

Spotlight on WIC Protein 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 need. WIC foods are mostly low in fat, high in fiber and rich in vitamins and minerals.

Protein Foods: Peanut butter, canned & dried beans; Eggs; Tuna & salmon in cans or foil packets; baby food meats;

Choose a variety

Why foods high in protein?

Protein foods help your family grow and maintain healthy tissues. These foods provide energy and help your body build bones, muscles, cartilage, skin, blood, enzymes and hormones

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

[WIC أفكار طبخ جديدة لبرنامج](#)
[Check out these bean recipes](#) [Scrambled Egg Muffin Video](#)
[African Peanut Soup](#) [अफ्रीकी मूंगफली सूप](#)