Shopping with WIC saves you money!

Foods for Children

Average value $56 per month

Whole grain options
- Whole grain breads
- Corn/whole wheat tortillas
- Brown rice
- Whole grain pasta
- Oatmeal

Fruits and vegetables
- Fresh, frozen and/or canned

Protein options
- Canned beans
- Dry beans
- Peanut butter

Dairy options
- Milk
- Yogurt
- Cheese

1-800-WIC-1007

GOOD FOOD and A WHOLE LOT MORE!

www.mass.gov/wic