

CHOICES FOR CHILDREN



WIC foods help meet your child's nutrition needs and supports their healthy development. Your child will enjoy milk, cereal, eggs, juice, peanut butter and beans, fruits, vegetables, yogurt and whole grains!

YOUR CHILD'S WIC FOODS

- Are low in fat and high in fiber
- Offer a variety of choices to help with picky eating habits
- Help maintain a healthy weight for your child

WHAT YOU WILL RECEIVE

Grains

- Whole grain cereals, breads, pasta, rice, and whole grain flour
- Instant oatmeal, whole grain cereal, whole grain bread, whole grain flour, whole grain pasta, whole grain rice, whole grain flour, whole grain pasta, whole grain rice

Vegetables and Fruits

- Fresh, frozen, or canned fruits and vegetables
- Fresh, frozen, or canned fruits and vegetables, canned, or frozen

Dairy

- Whole milk, low-fat milk, and reduced-fat milk
- Whole milk, low-fat milk, and reduced-fat milk, whole milk, low-fat milk, and reduced-fat milk

Protein

- Peanut butter, jelly, and jam
- Peanut butter, jelly, and jam, peanut butter, jelly, and jam

CONTACT US

Call 202-442-9397

Visit DCWIC.org



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