

## WIC Variety Pack



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### Explore a World of Flavors

- ✓ Helps busy families redeem WIC benefits for baby
- Variety packs make it easy to offer nutrition from a variety of foods
- Spoon feeding is a great way to bond and communicate with your baby



### Clean Label Project®



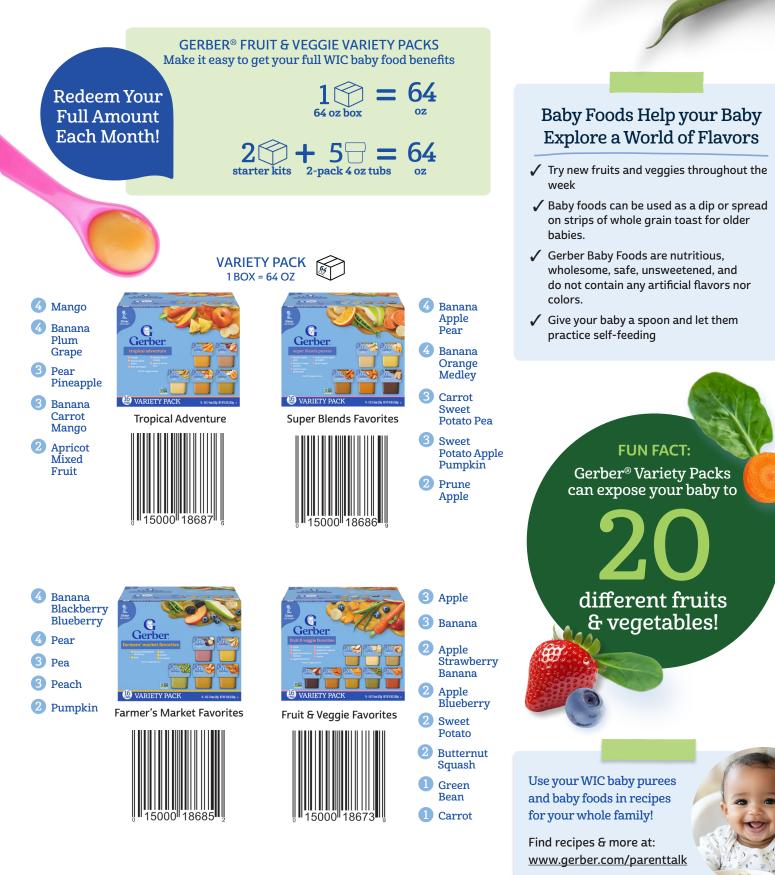
#### Starting Solids: Feeding Methods

Listen to the Bytes of Health podcast on starting solids and baby-led weaning with public health professionals: <u>https://medical.gerber.com/topics/starting-</u> solid-foods-bytes-of-health-ep-1





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