

## WIC FOOD PACKAGES SUPPORT BREASTFEEDING

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Fully breastfeeding women who DO NOT receive formula from WIC will receive the largest amount and variety of foods.



## WOMEN CANNED FISH



### ALLOWED

CHUNK LIGHT TUNA  
PINK SALMON

- 5 oz Cans
- Any Brand
- Packed in Water or Oil

SARDINES

- 3.75 oz Cans
- Any Brand
- Packed in Water or Oil

### NOT ALLOWED

- Albacore Tuna
- Chunk White or Solid White Tuna
- Flavored or Seasoned
- Foil Packs or Pouches
- Low Sodium
- Organic

**HELPFUL HINT!**  
ADD 3 (5 OZ) CANS  
+ 4 (3.75 OZ) CANS  
= 30 OZ

## INFANT MEATS 2.5 OZ JARS ONLY

### ALLOWED

- Added DHA/ARA
- Any Plain Meat
- Broth or Gravy

### NOT ALLOWED

- Added Noodles, Pasta, Rice
- Added Salt, Sugars
- Dinners or Graduates
- Organic or Natural



BEECH NUT CLASSICS



GERBER