

# Nursing...good for your baby and more in your grocery bag!



WIC rewards nursing moms who do not use **any** WIC formula. When you make this healthy choice, your family receives the **most** WIC foods and your baby receives your **priceless** milk.

## Mother's Milk and No Formula

FOR SECURITY PURPOSES, THE FACE OF THIS DOCUMENT CONTAINS A TWO-TONED COLORED BACKGROUND AND MICROPRINTING IN THE BORDER-THE REVERSE SIDE FEATURES ARTIFICIAL WATERMARKS

99-999 CLINIC NUMBER      00000000 PARTICIPANT ID NUMBER      000000000 PARTICIPANT NAME      1 F#      0000000000 CHECK #

PA BY      FEB 28 2008 LAST DAY TO USE      00000000 FAMILY ID      60-142-313

**Mom gets \$100 of WIC foods each month for 12 months.**

**Baby gets \$70 of WIC foods each month for 6 months.**

*Value = \$1,620/year*

PAY EXACTLY \$ . TO THE ORDER OF Any Authorized WIC Vendor

STORE MUST DEPOSIT WITHIN 45 DAYS OF FIRST DAY TO USE

SIGNATURE OF ENDORSER OR PROXY (SIGN IN INK AT STORE) DATE FULTON BANK LANCASTER, PENNSYLVANIA 17604

COMMONWEALTH OF PENNSYLVANIA DEPARTMENT OF HEALTH AND HUMAN SERVICES PROGRAM ROOM 604 HAVEN BLDG 7TH FLOOR CENTER STREETS HARRISBURG, PA 17133

Customer service is WIC's #1 priority Tell your family and friends about WIC!

## Mother's Milk and Some Formula

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99-999 CLINIC NUMBER      00000000 PARTICIPANT ID NUMBER      000000000 PARTICIPANT NAME      2 F#      0000000000 CHECK #

PA BY      FEB 28 2008 LAST DAY TO USE      12902938 FAMILY ID      60-142-313

**Mom gets \$75 of WIC foods each month for 12 months.**

**Baby gets \$15 of WIC foods each month for 6 months.**

*Value = \$1,000/year*

PAY EXACTLY \$ . TO THE ORDER OF Any Authorized WIC Vendor

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## Some Mother's Milk but Mostly Formula

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PA BY      FEB 28 2008 LAST DAY TO USE      12902938 FAMILY ID      60-142-313

**Mom gets \$60 of WIC foods each month for 6 months.**

**Baby gets \$15 of WIC foods each month for 6 months.**

*Value = \$450/year*

PAY EXACTLY \$ . TO THE ORDER OF Any Authorized WIC Vendor

STORE MUST DEPOSIT WITHIN 45 DAYS OF FIRST DAY TO USE

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Yearly value is based on average food prices statewide. Local prices will vary.



Breastfeeding Awareness and Support Program  
Healthy Baby Line  
1-800-986-BABY

WIC is an equal opportunity provider



Pennsylvania WIC Program  
1-800-WIC-WINS  
HD0580P 4-2009

# More WIC Foods... Another Benefit for Nursing Moms and Babies

Mother's Milk and <u>No</u> Formula	Mother's Milk and <u>Some</u> formula	Some Mother's Milk but <u>Mostly</u> Formula
<p><b>Mom receives:</b> During baby's 1<sup>st</sup> year</p> <p><b>Cereal</b>  36 ozs</p> <p><b>Beans</b>  4 cans</p> <p><b>Milk</b>  24 quarts</p> <p><b>Juice</b>  3 cans</p> <p><b>Eggs</b>  2 dozen</p> <p><b>Fruits &amp; Veggies</b>  \$10 voucher</p> <p><b>Peanut Butter</b>  18 ozs</p> <p><b>Whole Grains</b>  16 ozs</p> <p><b>Cheese</b>  1 pound</p> <p><b>Canned Fish</b>  30 ozs</p>	<p>During baby's 1<sup>st</sup> year</p> <p><b>Cereal</b>  36 ozs</p> <p><b>Beans</b>  4 cans</p> <p><b>Milk</b>  22 quarts</p> <p><b>Juice</b>  3 cans</p> <p><b>Eggs</b>  1 dozen</p> <p><b>Fruits &amp; Veggies</b>  \$8 voucher</p> <p><b>Peanut Butter</b>  18 ozs</p> <p><b>Whole Grains</b>  16 ozs</p>	<p>During baby's 1<sup>st</sup> <u>6 months</u></p> <p><b>Cereal</b>  36 ozs</p> <p><b>Beans</b>  4 cans</p> <p><b>Milk</b>  16 quarts</p> <p><b>Juice</b>  2 cans</p> <p><b>Eggs</b>  1 dozen</p> <p><b>Fruits &amp; Veggies</b>  \$8 voucher</p>
<p><b>Baby receives:</b> From 6 - 11 months</p> <p><b>Cereal</b>  24 ozs</p> <p><b>Fruits &amp; Veggies</b>  64 jars</p> <p><b>Meat</b>  31 jars</p>	<p>From 6 – 11 months</p> <p><b>Cereal</b>  24 ozs</p> <p><b>Fruits &amp; Veggies</b>  32 jars</p> <p><b>No meat</b></p>	<p>From 6 – 11 months</p> <p><b>Cereal</b>  24 ozs</p> <p><b>Fruits &amp; Veggies</b>  32 jars</p> <p><b>No meat</b></p>