

# 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 96oz

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



Meyenberg 12oz

12 oz can

25.6 oz

- 6 gallons, nonfat or low-fat milk

## Milk Options

Tell your WIC nutritionist which foods you prefer:



- Up to:
  - 2 lb (32 oz) cheese
  - 64 oz yogurt
  - 24 lb tofu

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## Eggs



- 2 dozen eggs or up to:
- 36 oz nut/seed butter or
- 2 lb dry beans or
- Eight 16 oz cans of beans

## Canned Fish

- Up to 20 oz



## Cereal



- Up to 36 oz total

## Nut/Seed Butter or Beans



Pick two in store, up to:

- Four 15-16 oz cans of beans cf
- 18 oz container of nut/seed butter cf
- 1 lb dry beans

## Whole Grains



- Up to 48 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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# INFANTS – 6-11 MONTHS

## Infant Cereal



- Up to 16 oz

## Infant Meats



- Up to 40 oz

## Fruits & Vegetables



- \$\_\_\_\_\_ Fresh, frozen, canned and/or
- Up to 128 oz of jars/containers