

## EXCLUSIVELY BREASTFEEDING

**Ask Your  
WIC clinic  
about possible  
choices**

### Mom's Food Package\*

EACH MONTH YOU WILL RECEIVE:

Skim, 0%, 1/2%, or 1% Milk	6 (gallons)
Cheese	1 (pound)
Breakfast Cereal	36 (ounces)
Juice Concentrate (frozen or shelf stable)	3 (11.5-12 ounces)
Eggs	2 (dozen)
Canned Beans	4 (15-16 ounces)
Peanut Butter	16-18 (ounces)
Canned Salmon or Tuna	30 (ounces)
Whole Wheat Bread, Brown Rice, Whole Wheat Pasta, or Whole Wheat/Soft Corn Tortillas	16 (ounces)
Fresh Fruits and/or Vegetables	\$11

\* Moms who are exclusively breastfeeding twins, triplets, etc. will get 1-1/2 times the amount of food in the exclusively breastfeeding package.

### Infant's Food Package\*

EACH MONTH YOUR BABY WILL RECEIVE:

**When your baby is 0-5 months old:**

You provide your precious breastmilk - the only food your baby needs during this time.

**When your baby is 6-12 months old:**

Infant Cereal	24 (ounces)
Baby Fruits & Vegetables (Or substitute bananas and/or a fresh fruit and vegetable check for some baby food.)	64 (4 ounce containers)
Baby Meats	32 (2.5 ounce containers)