

Taste the New WIC Flavor!

WIC Food Packages for Moms

Option A - Fully Breastfeeding Moms	Option B - Mostly Breastfeeding Moms	Option C – Moms Breastfeeding Some OR Only Formula Feeding
 <p>Milk: 5 gallons and 1 quart Cheese: 2 pounds (lb.) Cereal: 36 ounces (oz.) Juice: Three 48 oz. fluid juice or 12 oz. frozen Eggs: 2 dozen Beans: 1 lb. Peanut butter: 18 oz. jar Whole grains: 1 lb. Fruits and vegetables: \$10.00 total for moms. PLUS 30-oz. canned fish (tuna, pink salmon, sardines)</p> <p>Mom receives foods valued at approximately \$75 per month.</p> <p>Only mothers who choose the Fully or Mostly Breastfeeding Packages will receive WIC foods for <u>one full year</u>.</p>	 <p>Milk: 4 gallons, 1 half gallon and 1 quart Cheese: 1 pound (lb.) Cereal: 36 ounces (oz.) Juice: Three 48 oz. fluid juice or 12 oz. frozen Eggs: 1 dozen Beans: 1 lb. Peanut butter: 18 oz. jar Whole grains: 1 lb. Fruits and vegetables: \$10.00 total</p> <p>Mom receives foods valued at approximately \$54 per month.</p>	 <p>Milk: 3 gallons and 1 quart Cheese: 1 pound (lb.) Cereal: 36 ounces (oz.) Juice: Two 48 oz. fluid juice or 12 oz. frozen Eggs: 1 dozen Beans: 1 lb. Fruits and vegetables: \$10.00 total</p> <p>Mom receives food valued at approximately \$41 per month.</p>



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WIC Food Packages for your Baby

Option A - Fully Breastfeeding Moms	Option B - Mostly Breastfeeding Infants	Option C – Infants Breastfeeding Some OR Fully Formula Feeding
Baby Foods Beginning at 6 Months		
		
<p>Newborn - 5 months You provide your breastmilk - the ultimate and only food source your baby needs during this time.</p> <p>When your baby is age 6-11 months WIC will give you Infant cereal: 24 oz. infant cereal Baby food fruits and vegetables: 64 jars PLUS 77.5 oz. baby food meat: 31 jars</p> <p>The healthiest choice for your baby and it saves you money!</p> <ul style="list-style-type: none"> ♥ Breastfed babies have less illness. ♥ Breastfeeding increases bonding with your baby. ♥ Breastfeeding reduces crying & colic. ♥ Breastfed babies have lower risk of obesity and diabetes later in life. ♥ Moms who breastfeed are less likely to develop diabetes, obesity and some cancers. <p>Since WIC is a supplemental program, you will still have to provide additional foods (breastmilk, formula, baby food) for your baby.</p> <p>For fully breastfeeding moms To meet your baby's full nutritional needs, it will cost you about \$7 per month.</p> 	<p>Newborn - 1 month Avoiding formula for the first month will increase and protect your priceless breastmilk supply.</p> <p>When your baby is age 1-3 months Formula: up to 4 cans of 12.4 oz. powder*</p> <p>When your baby is age 4-5 months Formula: up to 5 cans of 12.4 oz. powder*</p> <p>When your baby is age 6-11 months Formula: up to 4 cans of 12.4 oz. powder* Infant cereal: 24 oz. infant cereal Baby food fruits and vegetables: 32 jars</p> <p>Every amount of breastfeeding is beneficial to your baby. The more often you can breastfeed your baby, the more you will both benefit!</p>	<p>Newborn - 3 months Formula: up to 9 cans of 12.4 oz. powder*</p> <p>When your baby is age 4-5 months Formula: up to 10 cans of 12.4 oz. powder*</p> <p>When your baby is age 6-11 months Formula: up to 7 cans of 12.4 oz. powder* Infant cereal: 24 oz. infant cereal Baby food fruits and vegetables: 32 jars</p> <p>*All formula amounts are approximate.</p> <p><i>The Fully Formula & Some Breastfeeding WIC Packages allow mothers to receive food for the <u>first six months</u> postpartum only.</i></p>
<p>For mostly breastfeeding moms To meet your baby's full nutritional needs, it will cost you about \$26 per month.</p>	<p>For formula fed infants To meet your baby's full nutritional needs, it will cost you about \$115 per month.</p>	

Pictures courtesy of the Texas WIC Program