



WIC Day-in-the-Life

Meal plan for your infant 8+ months old



Crawler
8+ months

Breakfast

Breastmilk
or Formula
4 fl oz



Gerber®
Oatmeal Cereal
4 Tbsp



1 large
scrambled egg,
finely chopped

Mid-morning snack

Breastmilk
or Formula
4 fl oz



Gerber® 2nd Foods®
Green Bean



1/2 tub



Cooked pasta
Penne or rigatoni that can be
dipped into green bean puree
4-5 pieces

Lunch

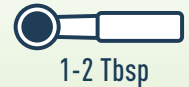
Breastmilk
or Formula
4 fl oz



Hummus
1/4 cup



Gerber® 2nd Foods®
Banana
Mix with hummus for
new flavor & texture†



1-2 Tbsp

Afternoon snack

Breastmilk
or Formula
4 fl oz



Gerber® 2nd Foods®
Butternut Squash



1/2 tub

Dinner

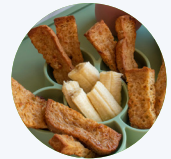
Breastmilk
or Formula
4 fl oz



Gerber® Organic
2nd Foods® Apple
Wild Blueberry



1 jar



French Toast
Whole Wheat Strips*

Evening feeding

Breastmilk
or Formula
4 fl oz



* Recipe link: www.gerber.com/parenttalk/banana-french-toast-sticks
† Inspiration: www.passmeaspoon.com/banana-bread-hummus

Please note: The quantities provided are approximates and parents/caregivers should responsively feed by paying attention to baby's hunger and fullness cues.
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