

MOSTLY BREASTFEEDING

**Ask Your
WIC clinic
about possible
choices**

Mom's Food Package*

EACH MONTH YOU WILL RECEIVE:

Skim, 0%, 1/2%, or 1% Milk	5 1/2 (gallons)
Breakfast Cereal	36 (ounces)
Juice Concentrate (frozen or shelf stable)	3 (11.5-12 ounces)
Eggs	1 (dozen)
Canned Beans	4 (15-16 ounces)
Peanut Butter	16-18 (ounces)
Whole Wheat Bread, Brown Rice, Whole Wheat Pasta, or Whole Wheat/Soft Corn Tortillas	16 (ounces)
Fresh Fruits and/or Vegetables	\$11

* Moms who are mostly breastfeeding twins, triplets, etc. will get the amount of food in the exclusively breastfeeding

Infant's Food Package*

EACH MONTH YOUR BABY WILL RECEIVE:

When your baby is 1-3 months old:

Formula Up to 4 cans of 12.4 ounce powder*

When your baby is 4-5 month old:

Formula Up to 5 cans of 12.4 ounce powder*

When your baby is 6-12 months old:

Formula Up to 4 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.