



# 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:

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<b>16</b>	<b>OZ</b>	Cheese
<b>1</b>	<b>DOZ</b>	Eggs
<b>36</b>	<b>OZ</b>	Breakfast Cereal
<b>1</b>	<b>CTR</b>	Peanut Butter
<b>1</b>	<b>CTR</b>	Dry Beans
<b>16</b>	<b>OZ</b>	Whole Grains
<b>11</b>	<b>\$\$\$</b>	Fruits and Vegetables
<b>4.5</b>	<b>GAL</b>	Milk (1% Lowfat or Nonfat)
<b>144</b>	<b>OZ</b>	Juice
<b>32</b>	<b>OZ</b>	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:

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<b>16</b>	<b>OZ</b>	Cheese
<b>1</b>	<b>DOZ</b>	Eggs
<b>36</b>	<b>OZ</b>	Breakfast Cereal
<b>1</b>	<b>CTR</b>	Dry Beans or Peanut Butter
<b>32</b>	<b>OZ</b>	Whole Grains
<b>9</b>	<b>\$\$\$</b>	Fruits and Vegetables
<b>3</b>	<b>GAL</b>	Milk (1% Lowfat or Nonfat; Whole for age 12–23 months)
<b>128</b>	<b>OZ</b>	Juice
<b>32</b>	<b>OZ</b>	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:

---

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

## Infant:

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### Birth through 11 months

#### Mom's Healthy Breastmilk

#### At 6 months

<b>24</b>	<b>OZ</b>	Infant Cereal
<b>64</b>	<b>CTR</b>	Infant Fruits and Vegetables
<b>31</b>	<b>CTR</b>	Infant Meat

#### At 9 months

<b>24</b>	<b>OZ</b>	Infant Cereal
<b>32</b>	<b>CTR</b>	Infant Fruits and Vegetables
<b>31</b>	<b>CTR</b>	Infant Meat
<b>8</b>	<b>\$\$\$</b>	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:

---

<b>16</b>	<b>OZ</b>	Cheese
<b>1</b>	<b>DOZ</b>	Eggs
<b>36</b>	<b>OZ</b>	Breakfast Cereal
<b>1</b>	<b>CTR</b>	Peanut Butter
<b>1</b>	<b>CTR</b>	Dry Beans
<b>16</b>	<b>OZ</b>	Whole Grains
<b>11</b>	<b>\$\$\$</b>	Fruits and Vegetables
<b>4.5</b>	<b>GAL</b>	Milk (1% Lowfat or Nonfat)
<b>144</b>	<b>OZ</b>	Juice
<b>32</b>	<b>OZ</b>	Yogurt (Lowfat or Nonfat)

## Infant:

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### 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

<b>24</b>	<b>OZ</b>	Infant Cereal
<b>32</b>	<b>CTR</b>	Infant Fruits and Vegetables

Formula (see above)

### At 9 months

<b>24</b>	<b>OZ</b>	Infant Cereal
<b>16</b>	<b>CTR</b>	Infant Fruits and Vegetables
<b>4</b>	<b>\$\$\$</b>	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:

---

<b>16</b>	<b>OZ</b>	Cheese
<b>1</b>	<b>DOZ</b>	Eggs
<b>36</b>	<b>OZ</b>	Breakfast Cereal
<b>1</b>	<b>CTR</b>	Dry Beans or Peanut Butter
<b>11</b>	<b>\$\$\$</b>	Fruits and Vegetables
<b>3</b>	<b>GAL</b>	Milk (1% Lowfat or Nonfat)
<b>96</b>	<b>OZ</b>	Juice
<b>32</b>	<b>OZ</b>	Yogurt (Lowfat or Nonfat)

## Infant:

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### 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

<b>24</b>	<b>OZ</b>	Infant Cereal
<b>32</b>	<b>CTR</b>	Infant Fruits and Vegetables

Formula (see above)

### At 9 months

<b>24</b>	<b>OZ</b>	Infant Cereal
<b>16</b>	<b>CTR</b>	Infant Fruits and Vegetables
<b>4</b>	<b>\$\$\$</b>	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:

---

<b>16</b>	<b>OZ</b>	Cheese
<b>1</b>	<b>DOZ</b>	Eggs
<b>36</b>	<b>OZ</b>	Breakfast Cereal
<b>1</b>	<b>CTR</b>	Dry Beans or Peanut Butter
<b>11</b>	<b>\$\$\$</b>	Fruits and Vegetables
<b>3</b>	<b>GAL</b>	Milk (1% Lowfat or Nonfat)
<b>96</b>	<b>OZ</b>	Juice
<b>32</b>	<b>OZ</b>	Yogurt (Lowfat or Nonfat)

## Infant:

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### 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

<b>24</b>	<b>OZ</b>	Infant Cereal
<b>32</b>	<b>CTR</b>	Infant Fruits and Vegetables

Formula (see above)

### At 9 months

<b>24</b>	<b>OZ</b>	Infant Cereal
<b>16</b>	<b>CTR</b>	Infant Fruits and Vegetables
<b>4</b>	<b>\$\$\$</b>	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.

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WIC is a supplemental food program, which means we do not provide all the food or formula your family needs.



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For more information, look at your **California WIC Shopping Guide.**



**California Department of Public Health, California WIC Program**

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**1-800-852-5770**