

PREGNANCY 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 ½ 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 low-fat)
- 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
- 1 lb dry beans or
- 16-18 oz container of peanut butter

Juice



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

Fruits & Vegetables



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