



health



For more than 90 years, the Tennessee Department of Health has been helping mothers and their babies. To make sure your new baby is healthy and gets off to a good start, we strongly recommend breastfeeding.

WIC FOODS FOR YOUR CHILD - 2 THROUGH 4 YEARS

Your WIC Foods:

- Increase your choice of food • Offer a variety of fruits and vegetables
- Help improve your health • Follow the Dietary Guidelines and MyPlate recommendations

What You Will Receive Each Month:



GRAINS	FRUITS and VEGETABLES	DAIRY	PROTEIN
36 oz cereal 2 - 16 oz whole wheat bread or other whole grain products such as: • Brown rice • Bulgur • Oatmeal • Barley • Soft corn tortillas • Whole wheat tortillas • Whole wheat macaroni / pasta	2 - 64 oz containers WIC approved juice \$8 cash value voucher for fresh or frozen fruits and vegetables	3 gallons milk – Fat Free, Low Fat, or Sweet Acidophilus 1 quart buttermilk OR 12 oz can evaporated milk OR 32 oz tub fat free or low fat yogurt 16 oz cheese	1 dozen eggs 16 oz package dried beans/ peas OR 4 - 15 to 16 oz cans of canned beans OR 1 - 16 to 18 oz jar of peanut butter

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