

Common WIC Foods



Whole grains



100% whole wheat bread



Corn or 100% whole wheat tortillas



Oats



Bulgur

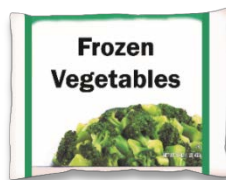


Brown rice

Fruit and Vegetables



Fresh

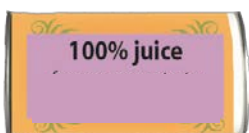


Frozen



Whole grain pasta

Juice



Yogurt and tofu



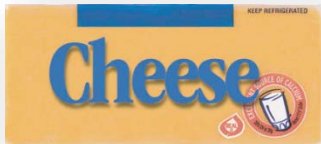
Milk



Common WIC Foods



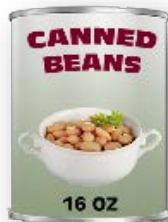
Cheese



Eggs - large



Canned beans Dry beans, peas or lentils



Peanut butter



Cereal



hot cereal



cold cereal

Fish - canned



tuna, salmon, sardines

Baby cereal



Baby food



fruit/vegetables

meat