



# Mom and Baby Food Packages

WIC encourages every mother to breastfeed, and supports mothers to breastfeed exclusively. Breastfeeding is best for babies and moms, and WIC's new food packages are an added incentive to breastfeed.

WIC wants you to know about the benefits of fully breastfeeding your baby:

- The more breastmilk a baby gets, the healthier the baby and mom will be.
- Babies fed only breastmilk are healthier than babies fed formula or a combination of formula and breastmilk.

WIC and the American Academy of Pediatrics recommend feeding your baby only breastmilk until age 6 months, and breastmilk plus solid foods from 6-12 months. The WIC food package for fully breastfeeding moms and babies provides the most foods to support you in reaching your breastfeeding goal.

		Infant Age			
Mom is...	Each Month	Birth–1 month	1–3 months	4–5 months	6–12 months
Fully Breastfeeding	Mom gets	Fully Breastfeeding Package			
	Baby gets	Your Precious Breastmilk! *eligible for an electric breast pump if at work or full time school			Your Precious Breastmilk! Infant cereal, 64 jars of baby food fruits and vegetables, 3 l jars baby food meats
Mostly Breastfeeding	Mom gets	Mostly Breastfeeding Package			
	Baby gets	Your Precious Breastmilk! *eligible for a manual breast pump if at work or part-time school			
		Up to 1 can formula	Up to 4 cans formula	Up to 5 cans formula	Your Precious Breastmilk! Up to 4 cans formula Infant cereal, 32 jars of baby food fruits and vegetables
Some Breastfeeding	Mom gets	Some Breastfeeding Package			
	Baby gets	Your Precious Breastmilk! > 1 cans formula	Your Precious Breastmilk! > 4 cans formula	Your Precious Breastmilk! > 5 cans formula	Your Precious Breastmilk! Infant cereal, 32 jars of baby food fruits and vegetables > 4 cans formula
Fully Formula Feeding	Mom gets	Fully Formula Package			
	Baby gets	9 cans formula	9 cans formula	10 cans formula	7 cans formula Infant cereal, 32 jars of baby food fruits and vegetables

Overview of the new food packages for mothers:	Fully Breastfeeding	Mostly Breastfeeding	Some Breastfeeding	Fully Formula Feeding
1% or skim Milk (quarts)	23	18	12	12
Yogurt	1	1	1	1
Cheese (pounds)	1	1	1	1
Eggs (dozen)	2	1	1	1
Juice (quarts)	4 1/2	4 1/2	3	3
Breakfast Cereal (ounces)	36	36	36	36
Whole Grain (Bread, Rice, Pasta or Tortillas)	1	1		
Beans and/or Peanut Butter	4 cans and 1 jar pb	4 cans and 1 jar pb	4 cans or 1 jar pb	4 cans or 1 jar pb
Canned Fish (Tuna, Salmon or Sardines)	30 oz			
Fruits and Vegetables	\$10	\$10	\$10	\$10