

See what's new at WIC!

Effective October 1, 2015

Women receive an \$11 WIC check to purchase fresh and/or frozen fruits and vegetables.

A wider variety of jar infant food (fruits and vegetables) is now available.

100% whole wheat pasta (16 oz) is approved.



Ask WIC Staff for more information.



health.mo.gov/wic



Missouri
WIC
Eat Healthy. Stay Well.

Missouri Department of Health and Senior Services • WIC and Nutrition Services • 573-751-6204

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