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| **CHOOSE 54 OUNCES OF CEREAL** Use the **Food List** to choose brands and sizes that add up to 54 ounces.  Possible size combinations:   * 18oz. + 18 oz. + 18oz. = 54oz. * 12oz. + 18oz. + 24 oz. = 54oz. * 15oz. + 18oz. + 21oz. = 54oz.   You will also receive **extra milk, eggs, cheese, and yogurt**. Follow the quantities printed on your WIC checks to choose the right amounts. | |  | |  | |  | | --- | | **CHOOSE 45 OUNCES of Canned fish** Choose canned **tuna** (5 or 6oz.), **salmon** (14.75oz.), **sardines** (3.75oz.), or **jack mackerel** (15oz.).  Possible combinations:   * Nine 5-oz. cans tuna = 45oz. * Five 6-oz. cans tuna + three 5-oz. cans tuna = 45 oz. * Three 14.75-oz. cans salmon = 44.25 oz. * Twelve 3.75-oz. cans sardines = 45oz. * One 14.75-oz. can salmon + three 6-oz. can tuna + three 3.75-oz. cans sardines = 44oz. * Three 15-oz. cans jack mackerel = 45oz. * One 15-oz. can jack mackerel + one 14.75-oz. can salmon + three 5-oz. cans tuna = 45oz. | |  | | |  | | |  | |  | | --- | |  | |  | | **DC WIC** | | Authorized foods for moms fully breastfeeding two or more babies | | | |
| **Congratulations on your choice to fully breastfeed your babies!** Be proud! You are giving your babies the gift of **love and health** that will last a lifetime.  Because you are **fully breastfeeding** more than one baby, you will receive more food than other breastfeeding mothers. Some of the foods are also **different**. Use the **DC WIC Authorized Foods List** and the **Vendor Folder & Food List** (image below) to select the correct foods. |  | |  | | | **CHOOSE 216 OUNCES OF 100% JUICE** Follow the Food List to choose four 48-ounce bottles of 100% juice. 12-ounce cans of frozen juice concentrate or shelf-stable juice concentrate can be substituted for a fluid 48-ounce bottle, if desired.  In addition, you may buy two 12-ounce bottles of single strength (regular) juice.  Possible options:   * Two 12oz. bottles *Tropicana* refrigerated Pure Premium 100% Orange Juice (any pulp content, can have added calcium and vitamin D) * Two 12oz. bottles *Simply Orange* 100% Orange Juice * Two 12oz. bottles *Simply Apple* 100% Apple Juice   https://encrypted-tbn2.gstatic.com/shopping?q=tbn:ANd9GcSXVnoRsSIZiqCMa1-Qc0XpNWKRsP1ewv5duPyzvmGe3X_kqiJv&usqp=CAYImage result | |  |  | | | **Choose 24 Ounces From These 100% Whole grain choices** **100% Whole Wheat Bread (24oz.):**   * *Pepperidge Farm* Whole Grain 100% Whole Wheat * *Pepperidge Farm* Farmhouse 100% Whole Wheat * *Arnold* Whole Grains 100% Whole Wheat * *Arnold* Country 100% Whole Wheat * *Stroehmann* Dutch Country 100% Whole Wheat   **Whole Oats (24oz.):**   * *McCann’s* Steel Cut Irish oatmeal * *Open Nature* Quick Cook Steel Cut Oats * *Harris Teeter Organics* Steel Cut Oats * *Bob’s Red Mill* Steel Cut Oats   *There are currently no 24 oz. brown rice, whole wheat tortillas, or whole wheat pasta options available.* |