



# BREASTFEEDING MOMS GET THE MOST VARIETY AND THE MOST FOODS FROM WIC!



**Starting in October, WIC will be providing even more healthy foods to breastfeeding moms.**

Fully breastfeeding moms will get the most foods from WIC.

If you are pregnant, WIC encourages you to breastfeed your baby!

If you are currently breastfeeding let WIC help you to keep going!

## **MORE VARIETY**

### **More variety with fresh fruits and vegetables!**

With the new WIC Fruit and Vegetable checks you will get:

- \$10.00 per month when you are fully breastfeeding
- \$8.00 per month when you are partially breastfeeding

### **More variety with healthy whole grains!**

You will be able to buy healthy whole grain foods like 100% whole wheat bread, oatmeal, brown rice, bulgur, and soft corn tortillas.

### **More variety with non-dairy choices!**

You can choose soy beverage and some tofu in place of your milk.

## **MORE FOOD AND FOOD CHOICES**

### **The more you breastfeed, the more food you will get!**

- Fully breastfeeding moms get 2 dozen eggs per month and the most milk and cheese.
- Fully breastfeeding moms get canned salmon or tuna.
- Fully and partially breastfeeding women now get peanut butter and beans.



Fully breastfeeding moms do not get any formula from WIC.

Partially breastfeeding moms get some formula from WIC.

# BREASTFEEDING BABIES GET THE MOST VARIETY AND THE MOST FOODS FROM WIC!



**Starting in October, your 6-12 month old baby will get more variety and more foods when you breastfeed!**

## WIC CELEBRATES YOUR BABY'S FIRST FOODS

All babies 6 months and older will get:

- Baby food fruits and vegetables
- Baby cereal

Your fully breastfed baby will get:

- More baby food fruits and vegetables
- Baby food meats

Baby food fruits and vegetables will take the place of juice for infants.



**WIC supports breastfeeding and provides more healthy choices than ever before!**

**Breastfeeding questions?**

**Talk to your WIC staff. We'll help you meet your breastfeeding goals.**

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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