

CHILDREN - 2 TO 5 YEAR OLDS

Ask Your
WIC clinic
about possible
choices

EACH MONTH YOUR CHILD WILL RECEIVE:

Skim, 0%, 1/2%, or 1% Milk	4 (gallons)
Breakfast Cereal	36 (ounces)
Juice	2 (64 ounce containers)
Eggs	1 (dozen)
Canned Beans	4 (15-16 ounces)
OR	
Peanut Butter	16-18 (ounces)
Whole Wheat Bread, Brown Rice,	16 (ounces)
Whole Wheat Pasta, or Whole Wheat/Soft Corn Tortillas	
Fresh Fruits and/or Vegetables	\$8