

Spotlight on WIC Foods

[WIC approved Foods](#)

Check above link, for
specific foods



The WIC program gives you a monthly food package that helps you get the nutrients you and your family needs. WIC foods are mostly low in fat, high in fiber and rich in vitamins and minerals.

Whole Grains: Oatmeal, rice, bread, pasta, tortilla
Make half your grains whole grains

Fruit & Vegetables: Fresh and frozen
More is better

Protein Foods: Peanut butter, canned & dried beans; Eggs; Tuna & salmon in cans or foil packets
Choose a variety

Dairy & Soy Foods: Milk, cheese, yogurt, tofu
Strong Bodies Need Strong Bones

Breakfast Cereals:
Look for low sugar and high fiber

Cooking Link [New Ideas for Using WIC Foods](#)
[Nuevas ideas de cocina de WIC](#) [WIC أفكار طبخ جديدة لبرنامج](#)