

Baby's First Birthday



WIC kids thrive from birth to five!

Each month your child is on WIC, you save grocery money, about \$50 per child. After your child is one year old, WIC continues to offer many important things.

- Nutritious food
- Health and feeding tips
- Nutrition information for proper growth
- Referrals for health care and other services
- Personalized advice



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Every month,
your child's WIC checks will buy:

3 gallons, 1 quart **milk**
(whole for ages 1 – 2)

1 pound **cheese**

1 dozen **eggs**

32 ounces **whole grains**

36 ounces **breakfast cereal**

2 64-ounce containers **100% juice**

1 pound **beans** or 1 18-ounce jar **peanut butter**

\$8 voucher for fruits and vegetables



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