

	WIC Foods I Already Buy	WIC Foods I Have Not Tried	WIC Foods I Am Not Sure How To Prepare
Food	<i>Black Beans</i>	<i>Brown Rice</i>	<i>Kale</i>
Recipe Idea	<i>Southwestern Stuffed Potatoes</i>	<i>Rice and Tuna Casserole</i>	<i>Kale and Tuna Salad</i>
Food			
Recipe Idea			
Food			
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