

## Simple and Tasty WIC Food Ideas

Foods on the WIC Program are healthy and chosen because they contain important nutrients. Here are some simple ways to add them to your daily eating habits without a lot of preparation or time. Try an idea listed below to boost your family's health. No recipes required!

### Whole Grains

1. Bread: creative grilled cheese sandwiches: add Italian seasoning, tomatoes or avocado
2. Bread: make fancy toast: add avocado, tomatoes, cucumbers, shredded carrots, peanut butter with bananas, or whatever is your favorite ingredient
3. Bread or whole wheat tortilla: melt peanut butter on
4. Tortillas: make bean burritos or soft tacos, add your favorite ingredients
5. Oats: add to a smoothie
6. Oats: make overnight oats with milk, add fruit and yogurt in the morning
7. Oats: add to cookies, pancakes and quick breads



### Cereal

1. Eat dry as a snack
2. Make your own snack mix: add nuts, dried fruit, coconut, another cereal
3. Put in a sandwich bag and have ready to eat if you are pregnant and feeling nauseous
4. Crush and use as a crunchy coating on baked foods like chicken or pork chops.
5. Combine with yogurt and fruit for a fun parfait
6. Add crunch to a salad by using cereal instead of croutons



### Low-fat Milk

1. Mix low-fat and whole milk together to make your own "2% milk"
2. Use evaporated milk for cooking or baking
3. Use to make pudding
4. Add to a smoothie
5. Make a creamed soup or bake a creamy casserole



### Cheese

1. Buy mozzarella cheese and make pizza
2. Melt in tortillas for a quick snack



### Yogurt

1. Add honey or jam to flavor plain yogurt
2. Add to a smoothie
3. Make a smoothie and then freeze into "smoothie pops"
4. Use plain Greek yogurt to replace sour cream
5. Add taco or ranch seasoning and make a dip
6. Use to make a sauce in Mac N Cheese or Alfredo



## Peanut Butter

1. Mix in to oatmeal, pancake batter or infant cereal
2. Add to a smoothie
3. Stir in to yogurt
4. Spread on apples, pears, bananas and celery



## Juice

1. Freeze into popsicles
2. Add to yogurt and freeze to make “sherbet”
3. Add to a smoothie
4. Add to sparkling water or plain water
5. Drink with a food that contains iron, like WIC cereal, so your body can absorb more iron
6. Buy V8 or vegetable juice and add to chili



## Infant Jarred Fruits & Vegetables

1. Add to plain yogurt
2. Stir small amounts into foods to boost nutrient content (carrots into spaghetti)
3. Use in place of oil in pancakes, quick breads and muffins
4. Add to smoothies
5. Look at all of the different choices and choose ones you would not make yourself



## Infant Cereal

1. Add to pancakes
2. Bake cookies or muffins with it
3. Use it in place of bread crumbs in meatloaf or meatballs
4. Stir it in to other baby foods



## Infant Jarred Meat

1. Add into chili, soups or stews
2. Make into baby meatballs or baby hamburgers
3. Add to spaghetti sauce
4. Make your own baby food combination dinners

