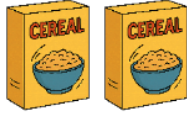


# Starting with APRIL benefits!

## Choose at the Store

Breakfast Cereal – choose at the store  
(see food list or WICShopper App for full list)



Legumes – choose at the store



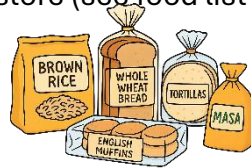
Fish – choose at the store



Fruits and vegetables – choose at the store



Whole grains – choose at the store (see food list or WICShopper app for full list)



## Choose with WIC Staff

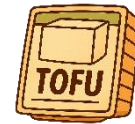
Eggs (Fully Breastfeeding – 2 in category)



OR



OR



Juice



OR



\$3 more

Dairy and Dairy Alternatives

Cheese



OR



Fully breastfeeding only

Yogurt



OR



OR



Liquid Milk/Milk Alternative – no yogurt/cheese, more milk

