WIC Food Packages for Moms

Option A - Fully Breastfeeding Moms

Option B - Mostly Breastfeeding Moms

Option C – Moms Breastfeeding Some OR Only Formula Feeding



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. The BEST choice

Fruits and vegetables: \$10.00 total *for moms.*

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

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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



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 foods valued at approximately \$75 per month.

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

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

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

Mom receives food valued at

approximately \$41 per month.

"This institution is an equal opportunity provider."

Taste the New WIC Flavor!

WIC Food Packages for your <u>Baby</u>

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







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

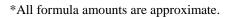
Formula: up to 9 cans of 12.4 oz. powder*

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



The Fully Formula & Some Breastfeeding WIC Packages allow mothers to receive food for the <u>first six</u> <u>months</u> 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.

