

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

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 fat free or 1% lowfat 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 are also given to women who are partially breastfeeding 2 or more babies. Women fully breastfeeding 2 or more babies will receive 1½ times this amount of food.

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



Florida Department of Health
WIC Program

FloridaWIC.org 9/19

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