

Learn more: <http://nj.gov/health/fhs/wic> or call: 1-800-328-3838

Who is eligible for WIC?

- ◆ Pregnant women
- ◆ Breastfeeding mothers of infants up to 12 months old
- ◆ Mothers of infants up to 6 months old
- ◆ Infants and children up to 5 years old
(Must live in New Jersey, and meet income guidelines)

What are the WIC benefits?

- ◆ Access to healthy food
- ◆ Nutrition education
- ◆ Breastfeeding guidance
- ◆ Referrals to community support

What's in the monthly food package?

Each participant receives healthy WIC foods worth about \$60.00 per month. Choices include:



❖ Whole Grains

Whole Wheat Bread
Brown Rice
Whole Wheat Pasta
Whole Wheat/Corn Tortillas
Breakfast Cereals

❖ Protein

Eggs
Peanut Butter
Dry and Canned Beans
Tofu

❖ Vegetables/ Fruits

Fresh
Frozen
Canned
Juice

❖ Dairy

Milk
Soy Milk
Cheese
Yogurt

❖ Infant

Infant Cereal
Baby Food Vegetable
Baby Food Fruit
Infant Formula

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- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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