

# CHILD 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

48 oz, 59 oz, Half gallon - refrigerated  
Quart - shelf stable



Meyenberg 12oz    12 oz can    25.6 oz

- 1 year: 4 gallons, whole milk
- 2-4 years: 4 gallons, nonfat or low-fat milk

## Milk Options

Tell your WIC nutritionist which foods you prefer:



- Up to:
  - 1 lb (16 oz) cheese
  - 64 oz yogurt
  - 16 lb tofu

If you choose any of these, you will receive less milk.

## Eggs



- 1 dozen eggs or up to:
- 18 oz nut/seed butter or
- 1 lb dry beans or
- Four 16 oz cans of beans

## Canned Fish

- Up to 6 oz



## Cereal



- Up to 36 oz total

## Nut/Seed Butter or Beans



- Up to:
  - 18 oz container of nut/seed butter or
  - 1 lb dry beans or
  - Four 15-16 oz cans of beans

## Whole Grains



- Up to 24 oz total

## Juice



- One 64 oz container or
- One 16oz container of frozen juice

If you do not choose one of these, you will receive more fruits and vegetables.

## Fruits & Vegetables



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