



Your WIC Foods



A Variety of
Healthy Choices



Pregnant

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

Example of foods you can get:

16	OZ	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

OZ

Ounces

Children

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

Example of foods you can get:

16	OZ	Cheese
1	DOZ	Eggs
36	OZ	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)

WIC Foods units of measure:

\$\$\$

Cash Value Benefit

CTR

Container

DOZ

Dozen

GAL

Gallon

OZ

Ounces



Fully Breastfeeding



Mom:

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

Example of foods you can get:

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

Infant:

Birth through 11 months

Mom's Healthy Breastmilk

At 6 months

24	OZ	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

OZ

Ounces

When your baby is 9 months, you can choose a food package with some fresh fruits and vegetables.

Mostly Breastfeeding



Mom:

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

Example of foods you can get:

16	OZ	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)

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

OZ

Ounces

When your baby is 9 months, you can choose a food package with some fresh fruits and vegetables.

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:

16	OZ	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	OZ	Juice
32	OZ	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)

WIC Foods units of measure:

\$\$\$

Cash Value Benefit

CTR

Container

DOZ

Dozen

GAL

Gallon

OZ

Ounces

When your baby is 9 months, you can choose a food package with some fresh fruits and vegetables.



No Breastfeeding

Mom:

You may receive food and nutrition education for 6 months.

Example of foods you can get:

16	OZ	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	OZ	Juice
32	OZ	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 Vegetables
4	\$\$\$	Fresh Fruits and Vegetables

Formula (see above)

WIC Foods units of measure:

\$\$\$

Cash Value Benefit

CTR

Container

DOZ

Dozen

GAL

Gallon

OZ

Ounces

When your baby is 9 months, you can choose a food package with some fresh fruits and vegetables.





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.

1-800-852-5770