

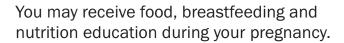
Your WIC Foods



A Variety of Healthy Choices



Pregnant



Example of foods you can get:

16	ΟZ	Cheese
1	DOZ	Eggs
36	OZ	Breakfast Cereal
1	CTR	Peanut Butter
1	CTR	Dry Beans
16	OZ	Whole Grains
11	\$\$\$	Fruits and Vegetables
4.5	GAL	Milk (1% Lowfat or Nonfat)
144	OZ	Juice
32	OZ	Yogurt (Lowfat or Nonfat)

WIC Foods units of measure:

\$\$\$

Cash Value Benefit

CTR

Container

DOZ

Dozen

GAL

Gallon

ΟZ

Ounces

Children

You may receive food, breastfeeding and nutrition education during your pregnancy.

Example of foods you can get:

16	ΟZ	Cheese
1	DOZ	Eggs
36	0Z	Breakfast Cereal
1	CTR	Dry Beans or Peanut Butter
32	OZ	Whole Grains
9	\$\$\$	Fruits and Vegetables
3	GAL	Milk (1% Lowfat or Nonfat; Whole for age 12–23 months)
128	OZ	Juice
32	OZ	Yogurt (Lowfat or Nonfat; Whole fat for age 12–23 months)



\$\$\$

Cash Value Benefit

CTR

Container

DOZ

Dozen

GAL

Gallon

ΟZ

Ounces

Fully Breastfeeding



You may receive food, breastfeeding support, and nutrition education for up to 1 year.

Example of foods you can get:

32 2	OZ DOZ	Cheese Eggs
36	ΟZ	Breakfast Cereal
1	CTR	Peanut Butter
1	CTR	Dry Beans
16	ΟZ	Whole Grains
11	\$\$\$	Fruits and Vegetables
5	GAL	Milk (1% Lowfat or Nonfat)
30	ΟZ	Canned Fish
144	OZ	Juice
32	ΟZ	Yogurt (Lowfat or Nonfat)

Infant:

Birth through 11 months

Mom's Healthy Breastmilk

At 6 months

24	ΟZ	Infant Cereal

64 CTR Infant Fruits and Vegetables

31 CTR Infant Meat

At 9 months

24	OZ	Infant Cereal
32	CTR	Infant Fruits and Vegetables

31 CTR Infant Meat

8 \$\$\$ Fresh Fruits and Vegetables

WIC Foods units of measure:

\$\$\$

Cash Value Benefit

CTR

Container

DOZ

Dozen

GAL

Gallon

ΟZ

Ounces

Mostly Breastfeeding



You may receive food, breastfeeding support, and nutrition education for up to 1 year.

Example of foods you can get:

16 **0Z** Cheese 1 DOZ Eggs 36 **0Z Breakfast Cereal** 1 **CTR Peanut Butter** 1 CTR Dry Beans 16 OZ Whole Grains 11 \$\$\$ Fruits and Vegetables 4.5 GAL Milk (1% Lowfat or Nonfat) 144 OZ Juice 32 **0Z** Yogurt (Lowfat or Nonfat)

Infant:

Birth through 11 months

Mom's Healthy Breastmilk

Some Formula (Amount varies)

• Birth-1 month: 1 can (powder)

• 1–3 months: 1–4 cans (powder)

• 4-5 months: 1-5 cans (powder)

• 6-11 months: 1-4 cans (powder)

At 6 months

24 OZ Infant Cereal

32 CTR Infant Fruits and Vegetables

Formula (see above)

At 9 months

24 OZ Infant Cereal

16 CTR Infant Fruits and Vegetables

4 \$\$\$ Fresh Fruits and Vegetables

Formula (see above)



WIC Foods units of measure:

\$\$\$

Cash Value Benefit

CTR

Container

DOZ

Dozen

GAL

Gallon

0Z

Ounces

Some Breastfeeding

Mom:

You may receive food for 6 months, with breastfeeding support and nutrition education for up to 1 year.

Example of foods you can get:

Cheese 16 **0Z** 1 DOZ Eggs 36 OZ **Breakfast Cereal** 1 **CTR** Dry Beans or Peanut Butter 11 \$\$\$ Fruits and Vegetables 3 GAL Milk (1% Lowfat or Nonfat) 96 **0Z** Juice 32 **0Z** Yogurt (Lowfat or Nonfat)

Infant:

Birth through 11 months

Mom's Healthy Breastmilk

Some Formula (Amount varies)

• Birth-1 month: 2-9 cans (powder)

• 1-3 months: 5-9 cans (powder)

• 4-5 months: 6-10 cans (powder)

• 6-11 months: 5-7 cans (powder)

At 6 months

24 OZ Infant Cereal

32 CTR Infant Fruits and Vegetables

Formula (see above)

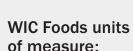
At 9 months

24 OZ Infant Cereal

16 CTR Infant Fruits and Vegetables

4 \$\$\$ Fresh Fruits and Vegetables

Formula (see above)



\$\$\$

Cash Value Benefit

CTR

Container

DOZ

Dozen

GAL

Gallon

0Z

Ounces

No Breastfeeding

Mom:

You may receive food and nutrition education for 6 months.

Example of foods you can get:

16 **0Z** Cheese 1 DOZ Eggs 36 OZ **Breakfast Cereal** 1 **CTR** Dry Beans or Peanut Butter 11 \$\$\$ Fruits and Vegetables 3 GAL Milk (1% Lowfat or Nonfat) 96 **0Z** Juice 32 **0Z** Yogurt (Lowfat or Nonfat)

Infant:

Birth through 11 months

Formula

Birth-3 months: 9 cans (powder)
4-5 months: 10 cans (powder)
6-11 months: 7 cans (powder)

At 6 months

24 OZ Infant Cereal

32 CTR Infant Fruits and Vegetables

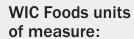
Formula (see above)

At 9 months

24 OZ Infant Cereal

16 CTR Infant Fruits and Vegetables4 \$\$\$ Fresh Fruits and Vegetables

Formula (see above)



\$\$\$

Cash Value Benefit

CTR

Container

DOZ

Dozen

GAL

Gallon

0Z

Ounces



If you or your child has food allergies or intolerances, ask your WIC staff about other WIC food choices.

WIC is a supplemental food program, which means we do not provide all the food or formula your family needs.



For more information, look at your California WIC Shopping Guide.





California Department of Public Health, California WIC Program

This institution is an equal opportunity provider.

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