FULLY BREASTFEEDING 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 07



Half gallon refrigerated Quart shelf stable



12 oz can



Meyenberg 12 oz

25.6 oz · 5 gallons, nonfat or low-fat milk

Milk Options

Tell your WIC nutritionist which foods vou prefer:



- 2 lbs (8 oz, 16 oz, 24 oz, or 32 oz) cheese
- 32 oz yogurt (nonfat or low-fat)
- 1 lb (8, 10, 14, 16 oz) tofu

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

Eggs



Whole Grains



· One 1 lb (16 oz) package

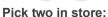
Cereal



36 oz total

Peanut Butter or Beans





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

Canned Fish

• 30 oz



INFANTS - 9-11 MONTHS

Juice



 Three 11.5-12 oz containers of frozen juice (144 oz)

Fruits & Vegetables



INFANTS - 6-8 MONTHS

Infant Cereal Infant Meats Infant Fruits & Vegetables



• 24 oz (8 or 16 oz containers)



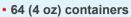












Infant Cereal



 24 oz (8 or 16 oz containers)

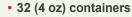
Infant Meats



• 31 (2.5 oz) containers

Fresh Fruits & Vegetables

Beans









This institution is an equal opportunity provider.