

LOOK -

WIC Saves You Money Every Month!

Children Receive

- 3+ Gallons of Milk
- 1 Pound Cheese
- 1 Dozen Eggs
- 36 oz. Cereal
- 2 Containers Juice
- 18 oz. Jar Peanut Butter
- 2 Pounds Bread
- \$6 Fruit and Vegetables

Monthly Value

\$75

Breastfeeding Women Receive

- 5+ Gallons Milk
- 2 Pounds Cheese
- 2 Dozen Eggs
- 36 oz. Cereal
- 3 Containers Juice
- 30 oz. Canned Fish
- 18 oz. Jar Peanut Butter
- 4 Cans Mature Beans
- 1 Pound Bread
- \$10 Fruits and Vegetables

Monthly Value

\$105

Brown Rice or Tortillas may be substituted for Bread.

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Canned Peas/Beans and Lentils may be substituted for Peanut Butter.

Pregnant Women Receive

- 4+ Gallons Milk
- 1 Pound Cheese
- 1 Dozen Eggs
- 36 oz. Cereal
- 3 Containers Juice
- 18 oz. Jar Peanut Butter
- 4 Cans Mature Beans
- 1 Pound Bread
- \$10 Fruits and Vegetables

Monthly Value

\$85

Breastfeeding Infants Receive

Mothers provide an unlimited supply of the "perfect" food, breast milk.

At 6 months

- 3 - 8 oz. Boxes Infant Cereal
- 31 Jars Baby Food Meats
- 64 Jars Baby Food Fruits and Vegetables

Monthly Value After 6 Months

\$90

This institution is an equal opportunity provider

Postpartum Women Receive

- 3+ Gallons Milk
- 1 Pound Cheese
- 1 Dozen Eggs
- 36 oz. Cereal
- 2 Containers Juice
- 18 oz. Jar Peanut Butter
- \$10 Fruits and Vegetables

Monthly Value

\$65

Infants Receive

Infant Formula

At 6 months

- 3 - 8 oz. Boxes Infant cereal
- 32 Jars Baby Food Fruits and Vegetables

Monthly Value After 6 Months

\$165

WIC may also be able to provide special needs formulas that may cost several hundred dollars per month.

