Organic

Gerber



You Can Choose

Barley, multigrain, oatmeal, rice, and whole wheat



DON'T BUY

With added:

Flavors, fruit, or formula

Prebiotics, probiotics, or DHA

Cans, jars, or pouches

Single-serve or individual packets

BABY FOOD – FRUITS AND VEGETABLES

BUY

Must Be

4 oz glass jars

4 oz plastic containers

These brands – Stage 2:

Beech-Nut Classics

Beech-Nut Naturals

Earth's Best Organic

Gerber 2nd Foods

O Organics

Tippy Toes

Tippy Toes Organic

Wild Harvest Organic

Yummy Naturals

Yummy Organics

You Can Choose

Any combinations of fruits and vegetables

DON'T BUY

With added:

Flavors, spices, or sugars

Cereal, grains, or noodles

Meats

Desserts

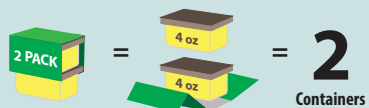
Dinners

Pouches

Stage 1 or Stage 3

SHOPPING TIP

When buying baby food fruits and vegetables, a 2-pack is counted as 2 containers.



BABY FOOD – MEATS

BUY

Must Be

2.5 oz glass jars

These brands – Stage 1 or Stage 2:

Beech-Nut Classics

Gerber 2nd Foods

O Organics

Tippy Toes

Tippy Toes Organic

Wild Harvest Organic

Yummy Naturals

Yummy Organics

You Can Choose

Any variety

Single meat

With broth or gravy

DON'T BUY

With added:

Flavors, sugars, or spices

Cereals, grains, or noodles

Fruits or vegetables

Meat sticks

Dinners

Stage 3

Breastfeeding provides moms and babies with lifelong health benefits. WIC supports breastfeeding. The more you breastfeed, the more WIC foods you get.



FORMULA

Buy only the brand, size, type, and amount of formula printed on the WIC check. For information about WIC Approved Formulas, visit www.doh.wa.gov/WICFoods/InfantFormula, or call 1-800-841-1410.