

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 oz

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 you 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



- 2 dozen

Whole Grains



- One 1 lb (16 oz) package

Cereal



- 36 oz total

Peanut Butter or Beans



Pick two in store:

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

Canned Fish



- 30 oz

Juice



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

Fruits & Vegetables



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INFANTS – 6-8 MONTHS

Infant Cereal



- 24 oz (8 or 16 oz containers)

Infant Meats



- 31 (2.5 oz) containers

Infant Fruits & Vegetables



- 64 (4 oz) containers

INFANTS – 9-11 MONTHS

Infant Cereal



- 24 oz (8 or 16 oz containers)

Infant Meats



- 31 (2.5 oz) containers

- \$_____ Fresh Fruits & Vegetables
- 32 (4 oz) containers

