

LIMITED BREASTFEEDING

Ask Your
WIC clinic
about possible
choices

Mom's Food Package*

EACH MONTH YOU WILL RECEIVE:

| | |
|---|--------------------|
| Skim, 0%, 1/2%, or 1% Milk | 4 (gallons) |
| Breakfast Cereal | 36 (ounces) |
| Juice Concentrate (frozen or shelf stable) | 2 (11.5-12 ounces) |
| Eggs | 1 (dozen) |
| Canned Beans | 4 (15-16 ounces) |
| OR | |
| Peanut Butter | 16-18 (ounces) |
| Fresh Fruits and/or Vegetables | \$11 |

Infant's Food Package*

EACH MONTH YOUR BABY WILL RECEIVE:

When your baby is 0-3 months old:

Formula Up to 9 cans of 12.4 ounce powder*

When your baby is 4-5 month old:

Formula Up to 10 cans of 12.4 ounce pow-

When your baby is 6-12 months old:

Formula Up to 7 cans of 12.4 ounce powder*

Infant Cereal 24 (ounces)

Baby Fruits & Vegetables 32 (4 ounce containers)
(Or substitute bananas and/or a fresh fruit and vegetable check for some baby food.)

* All formula amounts are approximate and will vary by size and type of formula used.