

For Fully Breastfeeding Women

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

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

or 4½ gallons fat free or 1% lowfat milk or soy milk, 1 lb. cheese, and 6 lb. tofu

or other combinations of milk, cheese, yogurt, and tofu are available

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. tuna fish, salmon, mackerel, or sardines

\$52 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 \$78 to purchase fruits and vegetables and 1½ times the monthly amount of all other foods listed above.

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



Photo © Texas Department of State Health Services

**Florida Department of Health
WIC Program**

FloridaWIC.org

This institution is an equal opportunity provider. 10/23

