



# Your WIC Foods



A Variety of  
Healthy Choices



# Pregnant

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

## Example of foods you can get:

16	OZ	Cheese
1	DOZ	Eggs
36	OZ	Breakfast Cereal
1	CTR	Peanut Butter, Dry Beans, or Canned Beans (4 cans)
1	CTR	Dry Beans
16	OZ	Whole Grains
47	\$\$\$	Fruits and Vegetables
4.5	GAL	Milk (1% Lowfat or Nonfat)
144	OZ	Juice
32	OZ	Yogurt (Lowfat or Nonfat)

### WIC Foods units of measure:

**\$\$\$**

Cash Value Benefit

**CTR**

Container

**DOZ**

Dozen

**GAL**

Gallon

**OZ**

Ounces



# Children

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

## Example of foods you can get:

16	OZ	Cheese
1	DOZ	Eggs
36	OZ	Breakfast Cereal
1	CTR	Peanut Butter, Dry Beans, or Canned Beans (4 cans)
32	OZ	Whole Grains
26	\$\$\$	Fruits and Vegetables
3	GAL	Milk (1% Lowfat or Nonfat; Whole for age 12–23 months)
128	OZ	Juice
32	OZ	Yogurt (Lowfat or Nonfat; Whole fat for age 12–23 months)

## WIC Foods units of measure:

**\$\$\$**

Cash Value Benefit

**CTR**

Container

**DOZ**

Dozen

**GAL**

Gallon

**OZ**

Ounces



# 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, Dry Beans, or Canned Beans (4 cans)
1	CTR	Dry Beans
16	OZ	Whole Grains
52	\$\$\$	Fruits and Vegetables
5	GAL	Milk (1% Lowfat or Nonfat)
30	OZ	Canned Fish
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

#### WIC Foods units of measure:

**\$\$\$**

Cash Value Benefit

**CTR**

Container

**DOZ**

Dozen

**GAL**

Gallon

**OZ**

Ounces

When your baby is 9 months, you can choose to get 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, Dry Beans, or Canned Beans (4 cans)
1	CTR	Dry Beans
16	OZ	Whole Grains
52	\$\$\$	Fruits and Vegetables
4.5	GAL	Milk (1% Lowfat or Nonfat)
144	OZ	Juice
32	OZ	Yogurt (Lowfat or Nonfat)

## Infant:

### Birth through 11 months

#### Mom's Healthy Breastmilk

Some Formula (Amount varies)

- Birth–1 month: 1 can (powder)
- 1–3 months: 1–4 cans (powder)
- 4–5 months: 1–5 cans (powder)
- 6–11 months: 1–4 cans (powder)

### At 6 months

24	OZ	Infant Cereal
32	CTR	Infant Fruits and Vegetables Formula (see above)

### At 9 months

24	OZ	Infant Cereal
16	CTR	Infant Fruits and Vegetables
4	\$\$\$	Fresh Fruits and Vegetables Formula (see above)

#### WIC Foods units of measure:

**\$\$\$**

Cash Value Benefit

**CTR**

Container

**DOZ**

Dozen

**GAL**

Gallon

**OZ**

Ounces

When your baby is 9 months, you can choose to get some fresh 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	Peanut Butter, Dry Beans, or Canned Beans (4 cans)
47	\$\$\$	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–1 month: 2–9 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
		Formula (see above)

### At 9 months

24	OZ	Infant Cereal
16	CTR	Infant Fruits and Vegetables
4	\$\$\$	Fresh Fruits and Vegetables
		Formula (see above)

### WIC Foods units of measure:

**\$\$\$**

Cash Value Benefit

**CTR**

Container

**DOZ**

Dozen

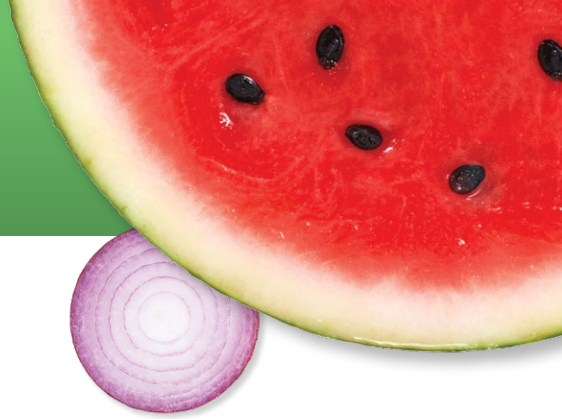
**GAL**

Gallon

**OZ**

Ounces

When your baby is 9 months, you can choose to get some fresh 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	Peanut Butter, Dry Beans, or Canned Beans (4 cans)
47	\$\$\$	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
		Formula (see above)

### At 9 months

24	OZ	Infant Cereal
16	CTR	Infant Fruits and Vegetables
4	\$\$\$	Fresh Fruits and Vegetables
		Formula (see above)

### WIC Foods units of measure:

**\$\$\$**

Cash Value Benefit

**CTR**

Container

**DOZ**

Dozen

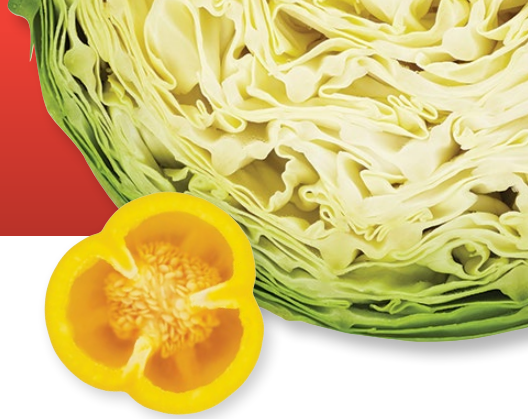
**GAL**

Gallon

**OZ**

Ounces

When your baby is 9 months, you can choose to get some fresh fruits and vegetables.





If you or your child cannot eat certain foods, ask about other WIC food choices.

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WIC is a supplemental food program, which means we do not provide all the food or formula your family needs.



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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 | MyFamily.WIC.ca.gov**

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