

Good Nutrition Starts with WIC!

We all know eating healthy can be expensive. WIC strives to make healthy eating possible for our participants. The following are the foods and beverages available through the use of WIC checks:

(Please note: The foods issued on WIC checks may differ slightly from one participant to another)

100% Whole Wheat Bread, Buns, or Rolls

100% Whole Wheat Tortillas

Corn Tortillas

Vegetables

Cheese

Milk

Eggs

Cereal

Fruit

Tuna/Salmon

100% Juice

Peanut Butter

Beans/Peas

Infant Fruits (Stage 2)

Infant Vegetables (Stage 2)

Infant Meats (Stage 1 & 2)

Infant Cereal

Infant Formula

Click on the link below to view the WIC Approved Foods Booklet:

<http://www.dhs.wisconsin.gov/WIC/foods/apprvfood.htm>