

For Children 2-5 Years of Age

What Your Child Will Receive Each Month

- 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
- 2 lb. whole grains - choice of 100% whole wheat bread, pasta or tortillas; brown rice; corn tortillas; oats or oatmeal; or bulgur (cracked wheat)
- 128 oz. fruit juice
- 1 dozen eggs
- 1 lb. dry beans or four 16 oz. cans of beans
- or 18 oz. peanut butter
- \$26 for fruits and vegetables



Florida Department of Health, WIC Program
FloridaWIC.org

This institution is an equal opportunity provider.

Note: WIC is a supplemental nutrition program. WIC does not provide all of the food your child needs. 10/23

