

## Pregnant

You may receive food, breastfeeding and nutrition education during your pregnancy.

### Example of foods you can get:

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

## Children

You may receive food and nutrition education from your child's 1<sup>st</sup> birthday until their 5<sup>th</sup> birthday.

### Example of foods your child can get:

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

If you or your child has food allergies or intolerances, ask your WIC staff about other WIC food choices.

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

<b>WIC Foods</b>	<b>\$\$\$</b>	Cash Value Benefit
<b>units of</b>	<b>CTR</b>	Container
<b>measure:</b>	<b>DOZ</b>	Dozen
	<b>GAL</b>	Gallon
	<b>OZ</b>	Ounces

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



# Your WIC Foods



A Variety of  
Healthy Choices



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

1-800-852-5770 910363 07/19

## Fully Breastfeeding

### Mom:

You may receive food, breastfeeding support, and nutrition education for up to 1 year.

#### Example of foods you can get:

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

### Infant:

#### Birth through 11 months

##### Mom's Healthy Breastmilk

#### At 6 months

24	OZ	Infant Cereal
64	CTR	Infant Fruits and Vegetables
31	CTR	Infant Meat

#### At 9 months\*

24	OZ	Infant Cereal
32	CTR	Infant Fruits and Vegetables
31	CTR	Infant Meat
8	\$\$\$	Fresh Fruits and Vegetables

\* 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:

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

### Infant:

#### 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

24	OZ	Infant Cereal
32	CTR	Infant Fruits and Vegetables

Formula (see above)

#### At 9 months\*

24	OZ	Infant Cereal
16	CTR	Infant Fruits and Vegetables
4	\$\$\$	Fresh Fruits and Vegetables

Formula (see above)

## 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:

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

### Infant:

#### 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

24	OZ	Infant Cereal
32	CTR	Infant Fruits and Vegetables

Formula (see above)

#### At 9 months\*

24	OZ	Infant Cereal
16	CTR	Infant Fruits and Vegetables
4	\$\$\$	Fresh Fruits and Vegetables

Formula (see above)

## No Breastfeeding

### Mom:

You may receive food and nutrition education for 6 months.

#### Example of foods you can get:

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

### Infant:

#### 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

24	OZ	Infant Cereal
32	CTR	Infant Fruits and Vegetables

Formula (see above)

#### At 9 months\*

24	OZ	Infant Cereal
16	CTR	Infant Fruits and Vegetables
4	\$\$\$	Fresh Fruits and Vegetables

Formula (see above)

