

# INFANT FOODS

## Infant Cereal

✳ Choose lower priced foods

No organic allowed

➤ 8 oz or 16 oz box/container

### ALLOWED

- Any brand
- Dry infant cereal WITHOUT fruit, formula or DHA/ARA
- **CHOOSE ONLY:** barley, corn, oatmeal, mixed grain, multigrain, rice or whole wheat



## Infant Fruits & Vegetables

✳ Choose lower priced foods

No organic allowed

➤ For infants 6 thru 11 months ONLY

4 oz  
glass jar



4 oz  
2-pack  
plastic tubs



### ALLOWED

- Beech-Nut, Beech-Nut Goya, Gerber, Meijer Baby, Meijer Naturals, Parent's Choice
- 4 oz glass jars or plastic tubs ONLY (multipacks allowed)
- Stage 2, 2½ or 2nd foods
- Any variety single fruit or vegetable (example: apple sauce or sweet peas)
- Any variety mixed fruits and/or vegetables (example: apples and bananas, mixed vegetables, sweet potatoes and apples)

### ✳ NOT ALLOWED

- Dinners, added meats, added sugar or salt, added DHA, added cereal, desserts

# Infant Meats

✳ Choose lower priced foods

No organic allowed

- Only for breastfeeding infants 6 thru 11 months who are NOT receiving formula from WIC
- 2.5 oz glass jars ONLY (multipacks allowed)
- Single meat varieties ONLY



## ALLOWED

- Beech-Nut – beef & beef broth, chicken & chicken broth, turkey & turkey broth
- Beech-Nut Goya – beef & beef broth, chicken & chicken broth
- Gerber – beef & beef gravy, chicken & chicken gravy, ham & ham gravy, turkey & turkey gravy
- Meijer Naturals – beef with gravy, chicken with gravy, turkey with gravy

## Health Bite!

Be sure your infant is ready to eat foods.

To eat foods, your infant must be able to:

- Sit and hold her head steady
- Show he wants food by opening his mouth
- Show she doesn't want food by closing her mouth or turning her head

# Infant Formula

Doctors strongly recommend breastfeeding as the healthiest way to feed babies.

No organic allowed

- You must buy the exact type and size container of infant formula listed on your WIC Shopping List
- If your doctor changes your formula, you must obtain WIC Clinic approval and it must appear on your WIC Shopping List

## WIC FORMULAS:



Enfamil PREMIUM



Enfamil Gentlease



Enfamil A.R.



Enfamil ProSobee

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