

WHAT FOODS DOES WIC OFFER?*

The WIC food package includes a variety of healthy options—to help pave the way for a lifetime of nutritious eating.



BEANS



WHOLE GRAINS



FRUITS & VEGETABLES



CHEESE



CEREAL



EGGS



CANNED FISH



PEANUT BUTTER



MILK



**100%
FRUIT
JUICE**



INFANT FORMULA



**INFANT
CEREAL & BABY FOOD**

*Check your state for specific guidelines.