### MOSTLY BREASTFEEDING

#### Mom's Food Package*

**Each month you will receive:**

- Skim, 0%, 1/2%, or 1% Milk: 5 1/2 (gallons)
- Breakfast Cereal: 36 (ounces)
- Juice Concentrate:
  - (frozen or shelf stable): 3 (11.5-12 ounces)
- Eggs: 1 (dozen)
- Canned Beans: 4 (15-16 ounces)
- Peanut Butter: 16-18 (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 mostly breastfeeding twins, triplets, etc. will get the amount of food in the exclusively breastfeeding Infant’s Food Package.*

#### Infant’s Food Package*

**Each month your baby will receive:**

- **When your baby is 1-3 months old:**
  - Formula: Up to 4 cans of 12.4 ounce powder*
- **When your baby is 4-5 months old:**
  - Formula: Up to 5 cans of 12.4 ounce powder*
- **When your baby is 6-12 months old:**
  - Formula: Up to 4 cans of 12.4 ounce powder*
  - Infant Cereal: 24 (ounces)
  - Baby Fruits & Vegetables: 32 (4 ounce containers)
    - (Or substitute bananas and/or a fresh fruit and vegetable check for some baby food.)

* All formula amounts are approximate and will vary by size and type of formula used.

*Ask Your WIC clinic about possible choices.*