

Questions about Infant Food Packages:

Why does my baby get less formula at 6-12 months of age? Between 6-12 months of age, babies need to start eating solid foods to grow and develop. At this age, babies need less formula when eating infant cereal, fruits and vegetables.

Why doesn't my baby get juice anymore?

Infant strained fruits and vegetables give your baby more vitamins and fiber to help him grow and develop.



My baby's food package now has baby food. What kind of baby food can I get?

Single ingredient, strained fruits and vegetables; such as carrots, peas, pears, or peaches. Completely breastfed babies also get plain strained meats. Dinners and desserts are not provided by WIC because they don't have enough iron, vitamins, minerals, and protein for your baby.

Why do Completely Breastfed babies get meat and more containers of fruits and vegetables?

Since WIC does not have the expense of formula for these babies, WIC can provide more infant foods.



Can I get more formula if I don't get infant fruits and vegetables?

Babies need to learn to eat solid foods between 6-12 months of age. WIC provides these new foods to help you teach your baby to eat. WIC cannot provide more formula in place of fruits and vegetables for healthy babies.

What happens if I run out of formula before I can use my next WIC check?

If you are concerned about running out of formula, talk with your WIC staff to make sure the formula is mixed and stored the right way. WIC is a supplemental nutrition program. This means WIC does not provide all of the foods, including formula that your baby may need. Food Stamps (SNAP-Supplemental Nutrition Assistance Program) can be used to purchase extra formula if needed.