



# WIC Children

## 1-4 years old

FOOD PACKAGE PER MONTH



**Milk**  
4 gallons



**Eggs**  
1 dozen



**Juice**  
Two 64 oz  
containers



**Cereal**  
36 oz



**Whole Grains**  
2 lbs



**Peanut Butter**  
16 – 18 oz jar

**OR**

1 lb dry beans

**OR**

Four 15 – 16 oz cans of beans



**Fruits & Vegetables**  
\$8.00