

# WHAT'S IN THE WIC FOOD PACKAGE?

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides nutritious foods that are tailored to YOU!

## FACTS ABOUT THE WIC FOOD PACKAGE:

- There are 7 different WIC food packages, and WIC adapts them to meet needs of clients.
- The food package is based on the quantity of the product, so if the product is in your package, it can be purchased regardless of price.
- Additionally, there are dollars (known as the Cash Value Benefit) that can be spent on your choice of fruits and vegetables in the grocery store.
- **Remember, not every product is for every participant!**

|                                                                                                    | Fruits & Vegetables                                                | Dairy                                                                                     | Grains                                                                                      | Protiens                                                                                         |
|----------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|-------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|
| <b>Infants (Birth to 11 months)</b>                                                                | Fruits and vegetables (jarred infant food or Cash Value Benefit) ◆ | Formula (only provided for children that are partially or not at all breastfed)           | Infant cereal ◆                                                                             | Baby food meat (only for fully breastfed infants) ◆                                              |
| <b>Children (1 to 4 years)</b>                                                                     | Juice, \$26 for fruits and vegetables                              | Milk (cow's milk, lactose-free, or plant-based such as soy) tofu, yogurt, cheese, etc. ★  | Cereal, whole grains (whole wheat breads and pastas, whole grain rice, oatmeal, and more) ★ | Eggs, canned fish, dry legumes or canned legumes, peanut butter (or other nut and seed butter) ★ |
| <b>Pregnant &amp; partially breastfeeding or fully breastfeeding (benefits for up to one year)</b> | Juice, \$47-\$52 for fruits and vegetables                         | Milk (cow's milk, lactose-free, or plant-based such as soy), tofu, yogurt, cheese, etc. ★ | Cereal, whole grains (whole wheat breads and pastas, whole grain rice, oatmeal, and more) ★ | Eggs, canned fish, dry legumes or canned legumes, peanut butter (or other nut and seed butter) ★ |
| <b>Postpartum, not breastfeeding (benefits for up to 6 months)</b>                                 | Juice, \$47 for fruits and vegetables                              | Milk (cow's milk, lactose-free, or plant-based such as soy), tofu, yogurt, cheese, etc. ★ | Cereal, whole grains (whole wheat breads and pastas, whole grain rice, oatmeal, and more) ★ | Eggs, canned fish, dry legumes or canned legumes, peanut butter (or other nut and seed butter) ★ |

**Talk to your local WIC clinic to know exactly what products would be included in your food package!**

**See [USDA's website](#) for more information about the different food packages.**

★ Allowed upon TN WIC's approval ◆ Allowed once infant turns 6 mo. old