



What You Will Receive Each Month

5½ gallons 1% lowfat or fat free milk

or 4½ gallons + 1 quart 1% lowfat or fat free milk
and 1 lb cheese

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

36 oz breakfast cereal

1 lb whole grains - choice of 100% whole wheat bread,
pasta or tortillas; brown rice; or corn tortillas

144 oz fruit juice

1 dozen eggs

\$11 for fruits and vegetables

Choice of:

- 1 lb dry beans (or four 16-oz cans of beans)
and 18 oz peanut butter
- **or** 2 lb dry beans (or eight 16-oz cans of beans)
- **or** 36 oz peanut butter

Women pregnant with 2 or more babies

will receive the same amount of cereal, whole grains,
fruit juice, beans/peanut butter, and fruits/vegetables.
They will also receive the following:

6 gallons 1% lowfat or fat free milk and 1 lb cheese

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

or 4½ gallons 1% lowfat or fat free milk and 3 lb
cheese

2 dozen eggs

30 oz canned tuna fish or salmon

Florida Department of Health, WIC Program
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