MOSTLY 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 96oz



Half gallon refrigerated Quart shelf stable

12 oz can



Meyenberg 12 oz

25.6 oz

• 4 1/2 gallons, 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 (nonfant or lowfat)
- 1lb(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





Beans

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

Juice



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

Fruits & Vegetables



INFANTS - 6-8 MONTHS

Infant Cereal



24 oz (8 or 16 oz containers)

Infant Fruits & Vegetables





32 (4 oz) containers

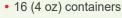
Infant Cereal



24 oz (8 or 16 oz containers)

INFANTS - 9-11 MONTHS

• \$ Fresh Fruits & Vegetables









This institution is an equal opportunity provider.