

WIC Foods Pregnant Women

Foods	Amounts
Milk	4 ½ gallons plus 1 quart
Cereal	36 oz
Peanut butter and Dried beans, peas & lentils	2 jars or 2 pounds or choose 1 of each
Eggs	1 dozen
Juice	3 cans
Cheese	1 pound
Whole Grain Choices: 100% whole wheat bread Soft tortillas (corn or wheat) Whole wheat pasta Brown rice Oatmeal Bulgur	16 oz
Fresh Fruits and Vegetables	\$11.00

Women pregnant with more than one baby get more food.



*Eat WIC Foods
for a healthy baby
and a healthy you.*



WIC Foods:

- ▶ Offer a wide variety of choices
- ▶ Meet nutrition recommendations of health care providers
- ▶ Help you gain a healthy amount of weight during your pregnancy

Pregnant Women		
Foods	Shopping Guide page	Key points about each food
Breakfast Cereal	6-7	<ul style="list-style-type: none"> ► Only these brands & types. Combine ounces to add up to 36 oz. ► "*" next to cereal names (page 7) means they're good sources of whole grains and fiber. ► Instant oatmeal with individual packets when "Breakfast Cereal" is printed on the check.
Cheese	8	<ul style="list-style-type: none"> ► Any brand. Only these types of cheese. No string cheese.
Dried Beans Peas & Lentils and/or Peanut Butter	9 23	<ul style="list-style-type: none"> ► Choose 2 jars of peanut butter, 2 pounds of dried beans, peas, lentils OR 1 of each. Dried beans, peas, lentils: <ul style="list-style-type: none"> ► Any brand, any variety. Bulk or in 16 oz packages. Organic allowed. Peanut Butter: <ul style="list-style-type: none"> ► Any brand in 16 oz to 18 oz jar. No added flavors. No roasted honey nut.
Eggs	10	<ul style="list-style-type: none"> ► Small, medium, large white chicken eggs. ► No specialty eggs such as Egglord's Best, Naturally Nested, Free Range, & Omega3.
Fresh Fruits & Vegetables	12-13 Using WIC Checks page 2	<ul style="list-style-type: none"> ► Fresh only. Any brand. Any variety. Organic allowed. ► Select fresh fruits and vegetables up to the amount on the check. If the cost is less than the amount on the check, you won't get money back. <p>These things are different from other WIC checks:</p> <ul style="list-style-type: none"> ► You can pay the difference if the WIC Fruit and Vegetable check doesn't cover the cost. ► You can use family member's checks together to pay for the total amount. Ask the store if they allow this option.
Juice for Women	14-17	<ul style="list-style-type: none"> ► You can choose a combination of juice in 46 oz cans, 46 oz plastic bottles or frozen containers. ► Brands and types of juice are listed in the WIC Shopping Guide.
Milk	20-22	<ul style="list-style-type: none"> ► 1% and nonfat milk only. Organic milk <u>isn't</u> allowed due to cost. ► "Lactose Free", "Soy Beverage" and "Quarts" are allowed when printed on the check.
Whole Grain Choices	26-30	<ul style="list-style-type: none"> ► Combine ounces and whole grain choices to add up to 16 oz. Example: 8 oz bulk brown rice + 8 oz bulk oatmeal = 16 oz ► Buy only the brands listed for tortillas & whole wheat pasta. You can get any brand of brown rice, bulgur, oatmeal, and 100% whole wheat bread. Bread must be labeled "100% whole wheat". Pasta must be labeled "whole wheat." ► You can choose oatmeal in bags, bulk or cardboard cylinders when "Whole Grain Choice" is printed on your check.

Pregnancy is a great time to talk with women about breastfeeding.

Try these conversation starters:



- I would really like to hear your plans about feeding your baby. What are your thoughts?
- What have you heard about breastfeeding? How do you feel about breastfeeding?
- Did you know breastfeeding women get the most food from WIC? The more a mom breastfeeds her baby, the more food she receives.

WIC Foods

Fully Breastfeeding



WIC staff want to help you continue to breastfeed.

The more you and your baby breastfeed, the more food you receive from WIC.



Moms who fully breastfeed receive the most food from WIC.

You receive:

Foods	Amounts
Milk	6 gallons
Cereal	36 oz
Peanut butter and Dried beans, peas & lentils	2 jars, 2 pounds, or 1 of each
Eggs	2 dozen
Juice	3 cans
Cheese	1 pound
Whole Grain Choices: 100% whole wheat bread Soft tortillas (corn or wheat) Whole wheat pasta Brown rice Oatmeal Bulgur	16 oz
Canned Fish	30 oz
Fresh Fruits and Vegetables	\$11.00

At 6 months, your infant receives your breastmilk and:

Foods	Amounts
Baby Cereal	24 oz
Baby Food Fruits & Vegetables	64 jars
Baby Food Meats	31 jars

WIC Foods:

- ▶ Are low in fat and high in fiber
- ▶ Support your milk production
- ▶ Help you maintain a healthy weight after delivery



Infants: ► Fully BF 0 thru 5 months ► Fully BF 6 to 12 months

Women: ► Fully BF

Women - Fully Breastfeeding		
Foods	Shopping Guide page	Key points about each food
Breakfast Cereal	6 & 7	<ul style="list-style-type: none"> ► Only these brands & types. Combine ounces to add up to 36 oz. ► "*" next to cereal names (page 7) means they're good sources of whole grains and fiber. ► Instant oatmeal with individual packets when "Breakfast Cereal" is printed on the check.
Cheese	8	<ul style="list-style-type: none"> ► These types only, any brand. No string cheese.
Dried Beans Peas & Lentils and/or Peanut Butter	9 23	<ul style="list-style-type: none"> ► Choose 2 jars of peanut butter, 2 pounds of dried beans, peas, lentils OR 1 of each. Dried Beans, Peas, Lentils: <ul style="list-style-type: none"> ► Any brand, any variety. Bulk or in 16 oz packages. Organic allowed. Peanut Butter: <ul style="list-style-type: none"> ► Any brand in 16 oz to 18 oz jar. No added flavors. No roasted honey nut.
Eggs	10	<ul style="list-style-type: none"> ► Small, medium, large white chicken eggs. ► No specialty eggs such as Egghand's Best, Naturally Nested, Free Range, & Omega3.
Canned Fish	11	<ul style="list-style-type: none"> ► Choices: Pink salmon and water packed chunk light tuna. ► Combine ounces to add up to 30 oz. Any brand. Cans only.
Fresh Fruits & Vegetables	12 & 13 Using WIC Checks page 2	<ul style="list-style-type: none"> ► Fresh only. Any brand. Any variety. Organic allowed. ► Select fresh fruits and vegetables up to the amount on the check. If the cost is less than the amount on the check, you won't get money back. <p>These things are different from other WIC checks:</p> <ul style="list-style-type: none"> ► You can pay the difference if the WIC Fruit and Vegetable check doesn't cover the cost. ► You can use family member's checks together to pay for the total amount. Ask the store if they allow this option.
Juice for Women	14-17	<ul style="list-style-type: none"> ► You can choose a combination of juice in 46 oz cans, 46 oz plastic bottles or frozen containers. ► Brands and types of juice are listed in the WIC Shopping Guide.
Milk	20-22	<ul style="list-style-type: none"> ► 1% and nonfat milk only. Organic milk <u>isn't</u> allowed due to cost. ► "Lactose Free", "Soy Beverage" and "Quarts" are allowed when printed on the check.
Whole Grain Choices	26-30	<ul style="list-style-type: none"> ► Combine ounces and whole grain choices to add up to 16 oz. ► Buy only the brands listed for tortillas & whole wheat pasta. You can get any brand of brown rice, bulgur, oatmeal, and 100% whole wheat bread. Bread must be labeled "100% whole wheat". Pasta must be labeled "whole wheat." ► You can choose oatmeal in bags, bulk or cardboard cylinders when "Whole Grain Choice" is printed on your check.

Infants - Fully Breastfeeding	
0 thru 5 months	Breastmilk only.
6 to 12 months	<p>24 oz baby cereal.</p> <ul style="list-style-type: none"> ► Buy only these brands of baby cereal in 8 oz or 16 oz containers. <p>64 jars of baby food fruits and vegetables.</p> <ul style="list-style-type: none"> ► Buy only these brands of baby food fruits and vegetables in 4 oz glass jars. ► Ok to combine allowed brands and types of baby food fruits and vegetables. ► No: Added DHA/ARA, organic, desserts, dinners, or added ingredients like rice. <p>31 jars of Baby Food Meats</p> <ul style="list-style-type: none"> ► Buy only these brands of Baby food meats in 2.5 oz glass jars. ► Ok to combine allowed brands and types of baby food fruits and vegetables. ► No: Added DHA/ARA, meat sticks, dinners, or added ingredients like rice.

WIC Foods

Partially Breastfeeding



WIC staff want to help you keep breastfeeding.

The more you & your baby breastfeed, the more food you receive from WIC.



You receive:

Foods	Amounts
Milk	4 ½ gallons plus 1 quart
Cereal	36 oz
Peanut butter and Dried beans, peas & lentils	2 jars, 2 pounds, or 1 of each
Eggs	1 dozen
Juice	3 cans
Cheese	1 pound
Whole Grain Choices: 100% whole wheat bread Soft tortillas (corn or wheat) Whole wheat pasta Brown rice Oatmeal Bulgur	16 oz
Fresh Fruits and Vegetables	\$11.00

At 6 months, your infant receives your breastmilk, some formula, and:



Foods	Amounts
Baby Cereal	24 oz
Baby Food Fruits and Vegetables	32 jars

WIC staff will figure out the amount of formula that will be provided based on your baby's nutrition needs.

WIC Foods:

- ▶ Are low in fat and high in fiber
- ▶ Support your milk production
- ▶ Help you maintain a healthy weight after delivery

Infants: ► Partially BF 1 thru 3 months ► Partially BF 4 thru 5 months ► Partially BF 6 to 12 months
 Women: ► Partially BF

Women - Partially Breastfeeding		
Foods	Shopping Guide page	Key points about each food
Breakfast Cereal	6- 7	<ul style="list-style-type: none"> ► Only these brands & types. Combine ounces to add up to 36 oz. ► “*” next to cereal names (page 7) means they’re good sources of whole grains and fiber. ► Instant oatmeal with individual packets when “Breakfast Cereal” is printed on the check.
Cheese	8	<ul style="list-style-type: none"> ► Any brand. Only these types of cheese. No string cheese.
Dried Beans Peas & Lentils and/or Peanut Butter	9 23	<ul style="list-style-type: none"> ► Choose 2 jars of peanut butter, 2 pounds of dried beans, peas, lentils OR 1 of each. Dried Beans, Peas, Lentils: <ul style="list-style-type: none"> ► Any brand, any variety. Bulk or in 16 oz packages. Organic allowed. Peanut Butter: <ul style="list-style-type: none"> ► Any brand in 16 oz to 18 oz jar. No added flavors. No roasted honey nut.
Eggs	10	<ul style="list-style-type: none"> ► Small, medium, large white chicken eggs. ► No specialty eggs such as Egghand’s Best, Naturally Nested, Free Range, & Omega3.
Fresh Fruits & Vegetables	12-13 Using WIC Checks page 2	<ul style="list-style-type: none"> ► Fresh only. Any brand. Any variety. Organic allowed. ► Select fresh fruits and vegetables up to the amount on the check. If the cost is less than the amount on the check, you won’t get money back. <p>These things are different from other WIC checks:</p> <ul style="list-style-type: none"> ► You can pay the difference if the WIC Fruit and Vegetable check doesn’t cover the cost. ► You can use family member’s checks together to pay for the total amount. Ask the store if they allow this option.
Juice for Women	14-17	<ul style="list-style-type: none"> ► You can choose a combination of juice in 46 oz cans, 46 oz plastic bottles or frozen containers. ► Brands and types of juice are listed in the WIC Shopping Guide.
Milk	20-22	<ul style="list-style-type: none"> ► 1% and nonfat milk only. Organic milk <u>isn’t</u> allowed due to cost. ► “Lactose Free”, “Soy Beverage” and “Quarts” are allowed when printed on the check.
Whole Grain Choices	26-30	<ul style="list-style-type: none"> ► Combine ounces and whole grain choices to add up to 16 oz. Example: 8 oz bulk brown rice + 8 oz bulk oatmeal = 16 oz ► Buy only the brands listed for tortillas & whole wheat pasta. You can get any brand of brown rice, bulgur, oatmeal, and 100% whole wheat bread. Bread must be labeled “100% whole wheat”. Pasta must be labeled “whole wheat.” ► You can choose oatmeal in bags, bulk or cardboard cylinders when “Whole Grain Choice” is printed on your check.

Infants - Partially Breastfeeding

- **A breastfeeding review must be completed by a CPA to determine the amount of formula.**
- Up to ½ the amount of formula in an infant formula food package may be issued.

Age of the infant	Key points about each food
1 thru 3 months	<ul style="list-style-type: none"> ► The amount of formula is determined by a CPA.
4 thru 5 months	<ul style="list-style-type: none"> ► The amount of formula is determined by a CPA.
6 to 12 months	<ul style="list-style-type: none"> ► The amount of formula is determined by a CPA. ► 24 oz baby cereal. <ul style="list-style-type: none"> ► Buy only these brands of baby cereal in 8 oz or 16 oz containers. ► 32 jars of baby food fruits and vegetables. <ul style="list-style-type: none"> ► Buy only these brands of baby food fruits and vegetables in 4 oz glass jars. ► Ok to combine allowed brands and types of baby food fruits and vegetables. ► No: Added DHA/ARA, desserts, dinners, or added ingredients like rice.

Food package includes:
 ► Formula,
 ► Baby Cereal
 ► Baby Food
 ► Fruits /Vegetables

WIC Shopping Guide pages 4-5

WIC FOODS

Some Breastfeeding

You receive:

Foods	Amounts
Milk	3 gallons plus 1 quart
Cereal	36 oz
Peanut butter or Dried beans, peas & lentils	1 jar or 1 pound
Eggs	1 dozen
Juice	2 cans
Cheese	1 pound
Fresh Fruits and Vegetables	\$11.00



At 6 months your infant receives your breastmilk, some formula, and:

Foods	Amounts
Baby Cereal	24 oz
Baby Food Fruits and Vegetables	32 jars

WIC staff will figure out the amount of formula that will be provided based on your baby's nutrition needs.



WIC Foods help keep you strong while you love and care for your growing infant.



WIC Foods

- ▶ Provide nutrients for your infant's growth
- ▶ Help you maintain a healthy weight after delivery

Infants: ► Some BF 1 thru 3 months ► Some BF 4 thru 5 months ► Some BF 6 to 12 months
Women: ► Some BF 1 thru 6 months ► Some BF 7 to 12 months

Women – Some Breastfeeding 1 thru 6 months		
Foods	Shopping Guide page	Key points about each food
Breakfast Cereal	6-7	<ul style="list-style-type: none"> ► Only these brands & types. Combine ounces to add up to 36 oz. ► “*” next to cereal names (page 7) means they’re good sources of whole grains and fiber. ► Instant oatmeal with individual packets when “Breakfast Cereal” is printed on the check.
Cheese	8	<ul style="list-style-type: none"> ► Any brand. Only these types of cheese. No string cheese.
Dry Beans, Peas, Lentils or Peanut Butter	9 23	<ul style="list-style-type: none"> ► Choose 1 jar of peanut butter or 1 pound of dry beans, peas, lentils. Dry Beans, Peas, Lentils: <ul style="list-style-type: none"> ► Any brand, any variety. Bulk or in 16 oz packages. Organic allowed. Peanut Butter: <ul style="list-style-type: none"> ► Any brand in 16oz to 18oz jar. No added flavors. No roasted honey nut.
Eggs	10	<ul style="list-style-type: none"> ► Small, medium, large white chicken eggs. ► No specialty eggs such as Egghand’s Best, Naturally Nested, Free Range, & Omega3.
Fresh Fruits & Vegetables	12-13 Using WIC Checks page 2	<ul style="list-style-type: none"> ► Fresh only. Any brand. Any variety. Organic allowed. ► Select fresh fruits and vegetables up to the amount on the check. If the cost is less than the amount on the check, you won’t get money back. <p>These things are different from other WIC checks:</p> <ul style="list-style-type: none"> ► You can pay the difference if the WIC Fruit and Vegetable check doesn’t cover the cost. ► You can use family member’s checks together to pay for the total amount. Ask the store if they allow this option.
Juice for Women	14-17	<ul style="list-style-type: none"> ► You can choose a combination of juice in 46 oz cans, 46 oz plastic bottles or frozen containers. ► Brands and types of juice are listed in the WIC Shopping Guide.
Milk	20-22	<ul style="list-style-type: none"> ► 1% and nonfat milk only. Organic milk <u>isn’t</u> allowed due to cost. ► “Lactose Free”, “Soy Beverage” and “Quarts” are allowed when printed on the check.

Women with “Some BF 7 to 12 months” food package get breastfeeding support from WIC, but not food.

Infants – Some Breastfeeding

- **A breastfeeding review must be completed by a CPA to determine the amount of formula.**
- More than ½ the amount of formula in an infant formula food package may be issued.

Age of the infant	Key points about each food
1 thru 3 months	<ul style="list-style-type: none"> ► The amount of formula is determined by a CPA.
4 thru 5 months	<ul style="list-style-type: none"> ► The amount of formula is determined by a CPA.
6 to 12 months	<ul style="list-style-type: none"> ► The amount of formula is determined by a CPA. ► 24 oz baby cereal. <ul style="list-style-type: none"> ► Buy only these brands of baby cereal in 8 oz or 16 oz containers. ► 32 jars of baby food fruits and vegetables. <ul style="list-style-type: none"> ► Buy only these brands of baby food fruits and vegetables in 4 oz glass jars. ► Ok to combine allowed brands and types of baby food fruits and vegetables. ► No: Added DHA/ARA, desserts, dinners, or added ingredients like rice.

Food package includes:
 ► Formula,
 ► Baby Cereal
 ► Baby Food
 ► Fruits /Vegetables

 WIC Shopping Guide
 pages 4-5

WIC FOODS

Postpartum Women & Fully Formula-Fed Infants

You receive:

Foods	Amounts
Milk	3 gallons plus 1 quart
Cereal	36 oz
Peanut butter or Dried beans, peas & lentils	1 jar or 1 pound
Eggs	1 dozen
Juice	2 cans
Cheese	1 pound
Fresh Fruits and Vegetables	\$11.00

The foods your infant receives are based on age and nutrition need.

Age in months	Foods	Amounts
0 through 3	▶ Similac Advance powder formula	9 cans
4 through 5	▶ Similac Advance powder formula	10 cans
6 to 12	▶ Similac Advance powder formula ▶ Baby cereal ▶ Baby food fruits and vegetables	7 cans 24 oz 32 jars



WIC Foods help keep you strong while you love and care for your growing infant.



WIC Foods

- ▶ Provide nutrients for your infant's growth
- ▶ Help you maintain a healthy weight after delivery

Infants: ► Formula 0 thru 3 months ► Formula 4 thru 5 months ► Formula 6 to 12 months
 Women: ► Postpartum

Postpartum Women		
Foods	Food Brochure Page	Key points about each food
Breakfast Cereal	6- 7	<ul style="list-style-type: none"> ► Only these brands & types. Combine ounces to add up to 36 oz. ► "*" next to cereal names (page 7) means they're good sources of whole grains and fiber. ► Instant oatmeal with individual packets when "Breakfast Cereal" is printed on the check.
Cheese	8	<ul style="list-style-type: none"> ► Any brand. Only these types of cheese. No string cheese.
Dry Beans, Peas, Lentils <u>or</u> Peanut Butter	9 23	<ul style="list-style-type: none"> ► Choose 1 jar of peanut butter <u>or</u> 1 pound of dry beans, peas, lentils. Dry beans, peas, lentils: <ul style="list-style-type: none"> ► Any brand, any variety. Bulk or in 16 oz packages. Organic allowed. Peanut Butter: <ul style="list-style-type: none"> ► Any brand in 16oz to 18oz jar. No added flavors. No roasted honey nut.
Eggs	10	<ul style="list-style-type: none"> ► Small, medium, large white chicken eggs. ► No specialty eggs such as Egglard's Best, Naturally Nested, Free Range, & Omega3.
Fresh Fruits & Vegetables	12-13 Using WIC Checks page 2	<ul style="list-style-type: none"> ► Fresh only. Any brand. Any variety. Organic allowed. ► Select fresh fruits and vegetables up to the amount on the check. If the cost is less than the amount on the check, you won't get money back. These things are different from other WIC checks: <ul style="list-style-type: none"> ► You can pay the difference if the WIC Fruit and Vegetable check doesn't cover the cost. You can use family member's checks together to pay for the total amount. Ask the store if they allow this option.
Juice for Women	14-17	<ul style="list-style-type: none"> ► You can choose a combination of juice in 46 oz cans, 46 oz plastic bottles or frozen containers. ► Brands and types of juice are listed in the WIC Shopping Guide.
Milk	20-22	<ul style="list-style-type: none"> ► 1% and nonfat milk only. ► Organic milk <u>isn't</u> allowed due to cost. ► "Lactose Free", "Soy Beverage" and "Quarts" are allowed when printed on the check.

Infant - Fully Formula Fed

The number of cans of formula WIC provides is based on the age of the infant.

Age of the infant	Key points about each food
0 thru 3 months	<ul style="list-style-type: none"> ► 9 cans Similac Advance powder formula.
4 thru 5 months	<ul style="list-style-type: none"> ► 10 cans Similac Advance powder formula.
6 to 12 months	<ul style="list-style-type: none"> ► 7 cans Similac Advance powder formula. ► 24 oz baby cereal. <ul style="list-style-type: none"> ► Buy only these brands of baby cereal in 8 oz or 16 oz containers. ► 32 jars of baby food fruits and vegetables. <ul style="list-style-type: none"> ► Buy only these brands of baby food fruits and vegetables in 4 oz glass jars. ► Ok to combine allowed brands and types of baby food fruits and vegetables. ► No: Added DHA/ARA, desserts, dinners, or added ingredients like rice.

Food package includes:
 ► Formula
 ► Baby Cereal
 ► Baby Food Fruits /Vegetables
 WIC Shopping Guide pages 4-5

WIC Foods Children

Foods	Amounts
Milk 1 year olds receive whole milk 2 through 5 year olds receive 1% and nonfat milk	3 gallons plus 1 quart
Cereal	36 oz
Peanut Butter or Dried Beans, Peas & Lentils	1 jar or 1 pound
Eggs	1 dozen
Juice	2 bottles
Cheese	1 pound
Whole Grain Choices: 100% whole wheat bread Soft tortillas (corn or wheat) Whole wheat pasta Brown rice Oatmeal Bulgur	32 oz
Fresh Fruits and Vegetables	\$8.00



*WIC Foods help
children maintain a
healthy weight.*



WIC Foods:

- ▶ Are low in fat and high in fiber
- ▶ Offer a wide variety of choices
- ▶ Provide nutrients children need when growing

Foods in the Child 1 year and Child 2 to 5 years food packages are the same. The milk types differ.

Foods	Shopping Guide page	Key points about each food
Breakfast Cereal	6- 7	<ul style="list-style-type: none"> ▶ Only these brands & types. Combine ounces to add up to 36 oz. ▶ "**" next to cereal names (page 7) means they're good sources of whole grains and fiber. ▶ Instant oatmeal with individual packets when "Breakfast Cereal" is printed on the check.
Cheese	8	<ul style="list-style-type: none"> ▶ Any brand. Only these types of cheese. No string cheese.
Dried Beans, Peas & Lentils or Peanut Butter	9 23	<ul style="list-style-type: none"> ▶ Choose 1 jar of peanut butter <u>or</u> 1 pound of dried beans, peas, lentils. <li style="padding-left: 20px;">Dried Beans, Peas, Lentils: <ul style="list-style-type: none"> ▶ Any brand, any variety. Bulk or in 16 oz packages. Organic allowed. <li style="padding-left: 20px;">Peanut Butter: <ul style="list-style-type: none"> ▶ Any brand in 16oz to 18oz jar. No added flavors. No roasted honey nut.
Eggs	10	<ul style="list-style-type: none"> ▶ Small, medium, large white chicken eggs. ▶ No specialty eggs such as Egglard's Best, Naturally Nested, Free Range, & Omega3.
Fresh Fruits Vegetables	12-13 Using WIC Checks 2	<ul style="list-style-type: none"> ▶ Fresh only. Any brand. Any variety. Organic allowed. ▶ Select fresh fruits and vegetables up to the amount on the check. If the cost is less than the amount on the check, you won't get money back. <p>These things are different from other WIC checks:</p> <ul style="list-style-type: none"> ▶ You can pay the difference if the WIC Fruit and Vegetable check doesn't cover the cost. ▶ You can use family member's checks together to pay for the total amount. Ask the store if they allow this option.
Juice for Children	18-19	<ul style="list-style-type: none"> ▶ 64 oz plastic bottles only. No frozen or sizes other than 64 oz plastic bottles. ▶ Brands and types of juice are listed in the WIC Shopping Guide.
Milk	20-22	<ul style="list-style-type: none"> ▶ Whole milk only for 1 year olds. ▶ 1% and nonfat milk only for children 2 to 5 years old. Children 2 to 5 usually don't need the amount of fat in whole milk. ▶ Organic milk <u>isn't</u> allowed due to cost. ▶ "Lactose Free", "Soy Beverage" and "Quarts" are allowed when printed on the check.
Whole Grain Choices	26-30	<ul style="list-style-type: none"> ▶ Combine ounces and whole grain choices to add up to 16 oz. ▶ Buy only the brands listed for tortillas & whole wheat pasta. You can get any brand of brown rice, bulgur, oatmeal, and 100% whole wheat bread. Bread must be labeled "100% whole wheat". Pasta must be labeled "whole wheat." ▶ You can choose oatmeal in bags, bulk or cardboard cylinders when "Whole Grain Choice" is printed on your check.

This institution is an equal opportunity provider.
Washington WIC does not discriminate.

For persons with disabilities, this document is available on request in other formats.
To submit a request, please call 1-800-841-1410 (TDD/TTY 711).