

# Shopping with WIC saves you money!

## Foods for Children

Average value \$56 per month



### Whole grain options

Whole grain breads  
Corn/whole wheat tortillas  
Brown rice  
Whole grain pasta  
Oatmeal



### Fruits and vegetables

Fresh, frozen and/or canned



### Protein options

Canned beans  
Dry beans  
Peanut butter



### Dairy options

Milk  
Yogurt  
Cheese



1-800-WIC-1007

GOOD FOOD *and*  
A WHOLE LOT MORE!

[www.mass.gov/wic](http://www.mass.gov/wic)