

WIC Fully Breastfeeding

women up to baby's first birthday

FOOD PACKAGE PER MONTH



Milk
6 gallons

Cheese
1 pound

Eggs
Two dozen

Frozen Juice
Three 11.5–12 oz
containers

Cereal
36 oz

Whole Grains
1 lb

Beans
Four 16 oz cans
OR 1 lb dry beans

Peanut Butter
15–18 oz
jar

Canned Fish
30 oz

Fruits and Vegetables
\$10.00

infants 6-11 months of age, in addition to Mom's priceless breast milk

FOOD PACKAGE PER MONTH



Infant Cereal
24 oz

Infant Meats
31 (2.5 oz) containers

Infant Fruits and Vegetables
64 (4 oz) containers

2 lb. of bananas
may replace
4 containers
of infant fruits and
vegetables

