



# FOR WOMEN WHO ARE BREASTFEEDING AND GIVING SOME FORMULA

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

5½ gallons 1% lowfat or fat free milk

or 4½ gallons + 1 quart 1% lowfat or fat free milk and 1 lb cheese

or 4½ gallons 1% lowfat or fat free milk, 32 oz yogurt, and 1 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

1 dozen eggs

\$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: 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.

FloridaWIC.org 9/19

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