

Mom and Baby Food Packages

| | | Age of Baby | | | |
|----------------------------|------|---|---|---|---|
| Feeding Choice | | Birth to 1 month | 1 thru 3 months | 4 thru 5 months | 6 to 12 months |
| Fully Breastfeeding (FBF) | Mom | Two 18 ounce boxes cereal 1 pound whole wheat bread \$10 cash voucher for fruits/veggies Three 12 ounce cans concentrate juice 6 gallons of skim, 1%, or 2% milk* 1 pound cheese 1 pound dry beans OR 64 oz canned beans AND 18 ounces peanut butter 30 ounces canned fish 2 dozen eggs | Two 18 ounce boxes cereal 1 pound whole wheat bread \$10 cash voucher for fruits/veggies Three 12 ounce cans concentrate juice 6 gallons of skim, 1%, or 2% milk* 1 pound cheese 1 pound dry beans OR 64 oz canned beans AND 18 ounces peanut butter 30 ounces canned fish 2 dozen eggs | Two 18 ounce boxes cereal 1 pound whole wheat bread \$10 cash voucher for fruits/veggies Three 12 ounce cans concentrate juice 6 gallons of skim, 1%, or 2% milk* 1 pound cheese 1 pound dry beans OR 64 oz canned beans AND 18 ounces peanut butter 30 ounces canned fish 2 dozen eggs | Two 18 ounce boxes cereal 1 pound whole wheat bread \$10 cash voucher for fruits/veggies Three 12 ounce cans concentrate juice 6 gallons of skim, 1%, or 2% milk* 1 pound cheese 1 pound dry beans OR 64 oz canned beans AND 18 ounces peanut butter 30 ounces canned fish 2 dozen eggs |
| | Baby | YOUR BREASTMILK!!! | | | |
| Mostly Breastfeeding (MBF) | Mom | Two 18 ounce boxes cereal 1 pound whole wheat bread \$8 cash voucher for fruits & veggies Three 12 ounce cans concentrate juice 5 1/2 gallons of skim, 1%, or 2% milk* 1 pound dry beans OR 64 oz canned beans AND 18 ounces peanut butter 1 dozen eggs | Two 18 ounce boxes cereal 1 pound whole wheat bread \$8 cash voucher for fruits & veggies Three 12 ounce cans concentrate juice 5 1/2 gallons of skim, 1%, or 2% milk* 1 pound dry beans OR 64 oz canned beans AND 18 ounces peanut butter 1 dozen eggs | Two 18 ounce boxes cereal 1 pound whole wheat bread \$8 cash voucher for fruits & veggies Three 12 ounce cans concentrate juice 5 1/2 gallons of skim, 1%, or 2% milk* 1 pound dry beans OR 64 oz canned beans AND 18 ounces peanut butter 1 dozen eggs | Two 18 ounce boxes cereal 1 pound whole wheat bread \$8 cash voucher for fruits & veggies Three 12 ounce cans concentrate juice 5 1/2 gallons of skim, 1%, or 2% milk* 1 pound dry beans OR 64 oz canned beans AND 18 ounces peanut butter 1 dozen eggs |
| | Baby | YOUR BREASTMILK Up to 104 ounces formula | YOUR BREASTMILK Up to 364 ounces formula | YOUR BREASTMILK Up to 442 ounces formula | BREASTMILK Up to 312 ounces formula Three 8 ounce boxes infant cereal 32 4 ounce jars baby food vegetables and fruits |

Mom and Baby Food Packages

| | | Age of Baby | | | |
|-----------------------------|------|---|---|---|---|
| Feeding Choice | | Birth to 1 month | 1 thru 3 months | 4 thru 5 months | 6 to 12 months |
| Some Breastfeeding (SBF) | Mom | Two 18 ounce boxes cereal \$8 cash voucher for fruits/veggies Two 12 ounce cans concentrate juice 4 gallons of skim, 1%, or 2% milk* 1 pound dry beans OR 64 ounces canned beans OR 18 ounces peanut butter 1 dozen eggs | Two 18 ounce boxes cereal \$8 cash voucher for fruits/veggies Two 12 ounce cans concentrate juice 4 gallons of skim, 1%, or 2% milk* 1 pound dry beans OR 64 ounces canned beans OR 18 ounces peanut butter 1 dozen eggs | Two 18 ounce boxes cereal \$8 cash voucher for fruits/veggies Two 12 ounce cans concentrate juice 4 gallons of skim, 1%, or 2% milk* 1 pound dry beans OR 64 ounces canned beans OR 18 ounces peanut butter 1 dozen eggs | WIC participant without a food package. Receives Nutrition Education, Referrals, Breastfeeding Support etc. |
| | Baby | Up to 806 ounces formula | Up to 806 ounces formula | Up to 884 ounces formula | Up to 624 ounces formula Three 8 ounce boxes infant cereal 32 jars baby food vegetables and fruits |
| Fully Formula Feeding (FFF) | Mom | Two 18 ounce boxes cereal \$8 cash voucher for fruits/veggies Two 12 ounce cans concentrate juice 4 gallons of skim, 1%, or 2% milk* 1 pound dry beans OR 64 ounces canned beans OR 18 ounces peanut butter 1 dozen eggs | Two 18 ounce boxes cereal \$8 cash voucher for fruits/veggies Two 12 ounce cans concentrate juice 4 gallons of skim, 1%, or 2% milk* 1 pound dry beans OR 64 ounces canned beans OR 18 ounces peanut butter 1 dozen eggs | Two 18 ounce boxes cereal \$8 cash voucher for fruits/veggies Two 12 ounce cans concentrate juice 4 gallons of skim, 1%, or 2% milk* 1 pound dry beans OR 64 ounces canned beans OR 18 ounces peanut butter 1 dozen eggs | No longer a WIC participant |
| | Baby | 806 ounces formula | 806 ounces formula | 884 ounces formula | 624 ounces formula Three 8 ounce boxes infant cereal 32 jars baby food vegetables and fruits |

*1# of cheese may be substituted for 3 quarts of milk. No more than 1# may be substituted.