



WIC Variety Pack



GERBER® FRUIT & VEGGIE VARIETY PACKS
Make it easy to get your full WIC baby food benefits

Redeem Your Full Amount Each Month!

1 = 128 oz

2 = 128 oz

2 + 1 + 5 = 128 oz

starter kits 64 oz box 2-pack 4 oz tubs

STARTER KITS
1 BOX = 12 OZ



- 2 Banana
- 2 Pear
- 2 Apple



My 1st Fruits



My 1st Veggies*



- 2 Carrot
- 2 Green Bean
- 2 Sweet Potato

VARIETY PACK
1 BOX = 64 OZ



Fruit & Veggie Favorites



- 2 Banana
- 2 Sweet Potato
- 2 Green Bean
- 2 Apple Strawberry Banana

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®



Learn more about our Clean Label Project® certifications
gerber.com/commitment-to-quality

Starting Solids: Feeding Methods

Listen to the Bytes of Health podcast on starting solids and baby-led weaning with public health professionals:

<https://medical.gerber.com/topics/starting-solid-foods-bytes-of-health-ep-1>



WIC is a registered service mark of the U.S. Department of Agriculture for USDA's Special Supplemental Nutrition Program for Women, Infants and Children.

* Denotes one or more Clean Label Project® Certifications—details on Gerber.com

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Make it easy to get your full WIC baby food benefits

Redeem Your Full Amount Each Month!

$$1 \text{ box} = 64 \text{ oz}$$

$$2 \text{ starter kits} + 5 \text{ 2-pack 4 oz tubs} = 64 \text{ oz}$$

VARIETY PACK
1 BOX = 64 OZ



- 4 Mango
- 4 Banana Plum Grape
- 3 Pear Pineapple
- 3 Banana Carrot Mango
- 2 Apricot Mixed Fruit



Tropical Adventure



Super Blends Favorites



- 4 Banana Apple Pear
- 4 Banana Orange Medley
- 3 Carrot Sweet Potato Pea
- 3 Sweet Potato Apple Pumpkin
- 2 Prune Apple

- 4 Banana Blackberry Blueberry
- 4 Pear
- 3 Pea
- 3 Peach
- 2 Pumpkin



Farmer's Market Favorites



Fruit & Veggie Favorites



- 3 Apple
- 3 Banana
- 2 Apple Strawberry Banana
- 2 Apple Blueberry
- 2 Sweet Potato
- 2 Butternut Squash
- 1 Green Bean
- 1 Carrot

Baby Foods Help your Baby Explore a World of Flavors

- ✓ Try new fruits and veggies throughout the week
- ✓ Baby foods can be used as a dip or spread on strips of whole grain toast for older babies.
- ✓ Gerber Baby Foods are nutritious, wholesome, safe, unsweetened, and do not contain any artificial flavors nor colors.
- ✓ Give your baby a spoon and let them practice self-feeding

FUN FACT:

Gerber® Variety Packs can expose your baby to

20

different fruits & vegetables!



Use your WIC baby purees and baby foods in recipes for your whole family!

Find recipes & more at:
www.gerber.com/parenttalk

