



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: <ul style="list-style-type: none"> <li>• Brown rice</li> <li>• Bulgur</li> <li>• Oatmeal</li> <li>• Barley</li> <li>• Soft corn tortillas</li> <li>• Whole wheat tortillas</li> <li>• Whole wheat macaroni / pasta</li> </ul>	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 <b>OR</b> 12 oz can evaporated milk <b>OR</b> 32 oz tub fat free or low fat yogurt  16 oz cheese	1 dozen eggs  16 oz package dried beans/peas <b>OR</b>  4 - 15 to 16 oz cans of canned beans <b>OR</b>  1 - 16 to 18 oz jar of peanut butter

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