

# Let WIC Help Save You Money

Women, Infants & Children (WIC) may be able help you monthly with your food budget! WIC supports healthy eating with supplemental foods, nutrition education & breastfeeding support for pregnant & postpartum women, infants & children (up to 5 yrs old).

\$\$\$ Value of WIC food packages on average monthly \$\$\$

- ❖ 4 Gallons Milk \$ 10.00
- ❖ 36 ounces Cereal \$ 7.00
- ❖ 18 ounces Peanut Butter \$3.00
- ❖ 2 Bottles of Juice \$ 6.00
- ❖ 32 ounces Whole Grains \$ 5.00
- ❖ Vegetables & Fruit \$ 8.00 - \$ 11.00
- ❖ 1 Dozen Eggs \$ 1.50

**Total: \$40 - \$43 per month**

**\*\*Food packages and food prices may vary\*\***

Call WIC today to see if we can help you! Call 330-424-7293 for more information.



Women, Infants, and Children Program

This institution is an equal opportunity provider.