

# Taste the New WIC Flavor!

## WIC Food Packages for Moms

### Option A - Fully Breastfeeding Moms



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  
**PLUS 30-oz. canned fish (tuna, pink salmon, sardines)**



*The BEST choice  
for moms.*

**Mom receives foods valued at approximately \$75 per month.**

**Only mothers who choose the Fully or Mostly Breastfeeding Packages will receive WIC foods for one full year.**

### Option B - Mostly Breastfeeding Moms



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

**Mom receives foods valued at approximately \$54 per month.**

### Option C – Moms Breastfeeding Some OR Only Formula Feeding



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

**Mom receives food valued at approximately \$41 per month.**

**Moms who breastfeed some or fully formula feed will receive a food package until the baby is 6 months old.**



“This institution is an equal opportunity provider.”



# Taste the New WIC Flavor!

## 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 |
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### Baby Foods Beginning at 6 Months



**Newborn - 5 months**  
You provide your breastmilk - the ultimate and only food source your baby needs during this time.

**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**

*The healthiest choice for your baby and it saves you money!*




- ♥ **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.**

**Newborn - 1 month**  
Avoiding formula for the first month will increase and protect your priceless breastmilk supply.

**When your baby is age 1-3 months**  
Formula: up to 4 cans of 12.4 oz. powder\*

**When your baby is age 4-5 months**  
Formula: up to 5 cans of 12.4 oz. powder\*

**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



♥ Every amount of breastfeeding is beneficial to your baby. The more often you can breastfeed your baby, the more you will both benefit!

**Newborn - 3 months**  
Formula: up to 9 cans of 12.4 oz. powder\*

**When your baby is age 4-5 months**  
Formula: up to 10 cans of 12.4 oz. powder\*

**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





\*All formula amounts are approximate.

*The Fully Formula & Some Breastfeeding WIC Packages allow mothers to receive food for the first six months postpartum only.*

Since WIC is a supplemental program, you will still have to provide additional foods (breastmilk, formula, baby food) for your baby.

**For fully breastfeeding moms**  
To meet your baby's full nutritional needs, it will cost you **about \$7 per month.**



**For mostly breastfeeding moms**  
To meet your baby's full nutritional needs, it will cost you **about \$26 per month.**

**For formula fed infants**  
To meet your baby's full nutritional needs, it will cost you **about \$115 per month.**

