



WIC MAY BE ABLE TO SAVE YOUR FAMILY THOUSANDS!

PREGNANT WOMEN RECEIVE:

\$800 YEARLY
\$70 MONTHLY FOOD VALUE

Each month WIC can offer:

- 4 ½ 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
- 1 pound 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

The type and amount of food, and monthly savings, for women who are partially breastfeeding may vary.

***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

***BREAST PUMPS AND KITS AVAILABLE**
\$250-\$800 value

*Nutrition assessment and education services - \$150 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

Postpartum women who do not breastfeed can receive WIC benefits for 6 months after delivery.

*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

Access to Registered Dietitians, WIC Nutritionists, and Breastfeeding Peer Counselors at clinic sites.

*The average cost a person would pay for these services outside of WIC.



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.



This institution is an equal opportunity provider.

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

