



WIC Mostly Breastfeeding

women up to baby's first birthday

FOOD PACKAGE PER MONTH



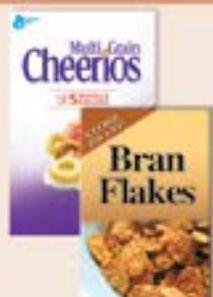
Milk
5 ½ gallons



Eggs
1 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



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 Fruits & Vegetables
28 (4 oz) containers



Bananas
2 pounds

9-11 MONTHS OF AGE



Fresh Fruits & Vegetables Voucher
\$4.00

May replace 16 containers of infant fruits & vegetables