



# New Food Choices at WIC

Starting March 28, 2016

Make sure to ask for a NEW March 28, 2016 WIC Authorized Food List Shopping Guide to help with shopping for your WIC foods.



## YOGURT FOR WOMEN AND CHILDREN

Your check will state that you may buy 1 (32 oz or quart) container of Yogurt

- Can only buy whole, lowfat, or nonfat, depending on what is printed on your check
  - Can only buy brands, flavors, and sizes listed in your WIC Authorized Food List Shopping Guide
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## FRUITS & VEGETABLES CHECK OPTION FOR INFANTS 9–11 MONTHS

At your WIC appointment, you may choose a Fruits & Vegetables check in place of some of your jarred baby food

- Use this check to purchase **fresh** fruits and vegetables only
  - No canned, frozen, or dried fruits and vegetables allowed
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## WHOLE WHEAT PASTA

You may buy a 16 oz package of whole wheat pasta with your Whole Grains check

- Only brands listed in your WIC Authorized Food List Shopping Guide are allowed
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## DRIED FRUITS FOR CHILDREN

You may buy dried fruits with your child's Fruits & Vegetables check

- No dried fruits with added fats, sugars, or oils allowed
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## EVAPORATED OR POWDERED MILK

At your WIC appointment, ask WIC staff if evaporated or powdered milk is an option for you

- This choice must be **made at the WIC office**
  - If available, this option will be printed on your check
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# YOGURT IS NOW ON YOUR CALIFORNIA WIC CHECKS!



## YOGURT PARFAIT

Serves 2

### INGREDIENTS

- 1 cup lowfat plain yogurt
- ½ teaspoon vanilla extract
- 2 cups assorted fruit, chopped
- ½ cup mini-shredded wheat biscuit cereal, coarsely crushed
- 1 tablespoon almonds sliced (optional)
- cinnamon to taste

### DIRECTIONS

1. In a small bowl, mix together yogurt and vanilla.
2. Spoon the yogurt mixture into two small serving bowls.
3. Top each bowl with fruit, cereal, and almonds.
4. Sprinkle with cinnamon.



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#### Nutrition Information (per serving):

Calories 232; Fat 4.2g; Protein 10g; Carbohydrate 42g; Fiber 6g; Calcium 278mg; Iron 5mg; Vitamin A (RE) 57mcg; Vitamin C 83mg; Folate 72mcg



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