

For Children 1 Year of Age

What Your Child Will Receive **Each Month**

3 gallons whole milk or soy milk, 32 oz. whole milk yogurt, and 1 lb. cheese or 3 gallons whole milk or soy milk and 4 lb. tofu WHOLE MILK or other combinations of milk, cheese, yogurt, and tofu are available 36 oz. breakfast cereal 2 lb. whole grains - choice of 100% whole wheat bread, pasta or tortillas; brown rice; corn tortillas; oats or oatmeal; or bulgur (cracked wheat) 128 oz. fruit juice Yogurt 1 dozen eggs 32 oz 1 lb. dry beans or four 16 oz. cans of beans \$26 for fruits and vegetables 100% ORANGE JUICE QUALITY ren DICED ROTS TOMATOES Choose 2 ANY BRAND 100% Whole Wheat Pasta Corn Tortillas 100% Whole 12

heat

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WHOLE

MILK

100%

JUICE

WHOLE MILK

Deluxe

American

Cheese

BEAN



Florida Department of Health, WIC Program FloridaWIC.org

This institution is an equal opportunity provider.

Note: WIC is a supplemental nutrition program. WIC does not provide all of the food your child needs.

16 oz (1 lb)

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16 oz (1 lb)

Whole Grain

Brown Rice