

WIC Foods for

MOMS and INFANTS



Effective April 2026

WIC Food Options

This brochure will cover the food options available to moms and their babies in the first year.

Fully Breastfeeding Monthly WIC Foods (page 5)

This is the largest option and it does not contain any formula. Moms and babies can get these foods until baby's first birthday.

Partially Breastfeeding Monthly WIC Foods (page 7)

This option is for families who are feeding both breastmilk and formula. It contains less food than the fully breastfeeding option but more than the formula option, and it includes some formula. Moms and babies can get these foods until baby's first birthday.

Formula Feeding Monthly WIC Foods (page 9)

This option is for families who are feeding mostly formula with some breastfeeding or only formula. It includes more formula than the partially breastfeeding option, but not all the formula your baby may need. Moms who choose this option will receive foods for the first six months after baby is born.



You can ask the staff at your WIC office to change your food option at any time based on the changing needs of you and your baby. Updates may not go into effect until the first day of the following month.

WIC is Here to Help You Meet Your Goals

WIC is here to support you every step of the way. From learning all about breastfeeding during your pregnancy to helping you through any challenges after your baby is born, WIC is here for you.



WIC clinics offer lactation consultants and peer counselors for pregnant and breastfeeding moms. Peer counselors are moms who have breastfed and want to help you meet your feeding goals. They are trained to provide education and support when you need it.

Breast pumps are also available. If you cannot get a breast pump from your health plan that meets your needs, WIC can help.



Breastfeeding

You may already be thinking about how you will feed your new baby. WIC recommends you feed your baby only breastmilk for the first 6 months of life. When your baby is around 6 months old, introduce solid foods and continue to breastfeed for 2 years or longer, as desired.

Nature makes sure that your breastmilk is just right for your baby.

As your baby grows, your breastmilk will change to meet your baby's nutritional needs. Your breastmilk has many important vitamins and nutrients that help protect your baby from getting sick. The longer you breastfeed, the more protection you both have.



Benefits of Breastfeeding

For Your Baby:

- Lower risk of sudden infant death syndrome (SIDS).
- Fewer infections and illnesses.
- Less likely to develop asthma or type 1 diabetes.

For You:

- Lower risk of getting breast or ovarian cancer.
- Less likely to develop type 2 diabetes and high blood pressure.

Breastfeeding Support



Here are ways to get breastfeeding assistance.

- Call or visit your WIC clinic to speak with a lactation consultant or peer counselor.
- Call the Texas Lactation Support Hotline at **855-550-6667**. This service is free and available 24 hours a day, 7 days a week.
- Visit **BreastmilkCounts.com**.

Fully Breastfeeding Monthly WIC Foods for Infants *(until baby is 1 year old)*



When your baby is 0-5 months old

- The only food your baby needs is your breastmilk during this time. No WIC foods provided.

When your baby is 6-11 months old

- Infant cereal: 16 ounces
- Baby fruits/vegetables: 32 containers, 4 ounces each
- Baby food meats: 16 containers, 2.5 ounces each

You can exchange some of your baby food benefits for fruits and vegetables. Ask staff about options.



For breastfeeding support, call the Texas Lactation Support Hotline at 855-550-6667.

Partially Breastfeeding Monthly WIC Foods for Infants *(until baby is 1 year old)*



When your baby is 0-3 months old

- Formula: Up to 4 cans of 12.5-ounce powder*

When your baby is 4-5 months old

- Formula: Up to 5 cans of 12.5-ounce powder*

When your baby is 6-11 months old

- Formula: Up to 4 cans of 12.5-ounce powder*
- Infant cereal: 8 ounces
- Baby fruits/vegetables: 32 containers, 4 ounces each

You can exchange some of your baby food benefits for fruits and vegetables. Ask staff about options.

*All formula amounts are approximate and may vary based on type and can size.

Formula or Some Breastfeeding Monthly WIC Foods for Women

(until baby is 6 months old)



- Milk: 3 gallons
- Yogurt or milk: 1 quart
- Cheese: 1 pound
- Cereal: 36 ounces
- Eggs: 1 dozen
- Fruits/vegetables: \$51
- Whole grains: 48 ounces
- Beans or peanut butter: 1 pound of dry beans or 4 cans of beans or a 16- to 18-ounce jar of peanut butter
- Fish: 10 ounces canned

If you are combination feeding, it is important to know that starting or adding formula can decrease your breastmilk supply. For breastfeeding support, call the Texas Lactation Support Hotline at 855-550-6667.

Formula or Some Breastfeeding Monthly WIC Foods for Infants *(until baby is 1 year old)*



When your baby is 0-3 months old

- Formula: Up to 9 cans of 12.5-ounce powder*

When your baby is 4-5 months old

- Formula: Up to 10 cans of 12.5-ounce powder*

When your baby is 6-11 months old

- Formula: Up to 7 cans of 12.5-ounce powder*
- Infant cereal: 8 ounces
- Baby fruits/vegetables: 32 containers, 4 ounces each

You can exchange some of your baby food benefits for fruits and vegetables. Ask staff about options.

*All formula amounts are approximate and may vary based on type and can size.

Find out how WIC can help you make amazing kids.
Visit [TexasWIC.org](https://www.texaswic.org) to learn more and find your
nearest WIC clinic.



For breastfeeding help and information,
call the free Texas Lactation Support Hotline
24 hours a day, 7 days a week at
855-550-6667 or visit [BreastmilkCounts.com](https://www.BreastmilkCounts.com).



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