Shopping with WIC saves you money!

Foods for Breastfeeding Women

Average value $80 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, Dried beans, Peanut butter

1-800-WIC-1007

GOOD FOOD and A WHOLE LOT MORE!
www.mass.gov/wic

This institution is an equal opportunity provider.