



For Moms and Babies

What you and your baby will receive each month

Revised January 1, 2010



Fully Breastfeeding

FOR MOM until baby is 12 months old

6 gallons 1% lowfat or fat free milk and 1 lb cheese

or 4½ gallons 1% lowfat or fat free milk and 3 lb cheese

36 oz breakfast cereal with more whole grain cereal choices

1 lb 100% whole wheat bread or 1 lb brown rice or 1 lb soft corn tortillas

144 oz fruit juice

2 dozen eggs

Choice of:

- 1 lb dry beans (or four 16 oz cans of beans) and 18 oz peanut butter
- or 2 lb dry beans (or eight 16 oz cans of beans)
- or 36 oz peanut butter

30 oz canned tuna fish or salmon

\$10 voucher for fresh, frozen, or canned fruits and vegetables

Note: These monthly foods for mom are also given to women who are partially breastfeeding 2 or more babies. Mothers fully breastfeeding 2 or more babies will receive 1½ times this amount of food.

FOR BABY until 12 months old

Your breast milk!!

Plus each month from 6 to 12 months:

24 oz baby cereal

256 oz baby fruits and vegetables

(For example, this equals 64 jars in 4-oz size.)

77½ oz baby meats

(This equals 31 jars in 2½-oz size.)

Breastfeeding & Formula Feeding

FOR MOM until baby is 12 months old

5½ gallons 1% lowfat or fat free milk with no cheese

or 4½ gallons + 1 quart 1% lowfat or fat free milk and 1 lb cheese

36 oz breakfast cereal with more whole grain cereal choices

1 lb 100% whole wheat bread or 1 lb brown rice or 1 lb soft corn tortillas

144 oz fruit juice

1 dozen eggs

Choice of:

- 1 lb dry beans (or four 16 oz cans of beans) and 18 oz peanut butter
- or 2 lb dry beans (or eight 16 oz cans of beans)
- or 36 oz peanut butter

\$10 voucher for fresh, frozen, or canned fruits and vegetables

FOR BABY until 12 months old

Your breast milk!!

Infant Formula (artificial baby milk)

Formula amounts will vary depending on the age of your baby and the type of formula your baby will receive. Ask your nutritionist for more specific information.

Plus each month from 6 to 12 months:

24 oz baby cereal

128 oz baby fruits and vegetables

(For example, this equals 32 jars in 4-oz size.)

Fully Formula Feeding

FOR MOM until baby is 6 months old

4 gallons 1% lowfat or fat free milk with no cheese

or 3 gallons + 1 quart 1% lowfat or fat free milk and 1 lb cheese

36 oz breakfast cereal with more whole grain cereal choices

96 oz fruit juice

1 dozen eggs

Choice of:

- 1 lb dry beans (or four 16 oz cans of beans)
- or 18 oz peanut butter

\$10 voucher for fresh, frozen, or canned fruits and vegetables

FOR BABY until 12 months old

Infant Formula (artificial baby milk)

Formula amounts will vary depending on the age of your baby and the type of formula your baby will receive. Ask your nutritionist for more specific information.

Plus each month from 6 to 12 months:

24 oz baby cereal

128 oz baby fruits and vegetables

(For example, this equals 32 jars in 4-oz size.)

Material adapted from the NYS Department of Health.



WIC is an equal opportunity provider.

www.FloridaWIC.org



Note: WIC is a supplemental nutrition program. WIC does not provide all of the formula or food you and your baby need.



Pou Manman ak Tibebe

Sa ke oumenm ak tibebe-ou ap resevwa chak mwa

Revize Janvye 1, 2010



Bay Tete Konplètman

POU MANMAN jiskaske tibebe-a genyen 12 mwa

6 galon lèt 1% ki gen tikras grès oswa lèt san grès avek 1 liv fwomaj

oubyen 4½ galon lèt 1% ki gen tikras grès oswa lèt san grès avek 3 liv fwomaj

36 ons sereyal pou dejene avèk plis chwa de sereyal ki fèt avèk grenn antye

1 liv pen ki fèt avèk 100% ble antye **oubyen** 1 liv diri mawon **oubyen** 1 liv tortilla mou ki fet avek mayi

144 ons ji fwi

2 douzèn ze

Chwa de:

- 1 liv pwa sèch (oswa 4 ti mamit pwa de 16 ons) avek 18 ons manba
- **oubyen** 2 liv pwa sèch (oswa 8 ti mamit pwa de 16 ons)
- **oubyen** 36 ons manba

30 ons pwason ton (tuna) nan mamit oswa pwason somon

Yon papye bon de \$10 pou fwi ak legim fre, konjele oswa nan mamit

Sonje: Manje sa yo ke yap bay manman yo chak mwa, yap bay yo tou ak fanm ki ap bay tete anpati a 2 tibebe ou plis. Manman ki ap bay tete konplètman a 2 tibebe ou plis ap resevwa 1½ fwa kantite manje sa-a.

POU TIBEBE jiska 12 mwa

Lèt tete-ou!!

Plis chak mwa de 6 a 12 mwa:

24 ons sereyal bebe

256 ons fwi ak legim bebe

(Pa egzanp, sa egal a 64 bokal nan gwosè 4 ons.)

77½ ons vyann bebe

(Sa egal a 31 bokal nan gwosè 2½ ons.)

Bay Tete & Bay Fòmil

POU MANMAN jiskaske tibebe-a genyen 12 mwa

5½ galon lèt 1% ki gen tikras grès oswa lèt san grès, san fwomaj

oubyen 4½ galon + 1 ka lèt 1% ki gen tikras grès oswa lèt san grès avek 1 liv fwomaj

36 ons sereyal pou dejene avèk plis chwa de sereyal ki fèt avèk grenn antye

1 liv pen ki fèt avèk 100% ble antye **oubyen** 1 liv diri mawon **oubyen** 1 liv tortilla mou ki fet avek mayi

144 ons ji fwi

1 douzèn ze

Chwa de:

- 1 liv pwa sèch (oswa 4 ti mamit pwa de 16 ons) avek 18 ons manba
- **oubyen** 2 liv pwa sèch (oswa 8 ti mamit pwa de 16 ons)
- **oubyen** 36 ons manba

Yon papye bon de \$10 pou fwi ak legim fre, konjele oswa nan mamit

POU TIBEBE jiska 12 mwa

Lèt tete-ou!!

Fòmil Bebe (lèt atifisyèl pou bebe)

Kantite fòmil la ap varye depann de laj tibebe ou-a ak kalite de fòmil tibebe ou-a ap resevwa. Mande nitrisyonis ou-a pou plis enfòmasyon espesifik.

Plis chak mwa de 6 a 12 mwa:

24 ons sereyal bebe

128 ons fwi ak legim bebe

(Pa egzanp, sa egal a 32 bokal nan gwosè 4 ons.)

Bay Fòmil Konplètman

POU MANMAN jiskaske tibebe-a genyen 6 mwa

4 galon lèt 1% ki gen tikras grès oswa lèt san grès, san fwomaj

oubyen 3 galon +1 ka lèt 1% ki gen tikras grès oswa lèt san grès avek 1 liv fwomaj

36 ons sereyal pou dejene avèk plis chwa de sereyal ki fèt avèk grenn antye

96 ons ji fwi

1 douzèn ze

Chwa de:

- 1 liv pwa sèch (oswa 4 ti mamit pwa de 16 ons)
- **oubyen** 18 ons manba

Yon papye bon de \$10 pou fwi ak legim fre, konjele oswa nan mamit

POU TIBEBE jiska 12 mwa

Fòmil Bebe (lèt atifisyèl pou bebe)

Kantite fòmil la ap varye depann de laj tibebe ou-a ak kalite de fòmil tibebe ou-a ap resevwa. Mande nitrisyonis ou-a pou plis enfòmasyon espesifik.

Plis chak mwa de 6 a 12 mwa:

24 ons sereyal bebe

128 ons fwi ak legim bebe

(Pa egzanp, sa egal a 32 bokal nan gwosè 4 ons.)

Sonje: WIC se yon pwogram nitrisyon siplemantè. WIC pa bay tout fòmil oswa tout manje ke oumenm ak bebe-ou bezwen.

Materyèl ki adapte soti de Depatman de Sante NYS

WIC pa fè diskriminasyon nan sèvis li bay.

www.FloridaWIC.org



Bon Nitrisyon pou fanm, ti bébé, ak ti moun