

"Breastmilk is the gold Standard!"

Upcoming Food Package Changes
for Infants on WIC



Breastmilk

Infant Cereal

Exclusively
Breastfed Infant
Package

Jarred
Fruit/Veggies

Jarred Meats

Exclusively Breastfed Infant Package

- Jarred fruits and vegetables will be added at 6 months
- Jarred meats will be added at 6 months
- Babies that exclusively breastfeed receive twice as much baby fruits and vegetables and also baby meats.
- Exclusively breastfeeding moms will continue receiving extra foods such as more whole grains, fruits & vegetables



Breastmilk

WIC does not routinely provide any formula to breastfed babies in the first month. This will build and protect your milk supply and give you and your baby time to learn how to breastfeed

Formula

Partial
Breastfeeding
Infant Package

Infant Cereal

Jarred Fruit/Veggies

Partial Breastfeeding Infant Package

- Jarred fruits and vegetables will be added at 6 months
- Formula will not be routinely issued for the first month
- Infants will only receive supplemental amount of formula after the first month

Formula

Infant Cereal

Formula-
Feeding Infant
Package

Jarred
Fruit/Veggies

Infant Food Package Changes

- WIC will no longer provide juice for babies under 12 months of age to align with the American Academy of Pediatrics recommendation. Your baby does not need juice.
- Solids will be given once the baby turns 6 months old.
- The amount of infant formula you receive will change as your baby gets older, starting when your baby is 6 months old.