



# Florida WIC

# For Moms and Babies

## What you and your baby will receive each month

### Fully Breastfeeding

#### FOR MOM until baby is 12 months old

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

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

2 dozen eggs

30 oz canned tuna fish or salmon

\$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

Note: These monthly foods for mom are also given to women who are partially breastfeeding 2 or more babies. Mothers fully breastfeeding 2 or more babies will receive 1½ times this amount of food.

#### 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 fruits and vegetables

31 2.5-oz jars baby meats

### Breastfeeding & Formula Feeding

#### FOR MOM until baby is 12 months old

5½ gallons 1% lowfat or fat free milk

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

**or** 4½ gallons + 1 quart 1% lowfat or fat free milk  
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

#### 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 fruits and vegetables

### Fully Formula Feeding

#### FOR MOM until baby is 6 months old

4 gallons 1% lowfat or fat free milk

**or** 3 gallons 1% lowfat or fat free milk,  
32 oz yogurt, and 1 lb cheese

**or** 3 gallons + 1 quart 1% lowfat or fat free milk  
and 1 lb cheese

36 oz breakfast cereal

96 oz fruit juice

1 dozen eggs

\$11 for fruits and vegetables

#### Choice of:

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

#### FOR BABY until 12 months old

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 fruits and vegetables

Florida Department of Health, WIC Program  
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