

For Women When Limited or No Breastfeeding

What You Will Receive Each Month until your baby is 6 months old

- 3 gallons fat free or 1% lowfat milk or soy milk, 32 oz. yogurt, and 1 lb. cheese
or 3 gallons fat free or 1% milk or soy milk and 4 lb. tofu
or other combinations of milk, cheese, yogurt, and tofu are available
- 36 oz. breakfast cereal
- 96 oz. fruit juice
- 1 dozen eggs
- Fruits and vegetables: \$47 (not breastfeeding) or \$52 (breastfeeding)
- 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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