Infants

GROCERY LIST

Find WIC foods while shopping. Use your smartphone to search for WA WIC Foods.

To learn more see the current WIC Shopping Guide or visit: www.doh.wa.gov/WICfoods.

- Baby Cereal (8 oz or 16 oz)
  - Beech–Nut
  - Earth’s Best Organic
  - Gerber
  
  **Flavors:**
  - Barley
  - Multigrain
  - Oatmeal
  - Rice
  - Whole Wheat

- Baby Food Fruits & Vegetables (4 oz)
  - (64 jars or 32 plastic 2-pack)
  
  - Beech-Nut Classics
  - Beech-Nut Naturals
  - Earth’s Best Organic
  - Gerber 2nd Foods (2-pack)
  - O Organics
  - Tippy Toes
  - Tippy Toes Organic
  - Wild Harvest Organic
  - Yummy Naturals (2–pack)
  - Yummy Organics

**Choose:**
- Single Fruits
- Single Vegetables
- Mixed Fruits
- Mixed Vegetables
- Mixed Fruits and Vegetables

- Formula
  - ________________________________

See the WIC check for the formula brand, type, and amount.

Exclusively Breastfed Babies

- Baby Food Meats (2.5 oz)
  - Beech-Nut Classics
  - Gerber 2nd Foods
  - O Organics
  - Tippy Toes
  - Tippy Toes Organic
  - Wild Harvest Organic
  - Yummy Naturals
  - Yummy Organics

5 Top Ways to Use Baby Foods for Older Babies

- Use a green vegetable for a Super-Green spread for toast squares
- Make baby sized pancakes or muffins and add fruits or sweet potatoes to the batter
- Stir meats and vegetables into spaghetti
- Make a tiny parfait with peaches or other fruits
- Let baby “dip” crackers into applesauce or carrots—add a dash of cinnamon for more flavor

See the WIC Shopping Guide for foods allowed by WIC.