

WIC SHOPPING LIST

DAIRY

☐ Whole milk

☐ Mozzarella or cheddar cheese

☐ Organic yogurt

☐ Brown shell eggs

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FRUIT & VEGETABLES

☐ Organic berries

☐ Frozen fruit

☐ Fresh vegetables

☐ Frozen vegetables

☐ Fruit juice

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PANTRY ITEMS

☐ Canned or Dried Beans

☐ Peanut butter

☐ Rice

☐ Bread

☐ Tortillas

☐ Oatmeal

☐ Pasta

SEAFOOD & SNACKS

☐ Tuna

☐ Salmon

☐ Sardines

☐ Baby Food

☐ Baby Cereal

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