

WIC FOOD PACKAGE

Child Food Package – Monthly Amounts

CHILD, 12 to 23 months of age

4 gal whole milk or 3 gal whole milk plus 16 oz cheese & 32 oz whole milk yogurt

*In lieu of 32 oz whole milk yogurt, one extra quart of whole milk may be prescribed by provider.

128 oz (2 – 64 oz containers) juice

2 -16 oz whole grain/whole wheat bread or 2 – 16 oz brown rice or 2 – 16 oz whole wheat pasta

1 doz eggs

36 oz cereal

16-18 oz peanut butter or 16 oz dried peas/beans or 4 – 15-16 oz cans of canned peas/beans

\$9.00 value Food Instrument for fresh fruits/vegetables

CHILD, 12 to 23 months of age receiving special formula

4 gal whole milk or 3 gal whole milk plus 16 oz cheese & 32 oz whole milk yogurt

*In lieu of 32 oz whole milk yogurt, one extra quart of whole milk may be prescribed by provider.

128 oz (2 – 64 oz containers) juice

2 -16 oz whole grain/whole wheat bread or 2 –16 oz brown rice or 2 – 16 oz whole wheat pasta

1 doz eggs

36 oz cereal

16-18 oz peanut butter or 16 oz dried peas/beans or 4 – 15-16 oz cans of canned peas/beans

\$9.00 value Food Instrument for fresh fruits/vegetables

Maximum 910 fluid oz special formula

CHILD, 24 months to 60 months of age

4 gal 1%, fat free milk or 3 gal 1%, fat free milk plus 16 oz cheese & 32 oz low-fat/nonfat yogurt

128 oz (2 – 64 oz containers) juice

2 -16 oz whole grain/whole wheat bread or 2 –16 oz brown rice or 2 – 16 oz whole wheat pasta

1 doz eggs

36 oz cereal

16-18 oz peanut butter or 16 oz dried peas/beans or 4 – 15-16 oz cans of canned peas/beans

\$9.00 value Food Instrument for fresh fruits/vegetables

CHILD, 24 months to 60 months of age receiving special formula

4 gal 1%, fat-free milk or 3 gal 1%, fat-free milk plus 16 oz cheese & 32 oz low-fat/nonfat yogurt

128 oz (2 – 64 oz containers) juice

2 -16 oz whole grain/whole wheat bread or 2 –16 oz brown rice or 2 – 16 oz whole wheat pasta

1 doz eggs

36 oz cereal

16-18 oz peanut butter or 16 oz dried peas/beans or 4 – 15-16 oz cans of canned peas/beans

\$9.00 value Food Instrument for fresh fruits/vegetables

Maximum 910 fluid oz special formula

NOTE: 8-half gallon cartons soy milk may be issued in place of milk upon request. A prescription is not required. Cheese and yogurt are allowed. However, prior to issuance, an individual nutrition assessment with CPA should be done to determine if child can tolerate the cheese and/or yogurt.

**** For children 24-60 months, a maximum of 1 gallon 1% or fat-free chocolate milk may be prescribed by provider in lieu of 1 gallon 1% or fat-free regular milk.**

WIC FOOD PACKAGE

Pregnant Woman Food Package – Monthly Amounts

*PREGNANT WOMAN

5 ½ gal 1%, fat-free milk or 4 ½ gal 1%, fat-free milk plus 16 oz cheese & 32 oz low-fat/nonfat yogurt
144 oz (3 – 48 oz containers or 3 – 12 oz frozen) juice
16 oz whole grain/whole wheat bread or 16 oz brown rice or 16 oz whole wheat pasta
1 doz eggs
36 oz cereal
(2) 16-18 oz peanut butter or 16 oz dried peas/beans or (8) – 15-16 oz cans of canned peas/beans
\$11.00 value Food Instrument for fresh fruits/vegetables

PREGNANT WOMAN WITH MULTIPLES

6 gal 1%, fat-free milk or 5 gal 1%, fat-free milk plus 16 oz cheese & 32 oz low-fat/nonfat yogurt
16 oz cheese
144 oz (3 – 48 oz containers or 3 – 12 oz frozen) juice
16 oz whole grain/whole wheat bread or 16 oz brown rice or 16 oz whole wheat pasta
2 doz eggs
36 oz cereal
(2) 16-18 oz peanut butter or 16 oz dried peas/beans or (8) – 15-16 oz cans of canned peas/beans
30 oz canned tuna/salmon
\$11.00 value Food Instrument for fresh fruits/vegetables

PREGNANT WOMAN RECEIVING SPECIAL FORMULA

5 ½ gal 1%, fat-free milk or 4 ½ gal 1%, fat-free milk plus 16 oz cheese & 32 oz low-fat/nonfat yogurt
144 oz (3 – 48 oz containers or 3 – 12 oz frozen) juice
16 oz whole grain/whole wheat bread or 16 oz brown rice or 16 oz whole wheat pasta
1 doz eggs
36 oz cereal
(2) 16-18 oz peanut butter or 16 oz dried peas/beans or (8) – 15-16 oz cans of canned peas/beans
\$11.00 value Food Instrument for fresh fruits/vegetables
Maximum 910 fluid oz special formula

*PREGNANT AND PARTIALLY (MOSTLY) BREASTFEEDING

NOTE: 11 half gallon cartons of soy milk may be issued upon request. Participant has the option of selecting cheese and low-fat/nonfat yogurt.

**** For women, a maximum of 1 gallon 1% or fat-free chocolate milk may be prescribed by provider in lieu of 1 gallon 1% or fat-free regular milk.**

WIC FOOD PACKAGE

Non-Breastfeeding Woman & Partially (Minimally) Breastfeeding Food Package – Monthly Amounts

NON-BREASTFEEDING WOMAN

4 gal 1%, fat-free milk or 3 gal 1%, fat-free milk plus 16 oz cheese & 32 oz low-fat/nonfat yogurt

96 oz (2 – 48 oz containers or 2 – 12 oz frozen) juice

1 doz eggs

36 oz cereal

16-18 oz peanut butter or 16 oz dried peas/beans or 4 – 15-16 oz cans of canned peas/beans

\$11.00 value Food Instrument for fresh fruits/vegetables

NON-BREASTFEEDING WOMAN RECEIVING SPECIAL FORMULA

4 gal 1%, fat-free milk or 3 gal 1%, fat-free milk plus 16 oz cheese & 32 oz low-fat/nonfat yogurt

96 oz (2 – 48 oz containers or 2 – 12 oz frozen) juice

1 doz eggs

36 oz cereal

16-18 oz peanut butter or 16 oz dried peas/beans or 4 – 15-16 oz cans of canned peas/beans

\$11.00 value Food Instrument for fresh fruits/vegetables

Maximum 910 fluid oz special formula

NOTE: 8 half gallon cartons of soy milk may be issued upon request. Participant has the option of selecting cheese and low-fat/nonfat yogurt.

**** For women, a maximum of 1 gallon 1% or fat-free chocolate milk may be prescribed by provider in lieu of 1 gallon 1% or fat-free regular milk.**

WIC FOOD PACKAGE

***Fully Breastfeeding Woman, Women Pregnant with Multiples Food Package – Monthly Amounts**

FULLY BREASTFEEDING WOMAN

6 gal 1%, fat-free milk or 5 gal 1%, fat-free milk plus 16 oz cheese & 32 oz low-fat/nonfat yogurt
16 oz cheese
144 oz (3 – 48 oz containers or 3 – 12 oz frozen) juice
16 oz whole grain/whole wheat bread or 16 oz brown rice or 16 oz whole wheat pasta
2 doz eggs
36 oz cereal
(2) 16-18 oz peanut butter or 16 oz dried peas/beans or (8) – 15-16 oz cans of canned peas/beans
30 oz canned tuna/salmon
\$11.00 value Food Instrument for fresh fruits/vegetables

FULLY BREASTFEEDING WOMAN RECEIVING SPECIAL FORMULA

6 gal 1%, fat-free milk or 5 gal 1%, fat-free milk plus 16 oz cheese & 32 oz low-fat/nonfat yogurt
16 oz cheese
144 oz (3 – 48 oz containers or 3 – 12 oz frozen) juice
16 oz whole grain/whole wheat bread or 16 oz brown rice or 16 oz whole wheat pasta
2 doz eggs
36 oz cereal
(2) 16-18 oz peanut butter or 16 oz dried peas/beans or (8) – 15-16 oz cans of canned peas/beans
30 oz canned tuna/salmon
\$11.00 value Food Instrument for fresh fruits/vegetables
Maximum 910 fluid oz special formula

FULLY BREASTFEEDING WOMAN WITH MULTIPLES

NOTE: the average monthly amounts shown below are provided over a 2 month period. Amounts for first month are the same as for the Fully Breastfeeding Woman; amounts for the second month are double the amounts for the first month.
9 gal 1%, fat-free milk or 8 gal 1%, fat-free milk plus 16 oz cheese & 32 oz low-fat/nonfat yogurt
24 oz cheese
216 oz juice
24 oz whole grain/whole wheat bread or 24 oz brown rice or 24 oz whole wheat pasta
3 doz eggs
54 oz cereal
(3) 16-18 oz peanut butter or 16 oz dried peas/beans or (12) – 15-16 oz cans of canned peas/beans
45 oz canned tuna/salmon
\$16.50 value Food Instrument for fresh fruits/vegetables

NOTE: There are additional categories who receive the fully breastfeeding food packages (See PM, Chapter V). 12 half gallons soy milk may be issued upon request.

**** For women, a maximum of 1 gallon 1% or fat-free chocolate milk may be prescribed by provider in lieu of 1 gallon 1% or fat-free regular milk .**

WIC FOOD PACKAGE

Partially Breastfeeding Woman Food Package – Monthly Amounts

PARTIALLY (MOSTLY) BREASTFEEDING WOMAN

5 ½ gal 1%, fat-free milk or 4 ½ gal 1%, fat-free milk plus 16 oz cheese & 32 oz low-fat/nonfat yogurt
144 oz (3 – 48 or 3 – 12 oz frozen) juice
16 oz whole grain/whole wheat bread or 16 oz brown rice or 16 oz whole wheat pasta
1 doz eggs
36 oz cereal
(2) 16-18 oz peanut butter or 16 oz dried peas/beans or (8) – 15-16 oz cans of canned peas/beans
\$11.00 value Food Instrument for fresh fruits/vegetables

PARTIALLY (MOSTLY) BREASTFEEDING WOMAN RECEIVING SPECIAL FORMULA

5 ½ gal 1%, fat-free milk or 4 ½ gal 1%, fat-free milk plus 16 oz cheese & 32 oz low-fat/nonfat yogurt
144 oz (3 – 48 oz containers or 3 – 12 oz frozen) juice
16 oz whole grain/whole wheat bread or 16 oz brown rice or 16 oz whole wheat pasta
1 doz eggs
36 oz cereal
(2) 16-18 oz peanut butter or 16 oz dried peas/beans or (8) – 15-16 oz cans of canned peas/beans
\$11.00 value Food Instrument for fresh fruits/vegetables
Special formula not to exceed 910 fluid ounces

PARTIALLY (MOSTLY) BREASTFEEDING WOMAN WITH MULTIPLES

6 gal 1%, fat-free milk or 5 gal 1%, fat-free milk plus 16 oz cheese & 32 oz low-fat/nonfat yogurt
16 oz cheese
144 oz (3 – 48 oz containers or 3 – 12 oz frozen) juice
16 oz whole grain/whole wheat bread or 16 oz brown rice or 16 oz whole wheat pasta
2 doz eggs
36 oz cereal
(2) 16-18 oz peanut butter or 16 oz dried peas/beans or (8) – 15-16 oz cans of canned peas/beans
30 oz canned tuna/salmon
\$11.00 value Food Instrument for fresh fruits/vegetable

PARTIALLY (MINIMALLY) BREASTFEEDING NON-BREASTFEEDING WOMAN

4 gal 1%, fat-free milk or 3 gal 1%, fat-free milk plus 16 oz cheese & 32 oz low-fat/nonfat yogurt
96 oz (2 – 48 oz containers or 2 – 12 oz frozen) juice
1 doz eggs
36 oz cereal
16-18 oz peanut butter or 16 oz dried peas/beans or 4 – 15-16 oz cans of canned peas/beans
\$11.00 value Food Instrument for fresh fruits/vegetables

PARTIALLY BREASTFEEDING POSTPARTUM WOMAN >6 MONTHS

No food benefits issued; for reporting purposes only; nutrition education/support can be provided.

**** For women, a maximum of 1 gallon 1% or fat-free chocolate milk may be prescribed by provider in lieu of 1 gallon 1% or fat-free regular milk .**