

PREGNANT

- » Food for a healthy pregnancy
- » Breastfeeding and nutrition education

NEW \$8 Check to Buy Fruits and Vegetables

NEW Whole Grains (1 lb)

100% Whole Wheat bread
Tortillas (corn or whole wheat)
Brown Rice, Oats, Bulgur, Barley

NEW Cereal (36 oz)

More whole grain cereal choices

Milk (About 4 gallons)

Nonfat, Lowfat 1%, Reduced fat 2%

Cheese (1 lb)

Eggs (1 dozen)

Juice (144 oz)

Peanut Butter (16 oz to 18 oz)

Dry Beans, Peas, Lentils (1 lb)

CHILDREN

- » Food and nutrition education until 5 years old

NEW \$6 Check to Buy Fruits and Vegetables

NEW Whole Grains (2 lb)

100% Whole Wheat bread
Tortillas (corn or whole wheat)
Brown Rice, Oats, Bulgur, Barley

NEW Cereal (36 oz)

More whole grain cereal choices

Milk (About 3 gallons)

Nonfat, Lowfat 1%, Reduced fat 2%
Whole milk for children 12-24 months of age

Cheese (1 lb)

Eggs (1 dozen)

Juice (128 oz)

Peanut Butter (16 oz to 18 oz)

OR Dry Beans, Peas, Lentils (1 lb)



At Your Next WIC Visit

in October, November, December 2009

- » You will get new checks for new WIC foods at your next visit.
- » Please come in person to this visit.
- » WIC staff will explain the new checks and the new foods.
- » This visit will take a little longer than usual.



Your Local WIC Agency



For the nearest WIC office, call toll free
1-888-WIC-WORKS (1-888-942-9675)
www.wicworks.ca.gov



Your WIC Foods

Healthy Choices More Variety



California WIC Program, California Department of Public Health
This institution is an equal opportunity provider.

Arnold Schwarzenegger, Governor, *State of California*
Kimberly Belshé, Secretary, *California Health and Human Services Agency*
Mark B Horton, MD, MSPH, Director, *California Department of Public Health*

06/09 #910186

FULLY BREASTFEEDING

MOM

» Food, breastfeeding support and nutrition education for up to 1 year

NEW \$10 Check to Buy Fruits and Vegetables

NEW Whole Grains (1 lb)

100% Whole Wheat bread
Tortillas (corn or whole wheat)
Brown Rice, Oats, Bulgur, Barley

NEW Canned Tuna, Salmon, or Sardines (30 oz)

NEW Cereal (36 oz)

More whole grain cereal choices

Milk (About 5 gallons)

Nonfat, Lowfat 1%, Reduced fat 2%

Cheese (2 lb)

Eggs (2 dozen)

Juice (144 oz)

Peanut Butter (16 oz to 18 oz)

Dry Beans, Peas, Lentils (1 lb)



BABY

Birth to 12 months

Mom's Healthy Breastmilk!

At 6 months

NEW Baby Fruits and Vegetables - 64 (4 oz) jars

NEW Baby Meats - 31 (2.5 oz) jars

Baby Cereal - 3 (8 oz) boxes

MOSTLY BREASTFEEDING

MOM

» Food, breastfeeding support and nutrition education for up to 1 year

NEW \$8 Check to Buy Fruits and Vegetables

NEW Whole Grains (1 lb)

100% Whole Wheat bread
Tortillas (corn or whole wheat)
Brown Rice, Oats, Bulgur, Barley

NEW Cereal (36 oz)

More whole grain cereal choices

Milk (About 4 gallons)

Nonfat, Lowfat 1%, Reduced fat 2%

Cheese (1 lb)

Eggs (1 dozen)

Juice (144 oz)

Peanut Butter (16 oz to 18 oz)

Dry Beans, Peas, Lentils (1 lb)



BABY

Birth to 12 months

Mom's Healthy Breastmilk!

Some Formula (starting at age 1 month)

- Age 1 - 3 months: 1 - 4 cans (powder)
- Age 4 - 5 months: 1 - 5 cans (powder)
- Age 6 - 12 months: 1 - 4 cans (powder)

At 6 months

NEW Baby Fruits and Vegetables - 32 (4 oz) jars

Baby Cereal - 3 (8 oz) boxes

SOME BREASTFEEDING

MOM

» Food for 6 months and breastfeeding support and nutrition education for up to 1 year

NEW \$8 Check to Buy Fruits and Vegetables

NEW Cereal (36 oz)

More whole grain cereal choices

Milk (About 3 gallons)

Nonfat, Lowfat 1%, Reduced fat 2%

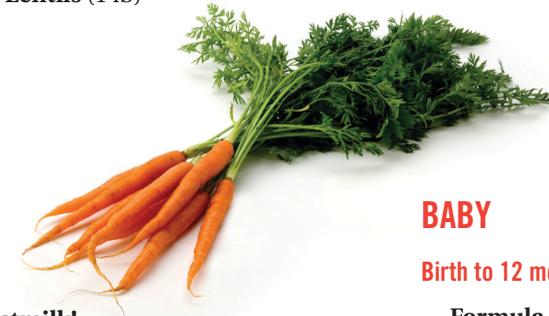
Cheese (1 lb)

Eggs (1 dozen)

Juice (96 oz)

Peanut Butter (16 oz to 18 oz)

OR Dry Beans, Peas, Lentils (1 lb)



BABY

Birth to 12 months

Mom's Healthy Breastmilk!

Some Formula (starting at age 1 month)

- Age 1 - 3 months: 5 - 9 cans (powder)
- Age 4 - 5 months: 6 - 10 cans (powder)
- Age 6 - 12 months: 5 - 7 cans (powder)

At 6 months

NEW Baby Fruits and Vegetables - 32 (4 oz) jars

Baby Cereal - 3 (8 oz) boxes

FORMULA FEEDING

MOM

» Food and nutrition education for up to 6 months

NEW \$8 Check to Buy Fruits and Vegetables

NEW Cereal (36 oz)

More whole grain cereal choices

Milk (About 3 gallons)

Nonfat, Lowfat 1%, Reduced fat 2%

Cheese (1 lb)

Eggs (1 dozen)

Juice (96 oz)

Peanut Butter (16 oz to 18 oz)

OR Dry beans, Peas, Lentils (1 lb)



BABY

Birth to 12 months

Formula

- Birth - 3 months: 9 cans (powder)
- Age 4 - 5 months: 10 cans (powder)
- Age 6 - 12 months: 7 cans (powder)

At 6 Months

NEW Baby Fruits and Vegetables - 32 (4 oz) jars

Baby Cereal - 3 (8 oz) boxes