



WIC Pregnant Women

women during pregnancy

FOOD PACKAGE PER MONTH



Milk
5 1/2 gallons



Eggs
1 dozen



Frozen Juice
Three 11.5 – 12 oz containers



Cereal
36 oz



Whole Grains
1 lb



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



Peanut Butter
16 – 18 oz jar



Fruits & Vegetables
\$11.00