

For Women who are Breastfeeding and giving some formula

What You Will Receive Each Month until your baby is 12 months of age

4½ gallons 1% lowfat or fat free milk or soy milk, 32 oz. yogurt, and 1 lb. cheese

or 4½ gallons 1% lowfat or fat free milk or soy milk and 4 lb. tofu

or other combinations of milk, cheese, yogurt, and tofu are available

36 oz. breakfast cereal

1 lb. whole grains - choice of 100% whole wheat bread, pasta or tortillas; brown rice; corn tortillas; oats or oatmeal; or bulgur (cracked wheat)

144 oz. fruit juice

1 dozen eggs

\$52 for fruits and vegetables

Choice of 2: 1 lb. dry beans or four 16 oz. cans of beans

or 18 oz. peanut butter



Note: WIC is a supplemental nutrition program.
WIC does not provide all of the food you need.

Florida Department of Health
WIC Program
FloridaWIC.org



This institution is an equal opportunity provider.

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