

MOSTLY BREASTFEEDING FOOD PACKAGE



Milk

Tell your WIC nutritionist which milk you prefer:



Gallons, half gallons, or quarts



Half gallon, quart, or 96 oz

Half gallon - refrigerated
Quart - shelf stable



Meyenberg 12 oz 12 oz can 25.6 oz

- 5.5 gallons, nonfat or low-fat milk

Milk Options

Tell your WIC nutritionist which foods you prefer:



- Upto:
 - 1 lb (16 oz) cheese
 - 64 oz yogurt
 - 22 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 15 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 or
- 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



\$ _____

INFANTS – 6-11 MONTHS

Infant Cereal



- 8 oz container

Infant Fruits & Vegetables

- \$_____ Fresh, frozen, or canned Fruits & Vegetables and/or
- Up to 128 oz of jars/containers

