# 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

WIC
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**1-800-WIC-1007**

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

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