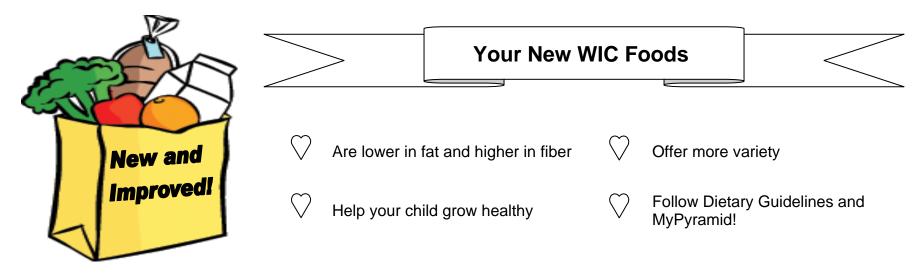
WIC Foods for Children

The new WIC foods help your child meet today's nutrition needs as recommended by your health care provider.



GRAINS	FRUITS and VEGETABLES	DAIRY	PROTEIN
- Iron-fortified cereal	Vitamin C-rich juice	– Milk	- Eggs
Whole wheat breadother whole grain foods	 \$6 cash voucher for fruits & veggies 	- Other Dairy and Soy foods	Dry or canned beans or peaspeanut butter

Keep your child healthy and strong with WIC foods!

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