

For Pregnant Women

What You Will Receive Each Month

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

or 4½ gallons 1% lowfat or fat free milk or soy milk and 4 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

1 dozen eggs

\$47 for fruits and vegetables

Choice of 2: 1 lb dry beans or four 16 oz cans of beans

or 18 oz peanut butter



Florida Department of Health
WIC Program
FloridaWIC.org



This institution is an equal opportunity provider.

10/24

Women pregnant with 2 or more babies will receive \$52 fruits and vegetables and the same amount of cereal, whole grains, fruit juice, and beans/peanut butter. They will also receive the following: 5 gallons 1% lowfat or fat free milk or soy milk, 32 oz. yogurt, 2 lb. cheese, 2 dozen eggs, and 30 oz. tuna, salmon, mackerel, or sardines.

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