

Labels to look for on your WIC Approved Foods



Your baby is ready for a spoon when he/she can:

- Sit supported and hold head up
- Remove food from a spoon with lips and tongue
- Show interest in what you are eating
- Turn head away when full



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Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

APPROVED FOOD

For Infants • 2014 - 2015

TENNESSEE WIC

**Remember
Breastfeeding
Is Best!**



Effective Oct 1, 2014 - Sept 30, 2015

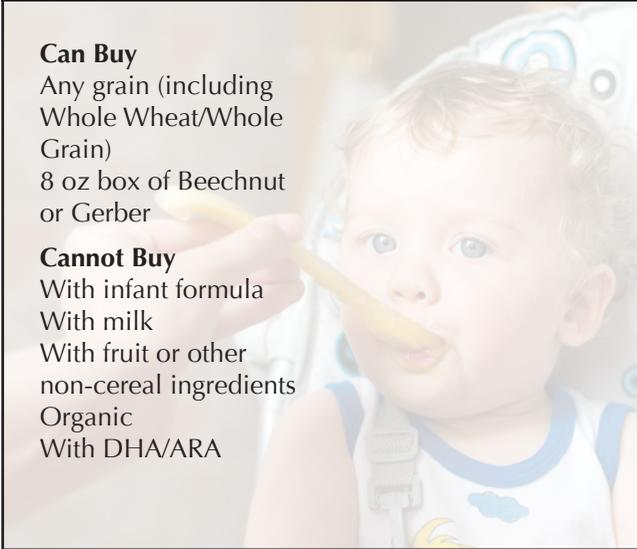
INFANT CEREAL

Can Buy

Any grain (including Whole Wheat/Whole Grain)
8 oz box of Beechnut or Gerber

Cannot Buy

With infant formula
With milk
With fruit or other non-cereal ingredients
Organic
With DHA/ARA



INFANT VEGETABLES

Can Buy

Stage 2 or 2nd Foods
Single ingredient
3.5 or 4 oz jars of Beechnut (includes Beechnut/Goya) or Gerber
Twin Packs

Cannot Buy

White potatoes
With added sugars, starches or sodium
Organic
With DHA/ARA



INFANT FRUITS

Can Buy

Stage 2 or 2nd Foods
Single ingredient
3.5 or 4 oz jars of Beechnut (includes Beechnut/Goya) or Gerber
Twin Packs

Cannot Buy

With added sugars, starches or sodium
With added cereal
Any Desserts (like fruit cobbler)
Organic
With DHA/ARA



INFANT MEAT for fully breastfed infants

Can Buy

Single ingredient of meat or poultry with added broth or gravy
2.5 oz jars of Beechnut (includes Beechnut/Goya) or Gerber

Cannot Buy

With added sugars or sodium
Any Combinations (like meat and vegetables)
Any Infant dinners (like spaghetti and meatballs)
Organic
With DHA/ARA



INFANT FORMULA

If your baby is formula fed, buy only the brand, type and quantity they are allowed

