



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 NON-BREASTFEEDING MOM

## Your WIC Foods:

- Increase your choice of food • Offer a variety of fruits and vegetables
- Help improve your family's health • Follow the Dietary Guidelines and MyPlate recommendations



## What You Will Receive Each Month:

GRAINS	FRUITS and VEGETABLES	DAIRY	PROTEIN
36 oz cereal	2 – 11.5 to 12 oz. frozen or 48 oz. containers of WIC approved juice  \$11 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> 16 oz tofu <b>OR</b> 32 oz tub low fat or fat free 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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 Tennessee Department of Health. Authorization No. 343007. No. of copies, 6,700. This public document was promulgated at a cost of \$0.15 per copy. 9/15

