BREASTFEED ✷ Mom & Baby Get More Food

Mom - 0 to 6 Mo | Baby - 6 Mo to 1 Yr

Example of foods you get:
- 3 gallons of milk
- 1 pound of cheese
- 2 (11.5-12 oz) frozen juices
- 36 oz breakfast cereal
- 1 dozen eggs
- $10.00 fruits and vegetables
- 16 oz bread, tortillas or brown rice
- 1 pound of dry beans or 4 (16 oz) cans and one (16-18 oz) jar of peanut butter
- No canned fish

Missouri Department of Health and Senior Services
WIC and Nutrition Services
573-751-6204

DHSS is an equal opportunity/affirmative action employer. Services provided on a nondiscriminatory basis. Hearing- and speech-impaired citizens can dial 711. USDA is an equal opportunity provider and employer.