

CHILD FOOD PACKAGE



Department of Health
Women, Infants, and Children

Milk

Tell your WIC nutritionist which milk you prefer:



Gallons, half gallons, or quarts



Half gallon, quart, or 96 oz

Half gallon - refrigerated
Quart - shelf stable

12 oz can



Meyenberg 12 oz

25.6 oz

- 3 gallons, milk
 - 1-year-olds: whole milk
 - 2-4 year-olds: nonfat or low-fat milk

Milk Options

Tell your WIC nutritionist which foods you prefer:



- 1 lb (8 oz or 16 oz) cheese
- 32 oz yogurt
- 1 lb (8, 10, 14, 16 oz) tofu

If you do not choose one of these, you will receive more milk.

Eggs



- 1 dozen

Whole Grains



- Two 1lb (16 oz) packages

Cereal



- 36 oz total

Peanut Butter or Beans



- 16-18 oz container of peanut butter or
- 1 lb dry beans or
- Four 15-16 oz cans of beans

Juice



- Two 64 oz containers or
- Two 16oz containers of frozen juice

Fruits & Vegetables



\$ _____

This institution is an equal opportunity provider.