

## Office of the Maryland WIC



*Better nutrition choices for a brighter future*

## October 1, 2009 WIC Foods for Children

### Your Child's New Monthly Food Package:

#### Fruits and Vegetables

- \$6.00 check for fresh, frozen, and canned vegetables and fruit
- 2 64-ounce bottles of fruit juice

#### Grains

- 36 ounces of breakfast cereal
- 32 ounces of 100% whole wheat bread, brown rice, soft corn tortillas, or whole wheat tortillas

#### Milk/Cheese

- 3 gallons plus 1 quart of milk
  - whole milk if under age 2
  - low fat (1%) or fat free milk if age 2 and older
- 1 pound of cheese

#### Protein Foods

- 1 dozen eggs
- 1 pound dry or 4 cans of beans, peas, or lentils OR (after age 2) one 18 ounce jar of peanut butter

### The new WIC foods:

- Give more choices.
- Have more vitamins and fiber with less fat.
- Are healthier for a growing child.

*This institution is an equal opportunity provider and employer.*