


Continue

Age	Oral Motor Skills	Developing Gross Motor Skills	Feeding Milestones	Appropriate Foods/Textures to Introduce
Birth – 2 months	<ul style="list-style-type: none">Baby uses coordinated suck swallow breathe pattern during breast and bottle feeds, to efficiently consume calories		<ul style="list-style-type: none">Efficient suckle of bottle nipple	<ul style="list-style-type: none">Breast and/or formula provides all of baby's nutrition
2 – 4 months	<ul style="list-style-type: none">Tongue and jaw move together	<ul style="list-style-type: none">Head control is improving each month		<ul style="list-style-type: none">Begins to put their hands on the bottle during feeding
4 – 6 months	<ul style="list-style-type: none">Baby's tongue begins to move without the lipsBaby's automatic suck is more voluntaryBaby develops phasic bite and vertical munching pattern	<ul style="list-style-type: none">Sits upright with assistanceHolds head steady without assistanceBegins to bring hands to mouth	<ul style="list-style-type: none">Open cup drinking can be introduced around 6-12 monthsBaby is able to use upper lip to clean a spoon	<ul style="list-style-type: none">Breast milk or formula continues to provide a majority of the baby's nutritionIntroduce infant cereals, thin pureed foods off of a spoon
6 – 8 months	<ul style="list-style-type: none">Gag response declines as mouth becomes used to solid foodsChild develops lateral placement of foods	<ul style="list-style-type: none">Child has greater postural stability and is able to sit up mostly on their own	<ul style="list-style-type: none">Open cups can be introduced from 6-12 monthsHelps adult with spoon	<ul style="list-style-type: none">Breast milk or formula continues to provide a majority of the baby's nutritionIntroduction of lumpy mashed solidsIntroduce easy dissolvable finger foods

Fresh fruit and vegetable option:

At 9 months of age, half of the jarred infant food benefit can be replaced with **fresh** fruits and vegetables:

- \$4 for partially breastfeeding or fully formula feeding infants
- \$8 for fully breastfeeding infants

 If this option is not already on your Shopping List and you would like it, contact your local WIC office.

Infant Cereal

 **WIC-Approved**

- 8 ounce packages only
- Single and multigrain
- Organic allowed

 **Do not buy**

- Added fruit, formula or vegetables

8 ounce packages



Beech-Nut

- Multigrain
- Oatmeal
- Organic Multigrain
- Organic Oatmeal
- Rice



Earth's Best Organic

- Whole Grain Multigrain
- Whole Grain Oatmeal
- Whole Grain Rice




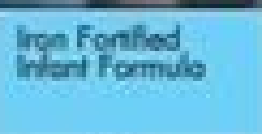

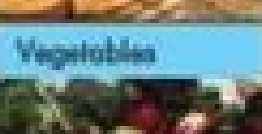
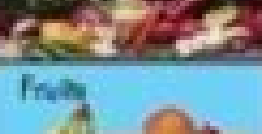


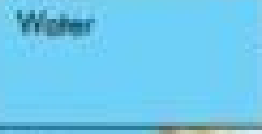
Gerber

- Multigrain
- Oatmeal
- Organic Oatmeal
- Organic Oatmeal Millet Quinoa
- Organic Rice
- Rice
- Whole Wheat

Infant Formula




- Purchase size and type shown on WIC Shopping List

New Jersey WIC					Infant Feeding Guide for Healthy Infants				
					Birth to 8 Months Old				
Foods		Birth to 3 Months		4-6 Months		6-8 Months		Remember:	
		Breastfeed when your baby shows signs of hunger.						<ul style="list-style-type: none">• Use the bottle for human milk, formula or water only.• At 6 months begin to use a cup at some feedings.• Start your baby on solid foods after 6 months old when baby:<ul style="list-style-type: none">- can sit with support- has good head control- opens his/her mouth for the spoon• Feed your baby one new food at a time and wait 3-5 days before starting another.• Select single item: vegetables, fruits and meats if you buy commercially prepared baby food.	
		Speak with a lactation consultant or nutritionist for guidance on combination feeding.							
		About 10-12 feedings in 24 hrs.		At least 8 feedings in 24 hours		At least 8 feedings in 24 hours			
Iron Fortified Infant Formula		4-8 lbs: 15-20 oz per day 8-10 lbs: 20-25 oz per day 10-12 lbs: 25-30 oz per day		25-45 oz per day		25-32 oz per day Begin to offer a cup			
		NONE		NONE		<ul style="list-style-type: none">• Offer iron fortified rice or oatmeal infant cereal2-4 Tbsp twice a day by spoon			
		NONE		NONE		<ul style="list-style-type: none">• Cooked/pureed/mashed carrots, sweet peas, green beans, spinach and winter squash or single jarred vegetables2 Tbsp twice a day			
		NONE		NONE		<ul style="list-style-type: none">• Fresh/cooked/pureed/mashed banana, peach, applesauce or single jarred fruits2 Tbsp twice a day			
		NONE		NONE		<ul style="list-style-type: none">• Cooked/pureed/mashed plain meat and poultry or single jarred meats• Plain yogurt or tofu1-2 Tbsp twice a day			
		NONE		NONE		2-4 oz twice a day in a cup			
		Do not add sugar, corn syrup or any sweeteners to foods or drinks. Honey should not be fed to babies less than 1 year of age.							
		NONE		NONE		NONE			
		NONE		NONE		NONE			

The American Academy of Pediatrics recommends exclusive breastfeeding for the first 6 months, and that breastfeeding continue for at least 12 months and beyond.

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FLORIDA

WIC

Good Nutrition for Women, Infants & Children

Prepare to Succeed at Giving Your Baby the Best!

The Walton County WIC Program presents

Infant Feeding Classes,

In DeFuniak Springs, small conference room at 10:00am:

January 10th

February 7th

March 7th

April 4th

May 9th

June 6th

July 11th

In Santa Rosa Beach, main conference room at 10:00am:

January 19th

February 16th

March 9th


April 13th

May 11th

June 8th

July 13th

This class is free and open to all WIC clients and their partner/support person, whether this is your first child or not. Please come and enjoy tea and coffee with us while we learn all about breastfeeding. It is ok to bring your children while you attend.



Learn the difference between breastmilk and artificial baby milk

Learn how to establish a great milk supply

Learn the importance of breastfeeding for both mom and baby

Learn how to troubleshoot pain associated with breastfeeding

Discuss questions and concerns you have about breastfeeding

Learn about skin to skin contact

WALTON CO. WIC PROGRAM
362 Hwy 83
DeFuniak Springs, FL 32433

Contact: Katie Lawrence or
Hannah Vidal at 850-892-8020
for more information.

Infant 6 to 12 Months

Choose Any Brand


Baby Fruits and Vegetables

- 4 oz. single container or multi-pack
- Regular or organic
- Single or mixed fruits and/or vegetables

NOT WIC APPROVED:

- Dinners, desserts, toddler foods, diced fruits or vegetables, or baby food in pouches
- With added cereal, oatmeal, yogurt, meat, rice, pasta, DHA, sugar, salt, or starches (such as rice flour or tapioca)

HELPFUL TIP:



Choose These Brands

Baby Cereal

- Gerber MultiGrain 8 oz. & 16 oz.
- Gerber Oatmeal 8 oz. & 16 oz.
- Gerber Rice 8 oz. & 16 oz.
- Gerber Whole Wheat 8 oz. only

NOT WIC APPROVED:

- Cereal with fruit, formula, DHA, added ingredients, or organic

Choose These Brands

Baby Meats

- 2.5 oz. single container – no multi-pack
- Regular or organic
- Any single meat with broth or gravy such as chicken, beef, turkey, or ham

NOT WIC APPROVED:

- Dinners, meat with vegetables or fruit, DHA, sugar, or salt

Exclusively Breastfeeding Infants 6 to 12 Months

Choose Any Brand

Baby Meats

- 2.5 oz. single container – no multi-pack
- Regular or organic
- Any single meat with broth or gravy such as chicken, beef, turkey, or ham

NOT WIC APPROVED:

- Dinners, meat with vegetables or fruit, DHA, sugar, or salt

Choose These Brands

Baby Cereal

- Gerber MultiGrain 8 oz. & 16 oz.
- Gerber Oatmeal 8 oz. & 16 oz.
- Gerber Rice 8 oz. & 16 oz.
- Gerber Whole Wheat 8 oz. only

NOT WIC APPROVED:

- Cereal with fruit, formula, DHA, added ingredients, or organic

Exclusively Breastfeeding Women

Choose Any Brand

Tuna

- 5 to 6 oz. can
- Chunk light
- Packed in water
- Regular or low-sodium

NOT WIC APPROVED:

- Albacore, tongol, yellowfin, fillet, premium-select, gourmet tuna, or packed in oil or pouches

Salmon

- 5 to 6 oz. can
- Pink salmon
- Packed in water
- Skin and bones allowed

NOT WIC APPROVED:

- Premium skinless and boneless, smoked, fillets, red salmon, or packed in oil or pouches

Special Food Package Only Exclusively Breastfeeding Twins, Triplets or More

Choose These Brands

Cheese

- 8 oz.
- Block or sliced
- Regular, reduced-fat & lowfat
- American, Cheddar, Colby, Colby-Jack, Longhorn, Monterey Jack, & Mozzarella

NOT WIC APPROVED:

- Individually wrapped slices, shredded cheese, processed-cheese food, cheese-food product, cheese with jalapeño peppers, cheese from the deli, or imported cheese

HELPFUL TIP:

- These cheeses will not be labeled with the pink WIC Approved Item stickers.

Choose These Brands

Bread

- 20 or 24 oz. loaf

Essential Everyday

100% Whole Wheat 24 oz.

Essential Everyday

Honey Whole Wheat 24 oz.

HEB Bake Shop

100% Whole Wheat 24 oz.

Mrs. Baird's

100% Whole Wheat 20 oz.

Nature's Own

100% Whole Wheat 20 oz.

Nature's Own Specialty

100% Whole Wheat 24 oz.

Private Selection

100% Whole Wheat 24 oz.

Safeway

100% Whole Wheat 20 oz.

Sara Lee Soft & Smooth

100% Whole Wheat 20 oz.

Sara Lee

Whole Wheat 20 oz.

HELPFUL TIP:

- These breads will not be labeled with the pink WIC Approved Item stickers.

Look for the Pink WIC Sticker

Juice

- 64 oz. fluid or 16 oz. frozen AND
- 48 oz. fluid or 12 oz. frozen
- 100% Juice - 100% vitamin C
- Added calcium & vitamin D are allowed

NOT WIC APPROVED:

- Juice cocktail/ drinks, apple cider, juice with added sugar or sweetener

Wic baby feeding guidelines. Wic list for infants. Wic infant nutrition and feeding guide.

This Guide, primarily focused on nutrition for the healthy full-term infant, is a research-based resource for WIC staff who provide nutrition education and counseling to the parents and caregivers of infants (from birth to one year old). It has been updated to reflect current research and guidelines about infant health, nutrition, and feeding. Among the updates, you'll find: Expanded content about the development of infant feeding skills that emphasizes the ways in which parents and care providers respond to infant hunger and satiety cues. New information about physical activity, play positions, and use of electronic media and television during infancy. Updated recommendations on nutrient intakes as well as breastfeeding. Information about infant immunization and useful resources about vaccines for children. A new chapter focused on food safety that includes discussions about food safety practices when preparing foods for infants and how to prevent diseases by avoiding common contaminants in food and water. For users' convenience, the Guide features reference citations throughout the text, full citations at the end of each chapter, and a detailed index as well as a full glossary at the end of the handbook. Other Features of Interest Green Boxes expand on information in the text with tips and other helpful information e.g., "A Shopping List Rich in Vitamins and Minerals" and "State Laws That Protect Breastfeeding Mothers" Notes in Bold Text provide warnings and concerns NOTE: Refer infants who appear to have feeding problems to a health care provider for assessment. Blue Text newly introduced terms whose definitions appear at the bottom of the page (e.g., hemoglobin) Use breast milk or formula to prepare 2-4 Tbsp iron-fortified infant cereal. Offer twice per day. 2-4 Tbsp of small pieces of dry bread, baby crackers, and cereal. Finger foods may be added when your baby is ready, around 8 months. When ready, offer twice per day. 4-8 Tbsp per day. Cooked, pureed, mashed vegetables. 4-8 Tbsp per day. Cooked, pureed, mashed fruits. Applesauce, pureed peaches, or mashed banana. 2-4 Tbsp per day. Plain strained, mashed or pureed meats, poultry, eggs, fish, or legumes. May add smooth whole milk yogurt. On a desktop computer, hold "Ctrl" and Press "F" to search for keywords on this page. Please note: This information primarily focuses on nutrition for the healthy, full-term infant. Consult with a WIC Health Professional for more detailed and advanced information particularly for preterm, low-birth weight, special needs, or infants with medical conditions. Breastfed Baby It is recommended by the American Academy of Pediatrics to exclusively breastfeed (no formula) through the first 6 months of life and to continue breastfeeding through 12 months of age while complementary foods are added, as mutually desired by mom and baby. Breastmilk is still the main source of nutrition. Continue to breastfeed on demand. On average, baby will feed 3-4 times per day. Baby will start to breastfeed less as they eat more baby food and table foods. "Table foods" refers to foods the rest of the family eats at meal times. Table foods are the next step after baby has mastered baby foods and is developmentally ready for more chewing, texture, and flavor. Baby food and table foods are for learning new flavors and textures as well as learning to chew and eat from a spoon, with fingers, and to start self-feeding with utensils. Let them be messy and feed themselves. It is how they learn! WIC does not provide solid foods until 6 months, an age most babies are developmentally ready to try solids.WIC provides baby food until 12 months of age. Get more great breastfeeding information here! Formula-fed Baby Baby will start to consume less formula as they eat more baby food and table foods. It is important to continue providing formula through 12 months of age if not breastfeeding. Formula is still the main source of nutrition. Continue to offer formula on demand. On average, baby will drink 24-32 ounces total per day (about 3-4 8oz bottles per day) Baby food and table foods are more for learning new flavors and textures as well as learning to eat from a spoon, with fingers, and to start self-feeding with utensils. Table foods are referring to foods the rest of the family eats at meal times. Table foods are the next step after baby has mastered baby foods and is developmentally ready for more chewing, texture, and flavor.Baby food is offered on your WIC package until 12 months of age. Cow's Milk & Other Liquids Never give cow's milk before 12 months. Why? Cow's milk has too much protein, calcium, phosphorus, sodium, chloride, and potassium.Cow's milk lacks key nutrients like vitamin C, vitamin E, linoleic acid, iron, and copper.Too much protein and minerals are hard on your baby's kidneys, can cause dehydration, and it is hard for baby to digest.Cow's milk can cause bleeding from the intestinal tract.Bleeding caused by cow's milk increases your baby's chance of becoming anemic (or low in iron). At 12 months, whole cow's milk can be offered until 24 months. See Feeding Guide for 1-2 year old for more information. Water Water can be introduced from a cup, not a bottle at about 6 months. Offer a small amount of drinking water once solid foods are introduced to help babies get familiar with the taste. Just a few sips at meal times is all it takes.Drinking water at this age is more to practice using a cup than for nutritional needs. Let baby practice when he shows signs of readiness. Other liquids Never give honey, syrup, kool-aid, pop, juice, or any sweetened drink to an infant.Juice is not recommended for babies less than 12 months of age. No Honey Before 12 Months Honey, including products that have honey cooked or baked in it, should not be fed to infants younger than 12 months due to risk of infant botulism. Foods cooked or baked with honey not heated to a certain temperature may still contain viable spores. When an infant eats foods with these invisible spores, the spores can produce a toxin that may cause infant botulism.Botulism can result in death.A child over 12 months can destroy the small amount of spores in honey, but an infant cannot. Feeding Abilities At 7-8 months, baby will: Eat with their fingersReach for spoon to start spoon feeding themselves, may need helpCan drink from a cup that is held or may begin to hold a cupWill want to eat table foods and the same foods you are eating At 9-12 months, baby will: Fitting into the family schedule for meals and snacksEating table foodsPossibly eating some baby foods (this is more common from 6-9 months) Baby Food Introduce baby foods (also referred to as solid food) around 6 months of age when showing signs of readiness. Signs of Readiness Holds neck steadySits without supportOpens mouth when food is offeredDraws in lower lip when spoon is removed from mouthKeeps food in mouth and swallows itReaches for food showing interest Starting solids too soon can... Cause chokingBe hard for baby to digestPrevent baby from getting enough breastmilk or formula for best growth When ready to feed solids: Have baby sitting up.Make sure the food is not too hot.Feed all food from a small spoon.Add only one new food at a time every 3 to 5 days. Watch for allergic reactions.Signs of allergic reaction include: hives or welts, flushed skin or rash, face, tongue, or lip swelling, vomiting and/or diarrhea. Homemade or purchased baby foods can be used. See Making Your Own Baby Food.When opening jar food, listen for the pop. This tells you it is safe to eat. Do not feed if you don't hear the lid pop!Do not feed straight from the jar. Always put into another dish and feed with a spoon. Throw away any left-over food in the dish--do not put it back in the jar. Spit mixed with the food will make the food spoil.Store left-over clean jar food in the refrigerator. Use within 2 days.Baby does not need salt, grease, fat, or sugar added to any of his foods. Baby's tastes are not the same as yours. (Taste some formula or breast milk and you'll get the idea.) Do not provide honey until 12 months of age due to risk of infant botulism. Food Groups Grains Grain products make good finger foods: whole grain crackers, dry WIC cereal, bread, noodles, mashed rice, soft tortilla pieces, toast, etc.When baby foods are mastered, try cooked plain rice and noodles mashed or chopped.Look for whole grain options. Explore the Whole Grains Food Group to learn more about whole grains.Infant cereal can be fed until baby reaches one year of age. Begin with single-grain infant cereal. On average infant eat 4-6 Tbsp per day.No need to add sugar, syrup or any other sweeteners to cereals.If baby refuses infant cereal, try making teething biscuits or mixing it into other foods. See the Recipe section for a homemade teething biscuit recipe. Infant Cereal Remember, this is different than breakfast cereal that children and adults consume. This is cereal specifically made for infants and can be found in the baby section near the baby food. Start with single grain cereals. Make the cereal thin, mix 1 teaspoon of dry cereal with 2-3 tablespoons of breastmilk or iron fortified formula.All babies will develop their own feeding pattern, but on average babies will eat 4-8 Tbsp mixed with breastmilk or iron-fortified formula. Fruits & Vegetables Start with pureed fruits and vegetables. Remember to introduce one new food at a time every 3-5 days. Don't use fruit desserts or fruit mixes with added sugar.All babies will develop their own feeding pattern, but on average babies will eat 2-4 Tbsp twice daily.Plain fruits and vegetables are the best. No need to add salt, sugar, syrups, oil, butter or other fats.Never add honey to baby's foods, it can cause harmful spores which can make baby sick.Once baby foods are mastered, offer cooked fruits and vegetables mashed with a fork.Be sure to remove pits and seeds and cut into small pieces.A good range is about ¼-1/2 cup of fruits and vegetables a day. Protein Offer strained, pureed, or finely chopped lean meat, poultry, and fish with all bones removed. Use plain, strained (pureed) meats when starting. If meat is too thick, mix this with breastmilk or formula. Avoid meat and vegetable combinations until each food in the mixture has been tried individually with no allergic reaction.All babies will develop their own feeding pattern, but on average babies will eat 1-2 Tbsp daily.Try cooked eggs or mashed beans and peas.Limit use of fried meats, gravies, and sauces.Avoid use of too many processed meats such as hot dogs, luncheon meats, bacon and sausage. They are very high in fat and salt content and can cause choking.Hot dogs and luncheon meats should be heated to reduce the risk of listeriosis. Dairy No cow's milk before 12 months of age. See section above on Cow's Milk & Other Liquids.Offer small pieces of cheese, cottage cheese and plain yogurt when eating other table foods. 0-6 months Breast Milk 8-12 feedings on demand. Gradual decline in feedings at 4-6 months. Feed on demand. Refrain from watching the clock. Liquids are best because baby eats by sucking Baby cannot swallow solid food Watch for weight gain in the first weeks/months Baby should have 6-8 wet diapers per day, after first week of life Teething is starting at 4-6 months Wait to start solids until close to 6 months old Iron-Fortified Formula 2-3 oz (increasing to consume around 32 oz at 6 months) 6-8 feedings 6-8 months Breast Milk Gradual decline in feedings. Continue feeding on demand. Feed on demand. Refrain from watching the clock. Start baby food (purchased or homemade) about 6 months when showing signs of readiness Use plain, strained meats one at a time Offer one fruit or vegetable at a time, adding a new one every 3-5 days Feed from spoon, start finger foods about 7 months Start offering small amounts of water from an open cup after 6 months Dietary Guidelines for Americans recommend 4-8 oz water for infants 6-12 months of age. Iron-Fortified Formula 6-8 oz (consuming 24-32 oz) 3-5 feedings Grains Infant cereal, bread, crackers 1-2 Tbsp 1-2 times per day Vegetables AND Fruit Plain, strained, pureed, mashed 1-2 Tbsp of vegetables 1-2 Tbsp of fruit 1-2 times per day for fruit Protein Eggs, meat, poultry, fish, cheese/yogurt legumes: Plain, mashed, pureed 1-2 Tbsp 1-2 times per day 8-12 months Breast Milk Gradual decline in feedings. Continue feeding on demand. Feed on demand. Refrain from watching the clock. Baby can chew, try new flavors and textures Offer plain fruits and vegetables, no need to add sauces, fat, salt or sugar Avoid fruit desserts and combo meat and vegetable dinners Work in small/bite sized, well cooked/soft table foods around 9 months Avoid foods that can cause choking such as hot dogs, grapes, raw fruits like apples etc. Continue offering open cup, by 10 months offer cup more, bottle less with breast milk and formula Dietary Guidelines for Americans recommend 4-8 oz water for infants 6-12 months of age. Prepare to wean from the bottle at 12 months, whether you breastfeed or formula-feed. Continue breastfeeding as long as desired by mom and baby! If pumping or have frozen breast milk, offer by cup after 12 months Iron-Fortified Formula 6-8 oz 3-4 feedings (6-8 oz each consuming 24 ounces) Grains (Infant cereal, bread, crackers) 2-4 Tbsp 1-2 times per day Vegetables AND Fruit (ground, finely chopped, diced) 2-3 Tbsp of vegetables 2-3 Tbsp of fruit 2-3 times per day for fruit Protein (meat, poultry, fish, eggs, cheese, yogurt, legumes; ground, finely chopped, diced) 1-2 Tbsp 1-2 times per day *Source: WIC Works Infant Nutrition and Feeding Manual. Feeding Tips for the 6-12 month old At any time between 6-12 months, daily amounts will vary. Never force your baby to eat all his food or finish a bottle. Baby will know when he is full and done eating! Look for signs of fullness. Baby's tummy is small. It is important to feed healthy foods first. Less healthy food choices like cookies, chips, and candy can be a choking hazard but also do not give baby what is needed for proper growth and development.Offer fruit for dessert. Babies do not need desserts.Buy plain foods. Babies do not need added salt and sugar.Table foods should be soft and easy to chew. See the Choking section.A relaxed, pleasant atmosphere is an important part of feeding children of all ages. Be patient and give them time to practice. It will be messy but have fun with it!Let your baby sit at the table with the family!Always stay with baby when he is eating.Offer more breast milk, formula, or water in the cup as baby gets closer to age 1. This will help with weaning from the bottle soon after their first birthday. See section on Weaning: Breastfed Baby and Weaning: Formula-Fed Baby.Wipe baby's gums and teeth with a soft damp cloth after meals. This will keep baby's gums healthy.Wash your hands and baby's hands with soap before feeding. Wash the high chair with warm soapy water after baby eats.See section on Food Safety to learn about how to safely handle and prepare food for you and your family.See section on Food Allergies to learn about the newest recommendations on how to best prevent food allergies from forming in children. Sources: Healthy Eating Research, USDA Infant Nutrition & Feeding - A Guide for Use in WIC This post was last updated on April 15th, 2021 at 9:08 AM This institution is an equal opportunity provider.

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