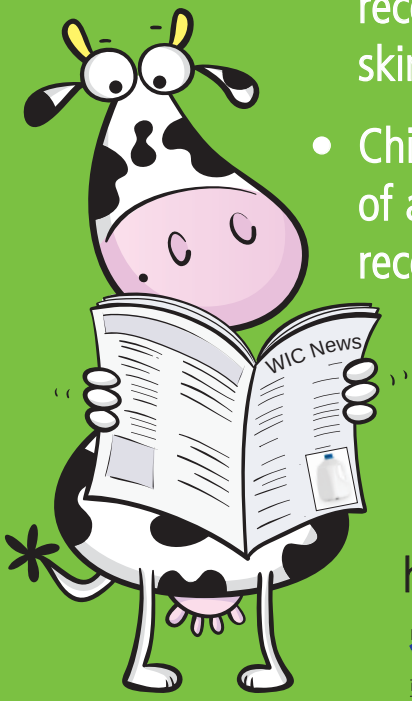
WIC is MOOoving to 1% Milk and/or Skim Milk

Effective Oct. 1, 2014

It's Easy to Make the MOOve

- Children 2-5 years of age and women will receive 1% milk and/or skim milk.
- Children 12-23 months of age will continue to receive whole milk.



health.mo.gov/wic

Missouri WIC
Eat Healthy. Stay Well.

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1% milk and skim milk provide the same nutrients as whole milk and 2% milk, without the extra fat.

Milk Matters

Milk helps muscles move and refuels muscles after play.

The calcium in milk helps keep teeth strong for a healthy smile.

Protein and other nutrients in milk help kids grow and build muscles and other tissue.

Children and adults need calcium and vitamin D for strong bones.

Milk Tips

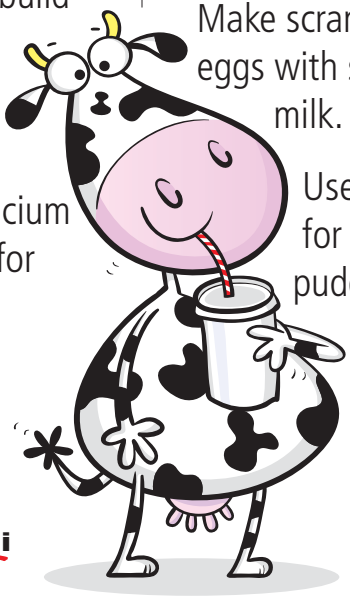
Serve low fat (1%) or skim milk at meals.

Use 1% milk to make oatmeal or hot cereal.

Make a smoothie as a snack with 1% milk, bananas and strawberries.

Make scrambled eggs with skim milk.

Use skim milk for instant pudding.



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