

For Moms and Babies

What you and your baby will receive each month



FULLY BREASTFEEDING

FOR MOM until baby is 12 months old

5 gallons fat free or 1% lowfat milk or soy milk, 32 oz. yogurt, and 2 lb. cheese

or 4½ gallons fat free or 1% lowfat milk or soy milk, 1 lb. cheese, and 6 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

2 dozen eggs

30 oz. tuna fish, salmon, mackerel, or sardines

\$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: These monthly foods are also given to women who are partially breastfeeding 2 or more babies. Women fully breastfeeding 2 or more babies will receive \$49 to purchase fruits and vegetables and 1½ times the monthly amount of all other foods listed above.

FOR BABY until 12 months old

Your breast milk!

PLUS each month from 6 to 12 months:

24 oz. baby cereal

256 oz. baby fruits and vegetables

31 2.5-oz. jars baby meats

Option each month from 9 to 12 months:

24 oz. baby cereal

128 oz. baby fruits and vegetables

\$8 for fresh fruits and vegetables

31 2.5-oz. jars baby meats

BREASTFEEDING & GIVING SOME FORMULA

FOR MOM until baby is 12 months old

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

FOR BABY until 12 months old

Your breast milk!

Infant Formula (artificial baby milk) Formula amounts will vary depending on the age of your baby and the type of formula your baby will receive. Ask your nutritionist for more specific information.

PLUS each month from 6 to 12 months:

24 oz. baby cereal

128 oz. baby fruits and vegetables

Option each month from 9 to 12 months:

24 oz. baby cereal

64 oz. baby fruits and vegetables

\$4 for fresh fruits and vegetables

LIMITED OR NO BREASTFEEDING

FOR MOM until 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

FOR BABY until 12 months old

Your breast milk! (for moms who are breastfeeding)

Infant Formula (artificial baby milk) Formula amounts will vary depending on the age of your baby and the type of formula your baby will receive. Ask your nutritionist for more specific information.

PLUS each month from 6 to 12 months:

24 oz. baby cereal

128 oz. baby fruits and vegetables

Option each month from 9 to 12 months:

24 oz. baby cereal

64 oz. baby fruits and vegetables

\$4 for fresh fruits and vegetables

Florida Department of Health

WIC Program

FloridaWIC.org

This institution is an equal opportunity provider.

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Note: WIC is a supplemental nutrition program. WIC does not provide all of the formula or food you and your baby need.