Choices for Haitian Cuisine

WIC offers many food choices! Youcanuse your WIC benefits to purchase foods that are

familiar to you and your family, or to try new ones! During your WIC appointment, ask your

WIC nutritionist to review the complete WIC food guide for more options and information.

Pineapple

Avocado

Cassava

Leeks

Sweet potato

Chayote

Plantain

Papaya

Fruits &Vegetables Pineapple Avocado Cassava Leeks Sweet potato Allowed:

•Fresh or frozen•Whole, cut, bagged, or packaged•Organic or non-organic

Chayote Plantain Papaya

Brown rice

Whole GrainsBrown riceOther options:

whole wheat

pasta, wholewheat bread,

oatmeal

Cereal

Grits

Kidney beans

Chickpeas

Black beans

White beans

Evaporated milk

Milk

Eggs

Beans Kidney Chickpeas Black beans White beans Options: dried or canned beans, lentils, or peas Dairy Evaporated milk Milk Eggs Other options:

•Cheese–American, Colby, Cheddar, Monterey Jack,

Mozzarella, Muenster•Yogurt•Tofu

1-800-WIC-1007

This institution is an equal opportunity provider.

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