

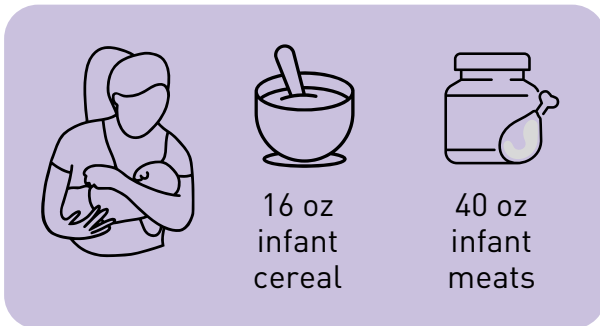
# WIC Foods for Infants 6 - 11 Months



## How is your baby being fed?

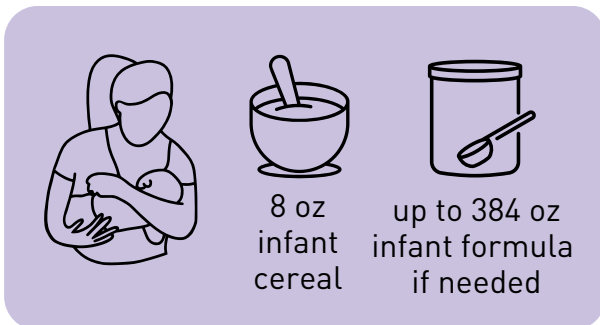
### ☐ Fully Breastfed Infant

Your baby gets these foods and fruits and vegetables.



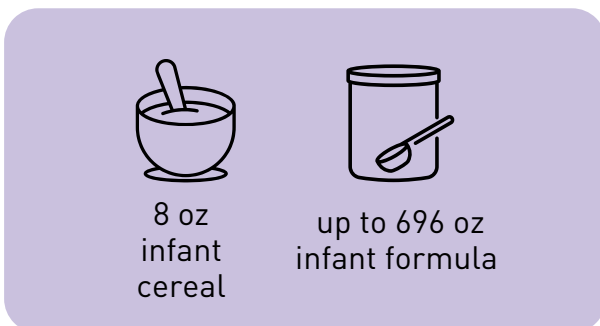
### ☐ Partially Breastfed Infant

Your baby gets these foods and fruits and vegetables.

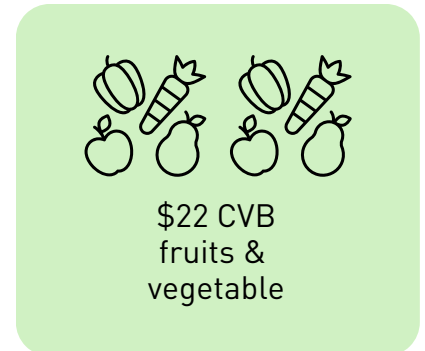


### ☐ Fully Formula-Fed Infant

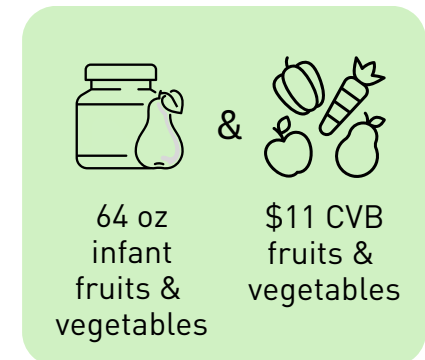
Your baby gets these foods and fruits and vegetables.



## Pick a Fruit and Vegetable Option



or



or



# WIC Foods for Child 12 - 23 Months



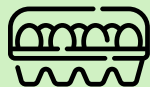
## Fruits & Vegetables



\$26 CVB

The CVB  
can be used  
at the  
grocery store  
or farmer's  
market.

## Eggs



1 dozen

## Canned Fish



6 ounces

## Breakfast Cereal



36 ounces

## Whole Grains



24 ounces

## Food Choices

☐ Juice



64 oz

☐ Fruits & Vegetables



\$3 CVB

or

Pick one of these foods at the store:

☐ Peanut Butter

or  
☐ Nut/Seed Butter



16-18 ounces  
= 1 jar

☐ Dry Beans



1 pound

☐ Can Beans



64 ounces  
= 4 cans

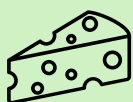
or

or

1 pound of cheese, 1 quart of yogurt and 8 quarts of milk are automatically part of the food package. You can get any combination of cheese, yogurt, milk, plant-based milk and/or tofu in the milk food category by asking your counselor to make substitutions.

Nutrition Counselors: Refer to your Milk Help Sheet to make substitutions.

## Cheese



1 pound  
= 3 qts of milk

## Yogurt



1 quart  
Max sub: 2 qts

## Whole Milk



8 quarts  
Max sub: 12 qts

At the store, you can  
choose:

- whole milk
- goat milk
- lactose-free milk
- dry milk
- UHT milk

☐ Tofu



Max sub:  
12 lbs

☐ Plant-Based Milk



Max sub:  
12 qts

CVB = Cash Value Benefit  
UHT= Ultra High Temperature

Revised 6/4/25



This institution is an equal opportunity provider.

# WIC Foods for Child 2-4 years old



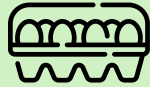
## Fruits & Vegetables



\$26 CVB

The CVB  
can be used  
at the  
grocery store  
or farmer's  
market.

## Eggs



1 dozen

## Canned Fish



6 ounces

## Breakfast Cereal



36 ounces

## Whole Grains



24 ounces

## Food Choices

☐ Juice



64 oz

☐ Fruits & Vegetables

or



\$3 CVB

Pick one of these foods at the store:

☐ Peanut Butter

or

☐ Nut/Seed Butter

☐ Dry Beans

☐ Can Beans



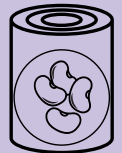
16-18 ounces  
= 1 jar

or



1 pound

or

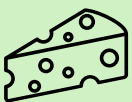


64 ounces  
= 4 cans

1 pound of cheese, 1 quart of yogurt and 10 quarts of milk are automatically part of the food package. You can get any combination of cheese, yogurt, milk, plant-based milk and/or tofu in the milk food category by asking your counselor to make substitutions.

Nutrition Counselors: Refer to your Milk Help Sheet to make substitutions.

## Cheese



1 pound  
= 3 qts of milk

## Yogurt



1 quart  
Max sub: 2 qts

## Low/Nonfat Milk



10 quarts  
Max sub: 14 qts

At the store, you can  
choose:

- low/nonfat milk
- lactose-free milk
- dry milk
- UHT milk

☐ Tofu



Max sub:  
14 lbs

☐ Plant-Based Milk



Max sub:  
14 qts

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Revised 6/4/25



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# WIC Foods for Pregnant



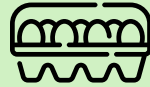
## Fruits & Vegetables



\$47 CVB

The CVB can be used at the grocery store or farmer's market.

## Eggs



1 dozen

## Canned Fish



10 ounces

## Breakfast Cereal



36 ounces

## Whole Grains



48 ounces

## Food Choices

☐ Juice



64 oz

☐ Fruits & Vegetables



\$3 CVB

or

Pick two of these foods at the store:

☐ Peanut Butter

or  
☐ Nut/Seed Butter



16-18 ounces  
= 1 jar

☐ Dry Beans



1 pound

☐ Can Beans



64 ounces  
= 4 cans

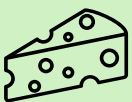
and

or

1 pound of cheese, 1 quart of yogurt and 12 quarts of milk are automatically part of the food package. You can get any combination of cheese, yogurt, milk, plant-based milk and/or tofu in the milk food category by asking your counselor to make substitutions.

Nutrition Counselors: Refer to your Milk Help Sheet to make substitutions.

## Cheese



1 pound  
= 3 qts of milk

## Yogurt



1 quart  
Max sub: 2 qts

## Low/Nonfat Milk



12 quarts  
Max sub: 16qts

At the store, you can choose:

- low/nonfat milk
- lactose-free milk
- dry milk
- UHT milk

☐ Tofu



Max sub:  
16 lbs

☐ Plant-Based Milk



Max sub:  
16 qts

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Revised 6/4/25



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# WIC Foods for Fully Breastfeeding

Partially BF multiple infants from same pregnancy  
Fully or partially BF singleton infant and also pregnant



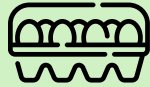
## Fruits & Vegetables



\$52 CVB

The CVB can be used at the grocery store or farmer's market.

## Eggs



2 dozen

## Canned Fish



20 ounces

## Breakfast Cereal



36 ounces

## Whole Grains



48 ounces

## Food Choices

☐ Juice



64 oz

☐ Fruits & Vegetables



\$3 CVB

or

Pick two of these foods at the store:

☐ Peanut Butter

or  
☐ Nut/Seed Butter

☐ Dry Beans

☐ Can Beans



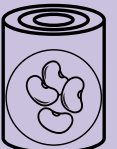
16-18 ounces  
= 1 jar

and



1 pound

or

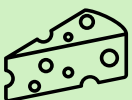


64 ounces  
= 4 cans

2 pounds of cheese, 1 quart of yogurt and 9 quarts of milk are automatically part of the food package. You can get any combination of cheese, yogurt, milk, plant-based milk and/or tofu in the milk food category by asking your counselor to make substitutions.

Nutrition Counselors: Refer to your Milk Help Sheet to make substitutions.

## Cheese



2 pounds  
= 6 qts of milk

## Yogurt



1 quart  
Max sub: 2 qts

## Low/Nonfat Milk



9 quarts  
Max sub: 16qts

At the store, you can choose:

- low/nonfat milk
- lactose-free milk
- dry milk
- UHT milk

☐ Tofu



Max sub:  
16 lbs

☐ Plant-Based Milk



Max sub:  
16 qts

CVB = Cash Value Benefit  
UHT= Ultra High Temperature

Revised 6/4/25



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# WIC Foods for Fully Breastfeeding Multiples



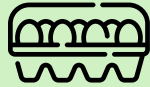
## Fruits & Vegetables



\$78 CVB

The CVB can be used at the grocery store or farmer's market.

## Eggs



3 dozen

## Canned Fish



30 ounces

## Breakfast Cereal



54 ounces

## Whole Grains



72 ounces

## Food Choices

### ☐ Juice

Amount alternates monthly from 64 - 128 ounces



### ☐ Fruits & Vegetables

or



\$4.5 CVB

Pick two of these foods at the store:

### ☐ Peanut Butter

\*amounts alternate monthly

### ☐ Nut/Seed Butter

### ☐ Dry Beans

### ☐ Can Beans



1-2 jars\*

and



1-2 pounds\*

or

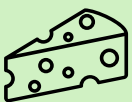


4-8 cans\*

2 pounds of cheese, 1 quart of yogurt and 17 quarts of milk are automatically part of the food package. You can get any combination of cheese, yogurt, milk, plant-based milk and/or tofu in the milk food category by asking your counselor to make substitutions.

Nutrition Counselors: Refer to your Milk Help Sheet to make substitutions.

## Cheese



2 pounds  
= 6 qts of milk

## Yogurt



1 quart  
Max sub: 2 qts

## Low/Nonfat Milk



17 quarts  
Max sub: 24qts

At the store, you can choose:

- low/nonfat milk
- lactose-free milk
- dry milk
- UHT milk

### ☐ Tofu



Max sub:  
24 lbs

### ☐ Plant-Based Milk



Max sub:  
24 qts

CVB = Cash Value Benefit  
UHT= Ultra High Temperature





# WIC Foods for Partially Breastfeeding



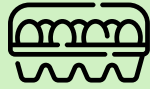
## Fruits & Vegetables



\$52 CVB

The CVB can be used at the grocery store or farmer's market.

## Eggs



1 dozen

## Canned Fish



15 ounces

## Breakfast Cereal



36 ounces

## Whole Grains



48 ounces

## Food Choices

☐ Juice



64 oz

☐ Fruits & Vegetables



\$3 CVB

or

Pick two of these foods at the store:

☐ Peanut Butter

or  
☐ Nut/Seed Butter



16-18 ounces  
= 1 jar

☐ Dry Beans



1 pound

☐ Can Beans



64 ounces  
= 4 cans

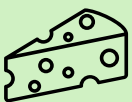
and

or

1 pound of cheese, 1 quart of yogurt and 12 quarts of milk are automatically part of the food package. You can get any combination of cheese, yogurt, milk, plant-based milk and/or tofu in the milk food category by asking your counselor to make substitutions.

Nutrition Counselors: Refer to your Milk Help Sheet to make substitutions.

## Cheese



1 pound  
= 3 qts of milk

## Yogurt



1 quart  
Max sub: 2 qts

## Low/Nonfat Milk



12 quarts  
Max sub: 16qts

At the store, you can choose:

- low/nonfat milk
- lactose-free milk
- dry milk
- UHT milk

☐ Tofu



Max sub:  
16 lbs

☐ Plant-Based Milk



Max sub:  
16 qts

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UHT= Ultra High Temperature

Revised 6/4/25



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# WIC Foods for Non Breastfeeding



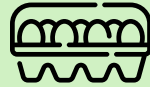
## Fruits & Vegetables



\$47 CVB

The CVB can be used at the grocery store or farmer's market.

## Eggs



1 dozen

## Canned Fish



10 ounces

## Breakfast Cereal



36 ounces

## Whole Grains



48 ounces

## Food Choices

☐ Juice



64 oz

☐ Fruits & Vegetables



\$3 CVB

or

Pick one of these foods at the store:

☐ Peanut Butter

or  
☐ Nut/Seed Butter



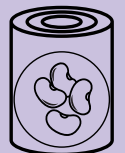
16-18 ounces  
= 1 jar

☐ Dry Beans



1 pound

☐ Can Beans



64 ounces  
= 4 cans

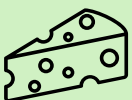
or

or

1 pound of cheese, 1 quart of yogurt and 12 quarts of milk are automatically part of the food package. You can get any combination of cheese, yogurt, milk, plant-based milk and/or tofu in the milk food category by asking your counselor to make substitutions.

Nutrition Counselors: Refer to your Milk Help Sheet to make substitutions.

## Cheese



1 pound  
= 3 qts of milk

## Yogurt



1 quart  
Max sub: 2 qts

## Low/Nonfat Milk



12 quarts  
Max sub: 16qts

At the store, you can choose:

- low/nonfat milk
- lactose-free milk
- dry milk
- UHT milk

☐ Tofu



Max sub:  
16 lbs

☐ Plant-Based Milk



Max sub:  
16 qts

CVB = Cash Value Benefit  
UHT= Ultra High Temperature

