

## WIC Food Benefits

In addition to nutrition counseling and breastfeeding support, WIC participants will receive monthly vouchers (checks) to purchase formula or specific food items in the grocery store. Because WIC is a supplemental food program, it is not intended to provide all of your food or formula needs for the month. The WIC foods that are provided to you and your family will promote healthy options like fruits and vegetables, whole grains and low fat milk.

### **Food Benefits women and children will receive include:**

- Fruits and vegetables (fresh, frozen, canned)
- 100% Juice
- Whole wheat/whole grain foods: 100% whole wheat bread, brown rice, soft corn or whole wheat tortillas
- Beans, peas, lentils (canned or dried)
- Peanut butter
- Milk
- Eggs
- Whole grain, iron-fortified cereals

View the *WIC Approved Food Guide* (English & Spanish) at  
<https://www.dhs.wisconsin.gov/library/P-44578.htm>

### **Fully Breastfeeding women also receive:**

- Increased amount of fruits and vegetables, eggs, and milk
- Cheese
- Canned tuna or salmon

### **Infants may receive:**

- Infant formula
- Infant fruits and vegetables for ages 6 months and older
- Infant cereal for ages 6 months and older
- Fully breastfed infants receive infant meats and increased amounts of infant fruits and vegetables

### **More information on WIC Food Benefits:**

*How to use your fruit and vegetable check brochure*  
<https://www.dhs.wisconsin.gov/library/P-00052.htm>

*Why Should I Breastfeed?*  
<https://www.dhs.wisconsin.gov/publications/p4/p44952.pdf>