Mostly Breastfeeding Package for Women

**Breastfeeding Support**
- Milk: 5 1/2 gallons
- Cereal: 36 ounces
- Juice: 3 (12oz.) frozen or (48oz.) fluid juice
- Eggs: 1 dozen
- Beans: 1 pound or 4 (14-16 oz.) cans
- **Peanut butter:** 18-oz. container
- **Whole grains:** 1 pound
- **Fruits/Vegetables:** $8.00 total

Mostly Breastfeeding Package for Infants

**0-1 month**
- Choose to fully breastfeed during the first month of your baby’s life.

**6-11 months**
- **Infant cereal:** 24 oz. infant cereal

**Baby Fruits/vegetables:**
- 18 (2-packs) 3.5 oz. Gerber 2nd foods

Formula amounts vary based on how much you are breastfeeding and/or the age of your baby.

WIC is an equal opportunity provider.

Breastfeeding…good for you & your baby and more in your grocery bag!