



FOR FULLY BREASTFEEDING WOMEN

What You Will Receive Each Month until your baby is 12 months of age

- 6 gallons fat free or 1% lowfat milk and 1 lb cheese
or 5 gallons fat free or 1% lowfat milk, 32 oz yogurt, and 2 lb cheese
or 4½ gallons fat free or 1% lowfat milk and 3 lb cheese
- 36 oz breakfast cereal
- 1 lb whole grains - choice of 100% whole wheat bread, pasta or tortillas; brown rice; corn tortillas; oats or oatmeal; or bulgur (cracked wheat)
- 144 oz fruit juice
- 2 dozen eggs
- 30 oz canned tuna fish, salmon, or mackerel
- \$11 for fruits and vegetables
- Choice of 2:** 1 lb dry beans or four 16 oz cans of beans or 18 oz peanut butter

Note: These monthly foods are also given to women who are partially breastfeeding 2 or more babies. Women fully breastfeeding 2 or more babies will receive 1½ times this amount of food.

Note: WIC is a supplemental nutrition program. WIC does not provide all of the food you need.



Florida Department of Health
WIC Program

This institution is an equal opportunity provider.

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