



WHAT FOOD BENEFITS DOES WIC PROVIDE?

Foods for Infants (Birth-12 Months)

Mother's Breastmilk
Infant Formula
Infant Cereal
Infant Fruits and Vegetables
Infant Meats (for fully breastfed infants only)

The WIC Program strongly encourages and provides support for breastfeeding. It recognizes that breastfeeding is the best method of infant feeding and nurturing. Iron-fortified infant formula is available as needed. Does your baby need a special formula? Contact the WIC office in your area to find out if WIC can provide it. At six months of age, infants may also receive iron-fortified infant cereal and infant fruits and vegetables. Infants who are fully breastfed also receive infant meats.

Foods for Women and Children

Milk
Cereal
Whole-grain Bread, Brown Rice, Whole-wheat and Soft-corn Tortillas
Fruits and Vegetables
Juice
Cheese
Tofu
Soy-Based Beverage
Dried or Canned Beans, Peas, and Lentils
Peanut Butter
Eggs

Women and children (one to five years of age) participating in WIC receive benefits for a variety of healthy foods. Women who exclusively breastfeed their babies receive larger quantities of food as well as canned tuna or salmon. Special formulas or nutritional supplements are also available to women and children with certain medical conditions. Contact your local WIC office for more information.

Additional Food for Women who Exclusively Breastfeed

Larger quantities of listed foods
Chunk-light tuna or salmon



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