



# For Moms and Babies



What you and your baby will receive each month:

## FULLY BREASTFEEDING

### FOR MOM until baby is 12 months old

- 3 gallons 1% lowfat or fat free milk
- 32 oz fat free, lowfat, or reduced fat yogurt
- 1 lb cheese
- 36 oz breakfast cereal
- 48 oz whole grains: whole grain bread, whole wheat pasta, whole wheat tortillas, corn tortillas, brown rice, oats, or bulgur
- 2 dozen eggs
- \$55 for fresh, frozen, or canned fruits and vegetables
- 2 lb legumes: 1 lb legumes = 1 lb dry beans, peas, or lentils; four 15-16 oz cans of beans; or 15.5-18 oz jar of peanut butter
- 20 oz canned fish

Note: These monthly foods are also given to women who are partially (mostly) breastfeeding two or more babies. Women fully breastfeeding two or more babies will receive \$82.50 to purchase fruits and vegetables and 1½ times the monthly amount of all other foods listed above.

### FOR BABY until 12 months old

#### Your breast milk

#### PLUS each month beginning at 6 months of age:

- 16 oz baby cereal
- 128 oz baby fruits and vegetables\*
- 16 2.5 oz jars baby meats

## MOSTLY BREASTFEEDING AND GIVING FORMULA

### FOR MOM until baby is 12 months old

- 3 gallons 1% lowfat or fat free milk
- 32 oz fat free, lowfat, or reduced fat yogurt
- 1 lb cheese
- 36 oz breakfast cereal
- 48 oz whole grains: whole grain bread, whole wheat pasta, whole wheat tortillas, corn tortillas, brown rice, oats, or bulgur
- 1 dozen eggs
- \$55 for fresh, frozen, or canned fruits and vegetables
- 2 lb legumes: 1 lb. legumes = 1 lb dry beans, peas, or lentils; four 15-16 oz cans of beans; or 15.5-18 oz jar of peanut butter
- 15 oz canned fish

### 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.

#### PLUS each month beginning at 6 months of age:

- 8 oz baby cereal
- 128 oz baby fruits and vegetables\*

## SOME BREASTFEEDING OR NOT BREASTFEEDING

### FOR MOM until baby is 6 months old

- 3 gallons 1% lowfat or fat free milk
- 32 oz fat free, lowfat, or reduced fat yogurt
- 1 lb cheese
- 36 oz breakfast cereal
- 48 oz whole grains: whole grain bread, whole wheat pasta, whole wheat tortillas, corn tortillas, brown rice, oats, or bulgur
- 1 dozen eggs
- \$50 for fresh, frozen, or canned fruits and vegetables
- 1 lb legumes: 1 lb legumes = 1 lb dry beans, peas, or lentils; four 15-16 oz cans of beans; or 15.5-18 oz jar of peanut butter
- 10 oz canned fish

### FOR BABY until 12 months old

**Your breast milk** for moms who are breastfeeding

**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.

#### PLUS each month beginning at 6 months of age:

- 8 oz baby cereal
- 128 oz baby fruits and vegetables\*

\*Other choices for fruits and vegetables: 64 oz baby fruits and vegetables plus \$11 for fresh, frozen, or canned fruits and vegetables or \$22 for fresh, frozen, or canned fruits and vegetables and no baby fruits and vegetables

For women, there are substitutions for milk, yogurt, cheese, eggs, and fruits and vegetables.

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

This institution is an equal opportunity provider. 10/25



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