

New WIC Foods Are Here!

NEW! Baby food for infants

NEW! Fruit and Vegetable checks for women and children

NEW! Canned beans *or* dried beans

NEW! Whole grain products:
100% whole wheat bread, soft corn tortillas,
whole wheat tortillas, and brown rice

ALSO:
More foods for breastfeeding moms and their babies

Formula amounts will change to help meet babies' needs based on their age

Low-fat milk for children over the age of 2 and for all moms

Ask your WIC Nutritionist for more information.



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