WIC Foods for Moms & Babies Not Breastfeeding

New & Improved

Approximate cash value $38 a month for first 6 months only

What Mom will Get with WIC:

Grains
36 ounces Iron Fortified Cereal

Protein
1 dozen Eggs
1 pound Dried Beans/Peas

Dairy
3 Gallons + 1 Quart 2%, 1% or Skim Milk
1 pound WIC Approved Cheese

Fruits & Vegetables
Two 12 ounce cans of Frozen 100% Juice
$10 voucher for Fresh Fruits & Vegetables

Eat WIC Foods to keep you strong while you love and take care of your growing baby.

Approximate cash value $21 a month for age 6-12 months plus formula

Fully Formula Fed Package for Infants

When Baby is age 0-3 months:
Formula: 31 cans concentrate or 9 cans powdered

When Baby is age 4-5 months:
Formula: 34 cans concentrate or 10 cans powdered

When Baby is age 6-12 months:
Formula: 24 cans concentrate or 7 cans powdered
Infant Cereal: 3-8oz Boxes
Infant Fruits & Vegetables: 32-4 oz containers

Formula amounts may vary depending on the type of formula your baby is prescribed

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