

PREGNANT WOMAN

Ask Your
WIC clinic
about possible
choices

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

* Women who are expecting twins, triplets, etc. will get the amount of food in the exclusively breastfeeding package.