



FOR PREGNANT WOMEN

What You Will Receive Each Month

5½ gallons fat free or 1% lowfat milk

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

or 4½ gallons fat free or 1% lowfat 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



Florida Department of Health WIC Program

This institution is an equal opportunity provider.

FloridaWIC.org 9/19

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Women pregnant with 2 or more babies will receive the same amount of cereal, whole grains, fruit juice, beans/peanut butter, and fruits/vegetables. They will also receive the following: 5 gallons 1% lowfat or fat free milk, 32 oz yogurt, 2 lb cheese, 2 dozen eggs, and 30 oz canned tuna fish, salmon, or mackerel.

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