

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 (nonfat or lowfat)
- 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



- 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

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

INFANTS – 9-11 MONTHS

Infant Cereal



- 24 oz (8 or 16 oz containers)

- \$ _____ Fresh Fruits & Vegetables
- 16 (4 oz) containers



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