

WIC Fully Breastfeeding

women up to baby's first birthday

FOOD PACKAGE PER MONTH



Milk
6 gallons



Cheese
1 pound



Eggs
2 dozen



Frozen Juice
Three 11.5–12 oz containers



Cereal
36 oz



Whole Grains
1 lb



Beans
Four 15–16 oz cans
OR 1 lb dry beans



Peanut Butter
16–18 oz jar



Canned Fish
30 oz



Fruits & Vegetables
\$11.00

infants in addition to Mom's priceless breast milk

FOOD PACKAGE PER MONTH

6-11 MONTHS OF AGE



Infant Cereal
24 oz



Infant Meats
31 (2.5 oz) containers



Infant Fruits & Vegetables
60 (4 oz) containers



Bananas
2 pounds

9-11 MONTHS OF AGE



Fresh Fruits & Vegetables Voucher
\$8.00

May replace 32 containers of infant fruits & vegetables

