



IN OCTOBER, WIC IS CHANGING THE FOODS YOU GET FOR YOUR BABY.



FORMULA AMOUNTS ARE CHANGING

WIC provides a supplemental amount of formula each month. WIC does not provide all the formula your baby may need.

Formula amounts will be based on the nutrition needs of your baby. (See the other side for more information).

WIC CELEBRATES YOUR BABY'S FIRST FOODS!

New for all babies 6 to 12 months old!

- Your baby will get 32 - 4 ounce jars of Stage 2 baby food fruits and vegetables.
- Your baby will continue to get 24 ounces of baby cereal.
- In keeping with current nutrition guidelines, you will not get juice for your baby.



WIC promotes and supports breastfeeding

Please ask WIC staff if you have any questions or would like to know more about breastfeeding.



Changes for Your Formula fed Baby

Starting in October, the number of cans of formula will change for all babies. The new formula amounts will be:

Birth through 3 months - 9 cans*

4 through 5 months - 10 cans*

6 to 12 months - 7 cans*

*Similac Advance powder



The new formula amounts:

1. Provide more formula for the younger baby who is only drinking formula.
2. Provide less formula for the older baby when other foods are being added, like baby cereal and baby food fruits and vegetables.

TIPS FOR FORMULA FEEDING

These tips help you waste less formula!

1. **Hold your baby while feeding; this will help you know when your baby is full.**
2. **Make the right size bottle to avoid throwing away what your baby doesn't finish. You can always offer more if your baby is still hungry.**
3. **Prepare your baby's formula according to the instructions on the can. Mixing the correct amount of formula and water is important for your baby's health and growth.**

Did you know?

- You can use your Basic Food Program benefits (Food Stamps) to buy formula.
- You can contact the Family Health Hotline to find food resources in your area. 1-800-322-2588.

For persons with disabilities this publication is available on request in other formats. To submit a request, please call 1-800-841-1410.

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