

What Your Child Will Receive Each Month

For Children 1 Year of Age

4 gallons whole milk
or 3 gallons + 1 quart whole milk and 1 lb cheese
36 oz breakfast cereal
2 lb whole grains - choice of 100% whole wheat bread, pasta or tortillas; brown rice; or corn tortillas
128 oz fruit juice
1 dozen eggs
1 lb dry beans **or** four 16 oz cans of beans
\$8 for fruits and vegetables

For Children 2-5 Years of Age

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
2 lb whole grains - choice of 100% whole wheat bread, pasta or tortillas; brown rice; or corn tortillas
128 oz fruit juice
1 dozen eggs
1 lb dry beans **or** four 16 oz cans of beans **or** 18 oz peanut butter
\$8 for fruits and vegetables



Florida Department of Health, WIC Program
This institution is an equal opportunity provider.
www.FloridaWIC.org
Photo provided by and material adapted from the NYS Department of Health.

