



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 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 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; 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 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 & Giving Some Formula

FOR MOM until baby is 12 months old

5½ gallons fat free or 1% lowfat milk

or 4½ gallons fat free or 1% lowfat 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; corn tortillas;
oats or oatmeal; or bulgur (cracked wheat)

144 oz fruit juice

1 dozen eggs

\$11 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 fruits and vegetables

Limited or No Breastfeeding

FOR MOM until baby is 6 months old

4 gallons fat free or 1% lowfat milk

or 3 gallons fat free or 1% lowfat 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

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

This institution is an equal opportunity
provider.

www.FloridaWIC.org 10/18



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