

Labels to look for on your WIC Approved Foods



Your baby is ready for a spoon when he/she can:

- Sit supported and hold head up
- Remove food from a spoon with lips and tongue
- Show interest in what you are eating
- Turn head away when full



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Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

APPROVED FOOD For Infants



**Remember
Breastfeeding
Is Best!**



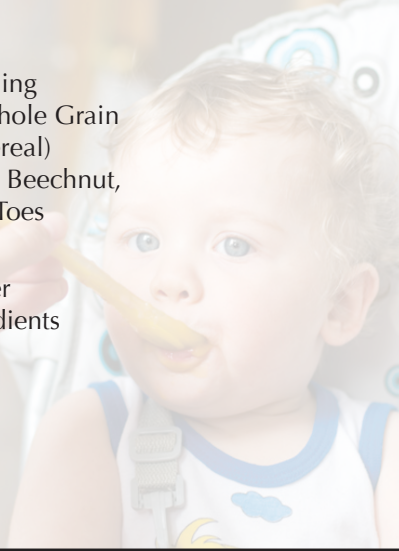
INFANT CEREAL

Can Buy

Any grain (including Whole Wheat/Whole Grain Sensitive baby cereal)
8 oz container of Beechnut, Gerber, or Tippy Toes

Cannot Buy

With fruit or other non-cereal ingredients
Organic
With DHA/ARA



INFANT VEGETABLES

Can Buy

Stage 2 or 2nd Foods
Single or Mixed ingredients
4 oz jars of Beechnut, Gerber (twin packs) or Tippy Toes

Cannot Buy

With added sugars, starches or sodium
Organic
With DHA/ARA
Meat and vegetable combinations



INFANT FRUITS

Can Buy

Stage 2 or 2nd Foods
Single or mixed ingredients
4 oz jars of Beechnut, Gerber (twin packs) or Tippy Toes

Cannot Buy

With added sugars, starches or sodium
Juice and fruit blends,
With added cereal
Any Desserts (like fruit cobbler)
Organic
With DHA/ARA



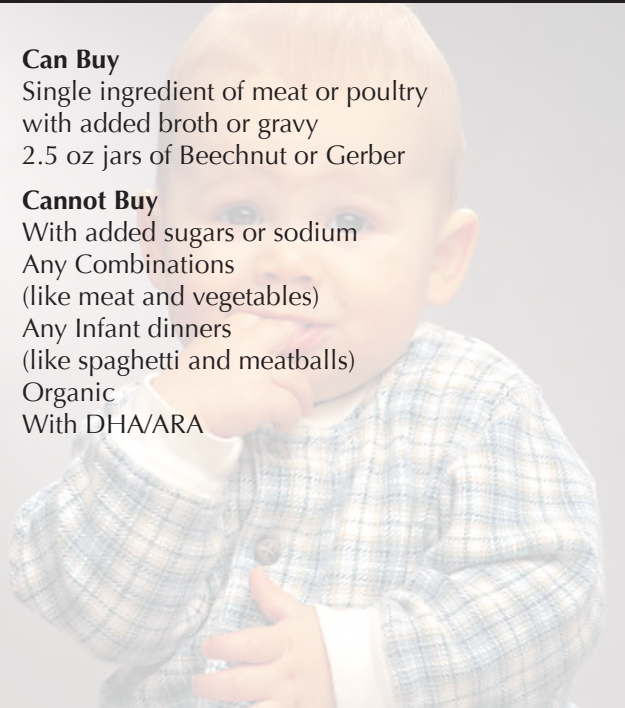
INFANT MEAT for fully breastfed infants

Can Buy

Single ingredient of meat or poultry with added broth or gravy
2.5 oz jars of Beechnut or Gerber

Cannot Buy

With added sugars or sodium
Any Combinations (like meat and vegetables)
Any Infant dinners (like spaghetti and meatballs)
Organic
With DHA/ARA



INFANT FORMULA

If your baby is formula fed, buy only the brand, type and quantity they are allowed

