

CHILDREN AGE 1-2



Milk = Whole

approx. value
as of July 2022
= \$67.50

Note: NM WIC
only allows 64 oz
bottled juice

These WIC foods help your child meet today's nutrition needs as recommended by registered dietitians. Your child's WIC foods are lower in fat and higher in fiber, offer a variety to help with picky eating habits, and help your child maintain a healthy weight.

CHILDREN AGE 2-5



Milk = 1%

approx. value
as of July 2022
= \$67.50

Note: NM WIC
only allows 64 oz
bottled juice

These WIC foods help your child meet today's nutrition needs as recommended by registered dietitians. Your child's WIC foods are lower in fat and higher in fiber, offer a variety to help with picky eating habits, and help your child maintain a healthy weight.

New Mexico WIC offers monthly food packages to families for buying healthy foods. The foods in each package are personalized for the needs of women, infants and children to help them get the nutrients they need. The WIC clinic provides families with a Shopping List that shows what amounts of each food they can buy (not all foods are available in every food package).

Baby Foods

- Baby cereal
- Baby food fruits and vegetables
- Optional fresh fruits and vegetables for infants over 9 months
- Baby food meats for fully breastfeeding babies
- Formula*

*Breastmilk is one of the most important gifts a mom can give her baby. If families do need formula to feed their babies, NM WIC is here help.

Cereal

- Iron-fortified and low in sugar
- Many are whole grain and high in fiber
- Gluten-free choices

Dairy/Non-Dairy

- Fat-free and low-fat (1%) milk for women and children 2 to 5 years
- Whole milk for children 12 to 24 months
- Soy milk
- Lactose-free milk
- Goat milk (with medical prescription)
- Cheese
- Yogurt
- Tofu

Fruits and Vegetables/Juice

- Fresh, frozen, or canned fruits and vegetables
- 100% juice

Protein Foods

- Eggs
- Dry beans, split peas, or lentils
- Canned beans
- Peanut butter
- Canned fish for fully breastfeeding mothers

Whole Grains

- Bread (whole-wheat)
- Tortillas (corn or whole-wheat)
- Brown rice
- Oatmeal
- Whole-wheat pasta



Food Packages

For more info visit:
nmwic.org/shopping-with-wic

or call:
866-867-3124

This institution is an equal opportunity provider

PREGNANT WOMEN (Mom's to be)



approx. value
as of July 2022
= \$74.50

Note: NM WIC
only allows 12 oz
frozen juice

These WIC foods help you and your developing baby meet today's nutrition needs as recommended by registered dietitians. Your WIC foods are lower in fat and higher in fiber, improve the variety of foods available, and promote weight gain for you and your baby. If you are pregnant with twins etc, you may be eligible for more foods.

FULLY BREASTFEEDING WOMEN



approx. value
as of July 2022
= \$74.50

Note: NM WIC
only allows 12 oz
frozen juice

These WIC foods help you and your breastfeeding baby meet today's nutrition needs as recommended by registered dietitians. Your WIC foods are lower in fat and higher in fiber. They also support your breast milk supply, improve the variety of foods available, and promote steady weight loss to help you maintain a healthy weight after delivery. If you are breastfeeding twins etc, you may be eligible for more foods.

PARTIALLY BREASTFEEDING WOMEN



approx. value
as of July 2022
= \$74.50

Note: NM WIC
only allows 12 oz
frozen juice

These WIC foods help you and your developing baby meet today's nutrition needs as recommended by registered dietitians. Your WIC foods are lower in fat and higher in fiber, improve the variety of foods available, and promote weight gain for you and your baby. If you are breastfeeding twins etc, you may be eligible for more foods.

POSTPARTUM WOMEN & SOME BREASTFEEDING WOMEN



approx. value
as of July 2022
= \$55.50

Note: NM WIC
only allows 12 oz
frozen juice

The WIC foods help you and your baby meet today's nutrition needs as recommended by registered dietitians. Your WIC foods are lower in fat and higher in fiber, improve the variety of foods available, and help you maintain your strength to care for your baby.

FULLY BREASTFEEDING INFANTS



approx. value
as of July 2022
= \$110.50

From 0-6 months, your infant will receive your wonderful breastmilk.

At 6 months of age, in addition to your breastmilk your baby can receive infant food meats, fruits & vegetables, and cereal.

FORMULA, PARTIAL, AND SOME BREASTFEEDING INFANTS



approx. value
as of July 2022
= \$39.00 +
formula cost

From 0-6 months, depending on if and how much you are breastfeeding, your infant will receive some formula.

At 6 months of age, in addition to your breastmilk and/or formula your baby can receive infant fruits & vegetables, and cereal.