

BENEFITS ADD Up



FULLY BREASTFEEDING MOM AND BABY FOOD PACKAGES

Each month, mom gets:

BIRTH through 11 MONTHS

- 6 gallons of milk (skim thru 1 %)
- 1 can of evaporated milk
- 1 lb. of cheese
- 2 dozen eggs
- 3 - 46 oz./12 oz. juice (canned or frozen)
- 36 oz. of breakfast cereal
- 1 lb. whole wheat bread or tortillas
- 1 lb. of dry beans -OR- 4 -16 oz. cans of beans
- 18 oz. peanut butter
- 30 oz. fish (canned)
- \$11 fruit and veggie check



Each month, baby gets:

BIRTH through 5 MONTHS

- Breast milk

6 through 11 MONTHS

- Breast milk
- 24 oz. of infant cereal
- Up to 64 - 4 oz. jars of infant fruits and veggies
- Up to 31 - 2.5 oz. jars of infant meats



\$60

Average monthly savings in grocery money per child



WIC recognizes and promotes breastfeeding as the optimal source of nutrition for infants. For women who do not fully breastfeed, WIC provides iron-fortified infant formula. Special infant formulas and medical foods may be provided when prescribed by a physician for a specified medical condition.

WIC HELPS MUCH MORE BEYOND FOOD



Breastfeeding

- WIC mothers who choose to breastfeed are provided information and support through counseling and breastfeeding educational materials.
- Breastfeeding mothers are eligible to participate in WIC longer than non-breastfeeding mothers and can receive breast pumps and breastfeeding accessories to help support the initiation and continuation of breastfeeding.
- Mothers who exclusively breastfeed their infants receive an enhanced food package.



Connections to health care professionals



Immunization screenings



Developmental milestone screenings