

# Shopping with WIC saves you money!

## Foods for Pregnant Women

Average value \$66 per month



**Fruits and vegetables**  
Fresh, frozen and/or canned



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



**Dairy options**  
Milk  
Yogurt  
Cheese



**Protein options**  
Canned beans  
Dry beans  
Peanut butter