



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*



1/2 jar



Serve as pâté
on strip of toast

Late
Afternoon

Breastmilk
or Formula
4-6 fl oz



Gerber® 2nd Foods®
Sweet Potato*



1/4 tub



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. All trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland or used with permission. © 2026 Nestlé.