**WIC MAY BE ABLE TO SAVE YOUR FAMILY THOUSANDS!**

**PREGNANT WOMEN RECEIVE:**

$800 YEARLY
$70 MONTHLY FOOD VALUE

Each month WIC can offer:
4 1/2 gallons of milk
1 dozen eggs
1 pound of cheese
32 ounces of yogurt
(1) 16-18 ounce jar of peanut butter
36 ounces of cereal
16 ounces of whole wheat bread/tortillas
1 pound of dried beans/peas/lentils
(3) 11.5-12 ounces of frozen juice
$11 in fresh fruits and vegetables

*Nutrition assessment and education services - $150 value

**CHILDREN (UP TO AGE 5) RECEIVE:**

$750 YEARLY
$65 MONTHLY FOOD VALUE

Each month WIC can offer:
3 gallons of milk
1 dozen eggs
2 pounds of cheese
32 ounces of yogurt
(1) 16-18 ounce jar of peanut butter
36 ounces of cereal
32 ounces of whole wheat bread/tortillas
(2) 64 ounce containers of juice
$9 in fresh fruits and vegetables

*Nutrition assessment and education services - $150 value

**EXCLUSIVELY BREASTFEEDING WOMEN RECEIVE:**

$1,350 YEARLY
$100 MONTHLY FOOD VALUE

Each month WIC can offer:
5 gallons of milk
2 dozen eggs
2 pounds of cheese
32 ounces of yogurt
(1) 16-18 ounce jar of peanut butter
(6) 5 ounce cans or pouches of fish
36 ounces of cereal
16 ounces of whole wheat bread/tortillas
1 pound of dried beans/peas/lentils
(3) 11.5-12 ounces of frozen juice
$11 in fresh fruits and vegetables

*Breast pumps and kits available
$250-$800 value
*Nutrition assessment and education services - $150 value

**BREASTFEEDING INFANTS RECEIVE:**

$1,850 YEARLY
$100 MONTHLY FOOD VALUE

Each month WIC can offer:
(3) 8 ounce boxes of infant cereal
(64) 4 ounce jars of fruit and vegetable baby foods
(31) 2.5 ounce jars of baby food meats
The type and amount of food for infants who are partially breastfeeding may vary.

*UNLIMITED AND FREE ACCESS TO BREASTFEEDING EXPERTS
$300 value

**POSTPARTUM WOMEN RECEIVE:**

$400 YEARLY
$55 MONTHLY FOOD VALUE

Each month WIC can offer:
3 gallons of milk
1 dozen eggs
1 pound of cheese
32 ounces of yogurt
(1) 16-18 ounce jar of peanut butter
36 ounces of cereal
(2) 11.5-12 ounces of frozen juice
$11 in fresh fruits and vegetables

*Nutrition assessment and education services - $75 value

**FORMULA-FED INFANTS RECEIVE:**

$1,850 YEARLY
$155 MONTHLY FOOD VALUE

Each month WIC can offer:
Infant formula
(3) 8 ounce boxes of infant cereal
(32) 4 ounce jars of fruit and vegetable baby foods
The foods listed above do not meet all of the nutrient needs for your baby. Additional foods and formula will need to be purchased.

*Nutrition assessment and education services - $150 value

If you are already on Medicaid, SNAP, or POWER, applying for WIC does not require that you show income. Scan the code to the left to see if you qualify for WIC based on income.

If you have any questions about the WIC Program call or visit:
1-888-996-9378 | health.wyo.gov/wic

Find us on Facebook @WyomingWICProgram or Instagram @Wyoming_WIC

This institution is an equal opportunity provider.