



Helpful Tips:

- Contact your WIC nutritionist if you need lactose-free milk.
- A variety of cheeses are available.
- Use your cash value benefits (CVB) to purchase fresh, frozen or canned fruits and vegetables.
- Fruits and vegetables can be diced or pureed.
- 1 tablespoon per age for toddlers is a healthful single serving of fruits & veggies. (1 yr = 1 tbsp, 2 yr = 2 tbsp, etc.)

TOTAL DAILY SERVING SIZES

	1 year	2-5 years	5+ years
grains	1 ½ - 2 oz	1 ½ - 3 oz	3-4 oz
fruits	1 ½ - 1 cup	1 - 2 cups	2 cups
veggies	1 cup	1 - 2 cups	2 - 3 cups
dairy	1 - 2 cups	2 - 2 ½ cups	3 cups
protein	2 oz	2 - 5 oz	5 - 6 oz



Content courtesy of the
American Dairy Association
Mideast.

www.arizonamilk.org
www.nevadamilk.com

Perfect Pairings for KIDS & YOU

**Simple food combinations to
power your day!**

Looking for new ways to use
your WIC foods?
Inside you will find lots
of fun ideas for pairing different
WIC foods that will add variety to
your menu. Snack time
is a great time to get your little
helpers involved too. Choose
and enjoy "perfect pairings" for
you and your family!



SUGGESTED AGE 1 YEAR



💡 dip banana in yogurt, roll in cereal, & freeze

SUGGESTED AGE 2-5 YEARS



💡 blend as a smoothie

SUGGESTED AGE 5+ YEARS



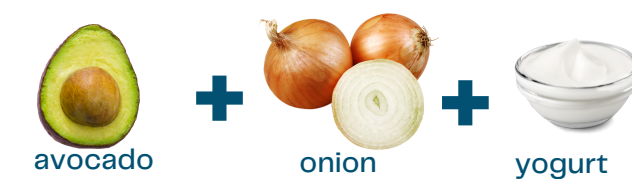
💡 add basil and make into a quesadilla



💡 make an omelette



💡 blend and add spices to make strawberry horchata



💡 add favorite herbs and make into a dip



💡 make a puree



💡 make as a grilled cheese



💡 roll together and serve with homemade salsa



💡 make a "PB & J" parfait



💡 mix together with dressing as a salad



💡 make a kabob and serve with milk



💡 make overnight oats, sprinkle with cinnamon



💡 top onto toasted bread



💡 mix and top with favorite sauce