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

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.

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.

WIC HELPS MUCH MORE BEYOND FOOD

$60
Average monthly savings in grocery money per child

WIC.MO.GOV