

Need inspiration for your WIC food package? Look no more!

All colored foods on this handout are available on your WIC food package!

Breakfast

- 1 scrambled egg with cheese + ½ banana + 4-6 oz 1% milk
- 4 oz low-fat vanilla yogurt + ¼ cup strawberries, chopped
- 1 cup multigrain Cheerios + 4-6 oz 1% milk + ½ banana

Lunch

- Peanut butter and jelly sandwich on whole wheat bread + bell pepper strips
- English muffin pizza + 4-6 oz 1% milk
- ½ cup vegetable fried rice + ½ apple cut into slices

Dinner

- Whole wheat pasta + marinara sauce with lean ground beef + mixed vegetables + 4-6 oz 1% milk
- ½ cup black bean fajita casserole + 4-6 oz 1% milk
- Salsa wrap: whole wheat tortilla with black beans, lettuce, peppers, salsa, and cheese

Snacks

- Low-fat cheese slices + 4 oz 100% fruit juice
- ½ apple cut into slices
- ¼ cup baby carrots w/ranch dressing + 4 oz 100% fruit juice
- ½ orange
- 4 oz 100% fruit juice + “ants on a log” – celery + peanut butter + raisins
- ¼ cup sliced strawberries + 4-6 oz 1% milk



Tips and tricks for healthy snacking!

- Aim for 2 food groups for each snack – fruit, vegetable, grain, dairy, or protein.
- Having pre-prepared healthy snack options available will make kids more likely to choose healthy options!
- Think “outside the bag” – foods served in bags (chips, bars, sweets, etc.) are often the less-healthy option.
- Aim for whole grains – whole grain cereals, breads, and even popcorn are great snack options.
- Snacks are snacks for a reason – check the portion sizes on packaged items.

English muffin pizzas

Ingredients

- 1 whole wheat English muffin
- 1 oz cheese
- ¼ cup marinara sauce
- 1 oz choice of protein, chopped (chicken, pepperoni, etc.)
- 2 tablespoons vegetable(s) of choice, chopped (mushrooms, broccoli, peppers, spinach, etc.)

Directions

1. Toast English muffin to desired crispiness. Then spread marinara sauce evenly among both halves and top with cheese.
2. Place protein and vegetable of choice on both halves, then toast until cheese is melted. Enjoy!

Vegetable Fried Rice

Ingredients

- 4 tablespoons butter
- 4 cups brown rice, cooked
- 1 package mixed vegetables, cooked per package instructions
- 4 tablespoons low-sodium soy sauce
- 2 eggs, lightly beaten
- Pepper, to taste

Directions

1. Melt 3 tablespoons butter in a pan and add cooked rice, vegetables, soy sauce, and pepper. Cook for 3 minutes.
2. Move the rice to the edge of the pan, making room for 1 tablespoon of butter and the eggs.
3. Heat eggs until just barely firm, then mix all ingredients together. Allow the mixture to cook for 1 more minute, or until eggs are thoroughly cooked through. Enjoy!

Black Bean Fajita Casserole

Ingredients

- 1 ½ cup uncooked brown rice + water listed on package
- 1 tablespoon taco seasoning
- 1 medium bell pepper, cut into strips or chopped
- 1 medium onion, cut into strips or chopped
- 1 can black beans, drained and rinsed
- 1 ½ cups frozen or canned corn kernels (drain if canned)
- 1 ½ cups salsa or picante sauce
- 2 cups shredded cheese of your choice
- Sour cream or avocado for topping

Directions

1. Cook rice according to package directions, stirring in taco seasoning after cooking.
2. Sauté peppers and onions over medium heat with fajita seasoning until tender.
3. Preheat oven to 350F. Grease a 13x9 inch baking dish/pan.
4. Spread cooked rice over the bottom of the pan. Then, spread black beans, corn, peppers, and onions over the rice. Spoon the salsa over the top, and sprinkle with cheese.
5. Bake at 350F for 25 minutes, or until cheese has melted and casserole is hot all the way through. Serve with sour cream or avocado if desired. Enjoy!

