Shopping with WIC saves you money!

Foods for Pregnant Women

Average value $66 per month

Fruits and vegetables
Fresh, frozen and/or canned

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

Dairy options
- Milk
- Yogurt
- Cheese

Protein options
- Canned beans
- Dry beans
- Peanut butter

WIC
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GOOD FOOD and
A WHOLE LOT MORE!

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