

For Women When Limited or No Breastfeeding

What You Will Receive Each Month until your baby is 6 months old

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



**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

Photo © Texas Department of State Health Services

This institution is an equal opportunity provider.

