Shopping with WIC saves you money!

Foods for Breastfeeding Women

Average value $79 per month

Fruits and vegetables
Fresh, frozen and/or canned

Whole grain options
Whole grain breads
Corn/whole wheat tortillas
Brown rice
Whole grain pasta
Oatmeal

Dairy options
Milk
Yogurt
Cheese

Protein options
Canned beans
Dry beans
Peanut butter

1-800-WIC-1007

GOOD FOOD and A WHOLE LOT MORE!

www.mass.gov/wic