

Menu Ideas

Dinners

Lunches

Breakfasts

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Snacks

Grocery List

Before you shop note the brands and package sizes of the WIC foods you plan to buy. Not all brands are available in every store. If there is a WIC item you would like your store to carry, ask at customer service.

	Type/Brand	Size
Fruits, Vegetable & Juice	Fruits	_____

Fruits, Vegetable & Juice	Vegetables	_____

Fruits, Vegetable & Juice	100% Fruit Juice	48 or 64 oz bottles
		11.5–12 or 16 oz frozen
Dairy	Eggs	Dozen
	Milk	Gallon, ½ gal, quart
	Cheese	8 or 16 oz block
	Soy milk Beverage	32 oz (quart) or 64 oz (½ gal)
	Yogurt	32 oz container
Proteins	Canned Fish	3.75–15 oz can
	Peanut Butter	16–18 oz jar
	Dried/Canned Beans	1 lb bag or 15–16 oz cans
	Tofu	14–16 oz package
Whole Grains	Breakfast Cereal	12–36 oz box
	Bread	16 oz loaf
	Tortillas	16 oz package
	Brown Rice	14–16 oz package
	Whole Wheat Pasta	16 oz package