Food Package for Women (up to 6 months Postpartum only)

Breastfeeding Support
Milk: 4 gallons
Cereal: 36 ounces
Juice: 2 (12oz.) frozen or (48oz.) fluid juice
Eggs: 1 dozen

Peanut butter: 18-oz. container or
Beans: 1 pound or 4 (14-16 oz.) cans
Fruits/Vegetables: $8.00 total

∗ This package choice allows moms to receive WIC foods up to 6 months postpartum only. Moms who choose to Fully or Mostly breastfeed will receive foods for one full year.

Some Breastfeeding /Formula 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!