



# For Fully Breastfeeding Women

## What You Will Receive Each Month until your baby is 12 months of age

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

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

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 canned tuna fish, salmon, or mackerel

\$11 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 1½ times this amount of food.



**Note: WIC is a supplemental nutrition program. WIC does not provide all of the food you need.**

**Florida Department of Health  
WIC Program**

This institution is an equal opportunity provider.

[www.FloridaWIC.org](http://www.FloridaWIC.org) 10/18

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