



WIC Day-in-the-Life

Meal plan for your 6-month-old infant

First serve...

...followed by

Morning

Breastmilk
or Formula
4-6 fl oz



Mid-
morning

Gerber®
Oatmeal Cereal
1/4 cup



Mashed Avocado
1/4 cup

Mid-day

Breastmilk
or Formula
4-6 fl oz



Afternoon

Breastmilk
or Formula
4-6 fl oz



Gerber® 2nd Foods®
Beef and Gravy*



Serve as pâté
on strip of toast

Late
Afternoon

Breastmilk
or Formula
4-6 fl oz



Gerber® 2nd Foods®
Sweet Potato*



Spoon into a separate
container for serving

Evening

Breastmilk
or Formula
4-6 fl oz



Gerber®
Multigrain Cereal
1/4 cup



Night

Breastmilk
or Formula
4-6 fl oz



* Spoon the desired portion into a separate container for feeding. Refrigerate any unused purée and use within 2 days of opening.
Please note: The quantities provided are approximate, and parents or caregivers should feed responsively by paying attention to the baby's hunger and fullness cues.
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