

Using Your WIC Foods



The WIC program gives you a monthly food package to buy foods that help you get the nutrients you and your kids need.

WIC foods are mostly low in fat, high in fiber and rich in vitamins and minerals such as iron, calcium and vitamin C.



Milk



Fruits & Vegetables



Yogurt



Eggs



Breakfast Cereal



Peanut Butter



Beans, Peas, Lentils



Whole Wheat & Corn Tortillas



Brown Rice



Whole Wheat Pasta

Sometimes WIC benefits expire before they can all be used. Before your phone appointment, please look at the WIC foods above and think about these 2 questions:

1. Which WIC foods do you rarely buy?

2. Which WIC foods would you like ideas or recipes for?