

APPROVED FOODS SHOPPING GUIDE

Effective October 1, 2016

Infant Formula



Similac Advance

12.4 oz. powder or
13 oz. concentrate

Gerber Good Start Soy

12.9 oz. powder or
12.1 oz. concentrate



What you need to know about formula and WIC:

- Your formula amount will change as your baby grows older.
- Your baby may need more formula than your WIC package provides.
- WIC may be able to give a different formula for medical reasons. You will need a prescription from your doctor and approval from WIC.
- Feeding your baby formula decreases the amount of breastmilk you make.

Breastfeeding and Formula Feeding:

Breastfeeding provides babies and mothers with health benefits that last a lifetime – benefits that formula cannot provide. Use only as much formula as you need and only when you cannot provide breastmilk.

**For more information call
1-800-942-3678 or visit www.texaswic.org.**

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