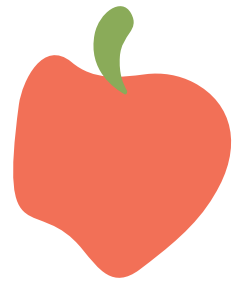




For Moms and Babies



What you and your baby will receive each month:

FULLY BREASTFEEDING

FOR MOM until baby is 12 months old

- 5 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

- 4.5 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
- \$51 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. 4/26/26



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