
WIC Food Packages

for

MOMS & INFANTS



Food Package Options

This brochure will cover the food packages available to moms and their babies in the first year.

Fully Breastfeeding Monthly Package (page 5)

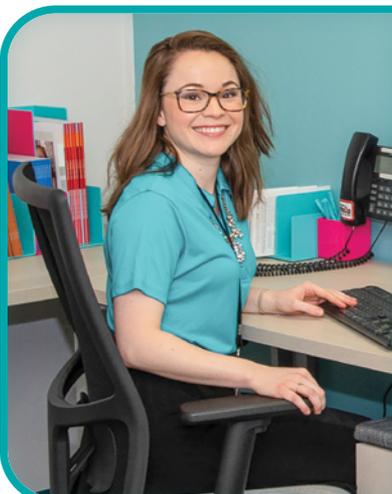
This is the largest package and it does not contain any formula. Moms and babies can get this package until baby's first birthday.

Partially Breastfeeding Monthly Package (page 7)

This package is for families who are feeding both breastmilk and formula. It contains less food than the fully breastfeeding package but more than the formula package, and it includes some formula. Moms and babies can get this package until baby's first birthday.

Formula Monthly Package (page 9)

This package is for families who are feeding mostly formula with some breastfeeding or only formula. It includes more formula than the partially breastfeeding package, but not all the formula your baby may need. Moms who choose this package will receive foods for the first six months after baby is born.



You can ask the staff at your WIC office to change your food package at any time based on the changing needs of you and your baby. Food package updates may not go into effect until the first day of the following month.

WIC is Here to Help You Meet Your Goals

WIC is here to support you every step of the way. From learning all about breastfeeding during your pregnancy to helping you through any challenges after your baby is born, WIC is here for you.



WIC clinics offer lactation consultants and peer counselors for pregnant and breastfeeding moms. Peer counselors are moms who have breastfed successfully and want to help you meet your feeding goals. They are trained to provide education and support when you need it.

Breast pumps are also available. If you cannot get a breast pump from your health plan that meets your needs, WIC can help.

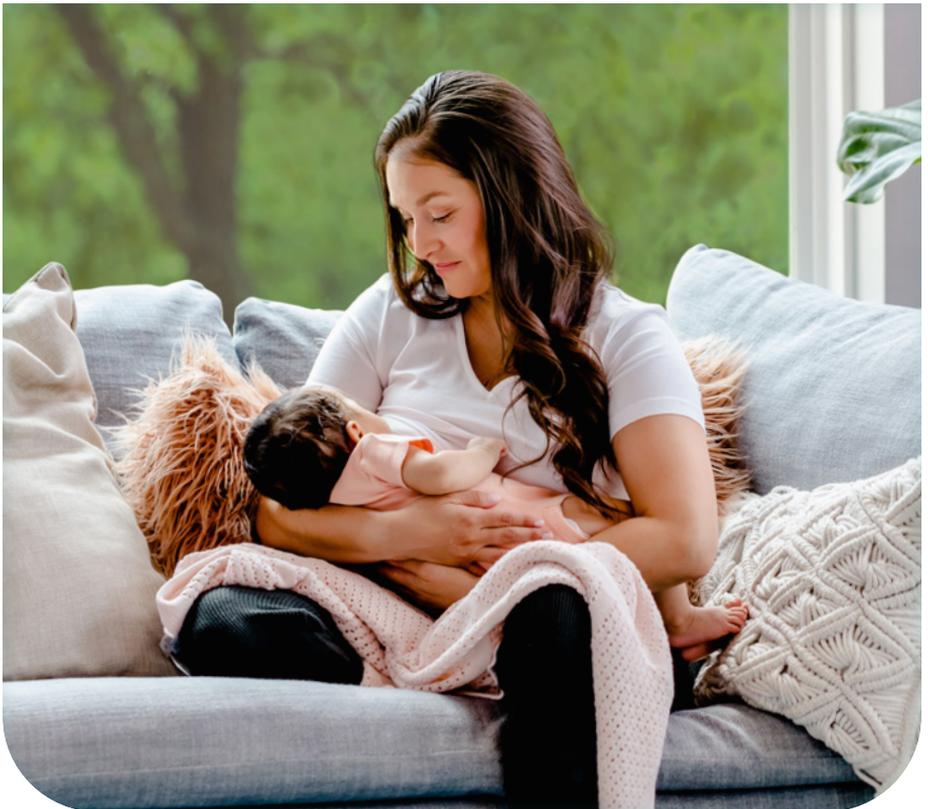


Breastfeeding

You may already be thinking about how you will feed your new baby. WIC and the American Academy of Pediatrics recommend you feed your baby only breastmilk for the first 6 months of life. When your baby is around 6 months old, introduce solid foods and continue to breastfeed for 2 years or longer, as desired.

Nature makes sure that your breastmilk is just right for your baby.

As your baby grows, your breastmilk will change to meet your baby's nutritional needs. Your breastmilk has many important vitamins and nutrients that help protect your baby from getting sick. The more you breastfeed, the more protection you both have.



Benefits of Breastfeeding

For Your Baby:

- Lower risk of sudden infant death syndrome (SIDS).
- Fewer infections and illnesses.
- Less likely to develop asthma or type 1 diabetes.

For You:

- Lower risk of getting breast or ovarian cancer.
- Less likely to develop type 2 diabetes and high blood pressure.

Breastfeeding Support



Here are some ways that you can get help with breastfeeding your baby:

- Call or visit your WIC clinic to speak with a lactation consultant or peer counselor.
- Call the Texas Lactation Support Hotline at **855-550-6667**. This service is free and available 24 hours a day, 7 days a week.
- Visit **BreastmilkCounts.com**.

Fully Breastfeeding Monthly Package for Women (until baby is 1 year old)



- Milk: 5 gallons
- Eggs: 2 dozen
- Yogurt or milk: 1 quart
- Beans: 1 pound dry or 4 cans
- Cheese: 2 pounds
- Peanut butter: 16- to 18- ounce jar
- Cereal: 36 ounces
- Whole grains: 1 pound
- Juice: 144 ounces (3 - 12-ounce frozen or 48 fluid ounces)
- Fruits/vegetables: \$11.00
- Fish: 30 ounces canned

Women who are fully breastfeeding multiples (twins, triplets, etc.) will get 1.5 times the amount of food in the fully breastfeeding package.

Fully Breastfeeding Monthly Package for Infants *(until baby is 1 year old)*



When your baby is 0-5 months old

- The only food your baby needs is your breastmilk during this time.

When your baby is 6-11 months old

- Infant cereal: 24 ounces
- Baby fruits/vegetables: 64 containers, 4 ounces each
- Baby food meats: 31 containers, 2.5 ounces each



For breastfeeding support, call the Texas Lactation Support Hotline at 855-550-6667.

Partially Breastfeeding Monthly Package for Women (until baby is 1 year old)



- Milk: 4.5 gallons
- Yogurt or milk: 1 quart
- Cheese: 1 pound
- Cereal: 36 ounces
- Juice: 144 ounces (3 - 12-ounce frozen or 48 fluid ounces)
- Eggs: 1 dozen
- Beans: 1 pound dry or 4 cans
- Peanut butter: 16- to 18- ounce jar
- Whole grains: 1 pound
- Fruits/vegetables: \$11.00

If you are combination feeding, it is important to know that starting or adding formula can decrease your breastmilk supply. For breastfeeding support, call the Texas Lactation Support Hotline at 855-550-6667.

Partially Breastfeeding Monthly Package for Infants (*until baby is 1 year old*)



When your baby is 0-1 month old

- Formula: 1 can of 12.5-ounce powder if needed*

When your baby is 1-3 months old

- Formula: Up to 4 cans of 12.5-ounce powder*

When your baby is 4-5 months old

- Formula: Up to 5 cans of 12.5-ounce powder*

When your baby is 6-11 months old

- Formula: Up to 4 cans of 12.5-ounce powder*
- Infant cereal: 24 ounces
- Baby fruits/vegetables: 32 containers, 4 ounces each

* All formula amounts are approximate and may vary based on type and can size.

Formula Monthly Package for Women (until baby is 6 months old)



- Milk: 3 gallons
- Eggs: 1 dozen
- Yogurt or milk: 1 quart
- Beans or peanut butter: 1 pound of dry beans or 4 cans of beans or a 16- to 18- ounce jar of peanut butter
- Cheese: 1 pound
- Cereal: 36 ounces
- Fruits/vegetables: \$11.00
- Juice: 96 ounces (2 - 12-ounce frozen or 48 fluid ounces)

If you are combination feeding, it is important to know that starting or adding formula can decrease your breastmilk supply. For breastfeeding support, call the Texas Lactation Support Hotline at 855-550-6667.

Formula Monthly Package for Infants (until baby is 1 year old)



When your baby is 0-3 months old

- Formula: Up to 9 cans of 12.5-ounce powder*

When your baby is 4-5 months old

- Formula: Up to 10 cans of 12.5-ounce powder*

When your baby is 6-11 months old

- Formula: Up to 7 cans of 12.5-ounce powder*
- Infant cereal: 24 ounces
- Baby fruits/vegetables: 32 containers, 4 ounces each

* All formula amounts are approximate and may vary based on type and can size.

Find out how WIC can help you make amazing kids.
Visit [TexasWIC.org](https://www.texaswic.org) to learn more and find your
nearest WIC clinic.



For breastfeeding help and information,
call the free Texas Lactation Support Hotline
24 hours a day, 7 days a week at
855-550-6667 or visit **BreastmilkCounts.com**.



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