

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 • 2015 - 2016

TENNESSEE WIC

**Remember
Breastfeeding
Is Best!**



Effective July 1, 2015 - Sept 30, 2016

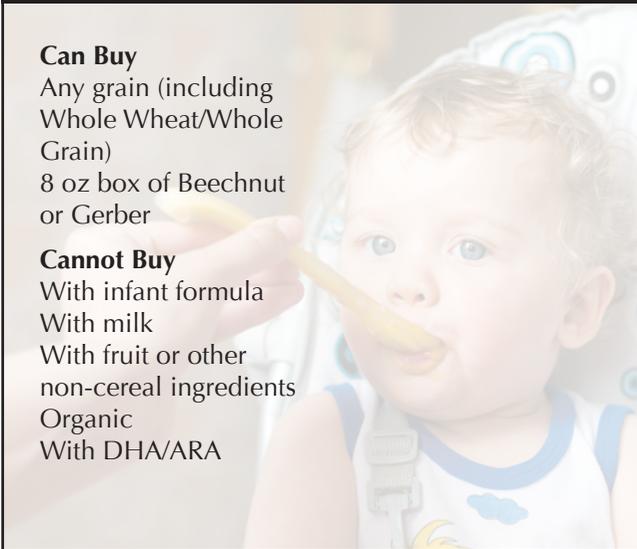
INFANT CEREAL

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 or Gerber
Twin Packs

Cannot Buy

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 or Gerber
Twin Packs

Cannot Buy

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



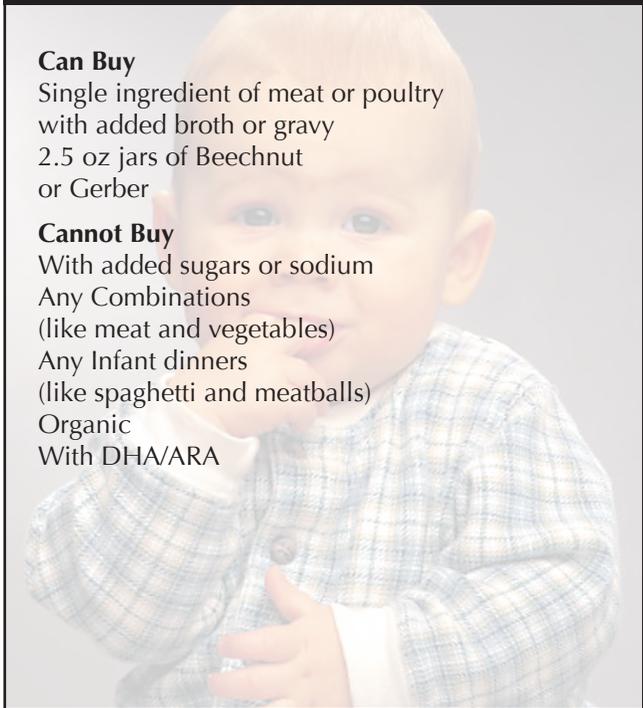
INFANT MEAT for fully breastfed infants

Can Buy

Single ingredient of meat or poultry with added broth or gravy
2.5 oz jars of Beechnut 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

