

## CHILDREN - 1 TO 2 YEAR OLDS

Ask Your  
WIC clinic  
about possible  
choices

### EACH MONTH YOUR CHILD WILL RECEIVE:

|   |                         |
|---|-------------------------|
| Whole Milk  | 4 (gallons)             |
| Breakfast Cereal  | 36 (ounces)             |
| Juice   | 2 (64 ounce containers) |
| Eggs  | 1 (dozen)               |
| Canned Beans  | 4 (15-16 ounces)        |
| Whole Wheat Bread, Brown Rice,<br>Whole Wheat Pasta, or Whole Wheat/Soft Corn Tortillas | 16 (ounces)             |
| Fresh Fruits and/or Vegetables  | \$8                     |