

For Moms and Babies

What you and your baby will receive each month



FULLY BREASTFEEDING

FOR MOM until baby is 12 months old

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

FOR BABY until 12 months old

Your breast milk!

PLUS each month from 6 to 12 months:

24 oz baby cereal
256 oz baby fruits and vegetables
31 2.5-oz jars baby meats

Option each month from 9 to 12 months:

24 oz baby cereal
128 oz baby fruits and vegetables
\$8 for fruits and vegetables
31 2.5-oz jars baby meats

BREASTFEEDING & GIVING SOME FORMULA

FOR MOM until baby is 12 months old

5½ gallons fat free or 1% lowfat milk

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

or 4½ gallons + 1 quart 1% lowfat or fat free milk
and 1 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

1 dozen eggs

\$11 for fruits and vegetables

Choice of 2: 1 lb dry beans or four 16 oz cans of beans or 18 oz
peanut butter

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. Ask your nutritionist for more specific
information.

PLUS each month from 6 to 12 months:

24 oz baby cereal
128 oz baby fruits and vegetables

Option each month from 9 to 12 months:

24 oz baby cereal
64 oz baby fruits and vegetables
\$4 for fruits and vegetables

LIMITED OR NO BREASTFEEDING

FOR MOM until baby is 6 months old

4 gallons fat free or 1% lowfat milk

or 3 gallons fat free or 1% lowfat milk,
32 oz yogurt, and 1 lb cheese

or 3 gallons + 1 quart 1% lowfat or fat free milk
and 1 lb cheese

36 oz breakfast cereal

96 oz fruit juice

1 dozen eggs

\$11 for fruits and vegetables

1 lb dry beans or four 16 oz cans of beans or
18 oz peanut butter

FOR BABY until 12 months old

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. Ask your nutritionist for more specific
information.

PLUS each month from 6 to 12 months:

24 oz baby cereal
128 oz baby fruits and vegetables

Option each month from 9 to 12 months:

24 oz baby cereal
64 oz baby fruits and vegetables
\$4 for fruits and vegetables

Florida Department of Health
WIC Program

FloridaWIC.org 9/19

This institution is an equal opportunity
provider.

Note: WIC is a supplemental nutrition program.
WIC does not provide all of the formula or food you and your baby need.