

Common WIC Foods



Cheese



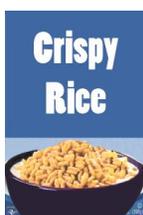
Eggs - large



Cereal



hot cereal



cold cereal



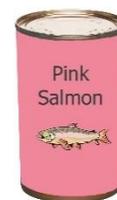
Peanut butter



Fish - canned



tuna, salmon, sardines



Dry beans, peas or lentils



Baby cereal



Baby food



fruit/vegetables



meat

Common WIC Foods



Whole grains



100% whole wheat bread



Corn tortillas



Brown rice

Fruit and Vegetables



Fresh



Frozen

Juice



Milk

