

# cost comparison

## junk food vs. nutritious food

2 Toaster Pastries

41¢

vs.

½ cup fruit cocktail

33¢

1 oz. Cheese Puffs

31¢

vs.

½ cup Carrots

21¢

12 oz. Soda

61¢

vs.

Tap Water

FREE

Fruit Snacks

39¢

vs.

1 Banana

27¢

If you choose these

**healthier options daily**

for one year you will save: **\$328.50**

Ask your WIC professional for other ideas!