



FOR CHILDREN 1 YEAR OF AGE

What Your Child Will Receive Each Month

- 4 gallons whole milk
or 3 gallons whole milk, 32 oz whole milk yogurt, and 1 lb cheese
- or 3 gallons + 1 quart whole milk and 1 lb cheese
- 36 oz breakfast cereal
- 2 lb whole grains - choice of 100% whole wheat bread, pasta or tortillas; brown rice; corn tortillas; oats or oatmeal; or bulgur (cracked wheat)
- 128 oz fruit juice
- 1 dozen eggs
- 1 lb dry beans or four 16 oz cans of beans
- \$9 for fruits and vegetables



Florida Department of Health, WIC Program
This institution is an equal opportunity provider.
FloridaWIC.org 9/19



Note: WIC is a supplemental nutrition program. WIC does not provide all of the food your child needs.