Your WIC Foods

A Variety of Healthy Choices

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.

Units of measure:
- **$$** Cash Value Benefit
- **CTR** Container
- **DOZ** Dozen
- **GAL** Gallon
- **OZ** Ounces

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

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

1-800-852-5770 50550 0713

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**Pregnant**

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

**Example of foods you can get:**

<table>
<thead>
<tr>
<th>Units</th>
<th>Food Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>16 OZ</td>
<td>Cheese</td>
</tr>
<tr>
<td>1 DOZ</td>
<td>Eggs</td>
</tr>
<tr>
<td>36 OZ</td>
<td>Breakfast Cereal</td>
</tr>
<tr>
<td>1 CTR</td>
<td>Peanut Butter</td>
</tr>
<tr>
<td>1 CTR</td>
<td>Dry Beans</td>
</tr>
<tr>
<td>16 OZ</td>
<td>Whole Grains</td>
</tr>
<tr>
<td>11 $$$</td>
<td>Fruits and Vegetables</td>
</tr>
<tr>
<td>4.5 GAL</td>
<td>Milk (1% Lowfat or Nonfat)</td>
</tr>
<tr>
<td>144 OZ</td>
<td>Juice</td>
</tr>
<tr>
<td>32 OZ</td>
<td>Yogurt (Lowfat or Nonfat)</td>
</tr>
</tbody>
</table>

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**Children**

You may receive food and nutrition education from your child’s 1st birthday until their 5th birthday.

**Example of foods your child can get:**

<table>
<thead>
<tr>
<th>Units</th>
<th>Food Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>16 OZ</td>
<td>Cheese</td>
</tr>
<tr>
<td>1 DOZ</td>
<td>Eggs</td>
</tr>
<tr>
<td>36 OZ</td>
<td>Breakfast Cereal</td>
</tr>
<tr>
<td>1 CTR</td>
<td>Dry Beans or Peanut Butter</td>
</tr>
<tr>
<td>32 OZ</td>
<td>Whole Grains</td>
</tr>
<tr>
<td>9 $$$</td>
<td>Fruits and Vegetables</td>
</tr>
<tr>
<td>3 GAL</td>
<td>Milk (1% Lowfat or Nonfat; Whole for age 12–23 months)</td>
</tr>
<tr>
<td>128 OZ</td>
<td>Juice</td>
</tr>
<tr>
<td>32 OZ</td>
<td>Yogurt (Lowfat or Nonfat; Whole fat for age 12–23 months)</td>
</tr>
</tbody>
</table>

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For more information, look at your California WIC Shopping Guide.
**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)
- 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
- 3.5 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–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

At 9 months*
- 24 OZ Infant Cereal
- 16 CTR Infant Fruits and Vegetables

** 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–3 months: 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

At 9 months*
- 24 OZ Infant Cereal
- 16 CTR Infant Fruits and Vegetables

** 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

At 9 months*
- 24 OZ Infant Cereal
- 16 CTR Infant Fruits and Vegetables

* When your baby is 9 months, you can choose a food package with some fresh fruits and vegetables.