

WIC Food Package - Maximum Monthly Allowances

FOODS	Infants 0-3 mo	Infants 4-12 mo	Children/ Women with Special Dietary Needs	Children 1-5 yrs.	Pregnant & Breastfeeding Women (up to 1 year postpartum)	Nonbreastfeeding Postpartum Women (up to 6 months postpartum)	Breastfeeding Women Enhanced Package ¹
	(I)	(II)	(III)	(IV)	(V)	(VI)	(VII)
Infant Formula (concentrated liquid) ²	403 fl. oz.	403 fl. oz.	403 fl. oz. ³				
Juice (reconstituted frozen) ⁴		96 fl. oz. ⁵	144 fl. oz.	288 fl. oz.	288 fl. oz.	192 fl. oz.	336 fl. oz.
Infant Cereal		24 oz.					
Cereal (hot or cold)			36 oz.	36 oz.	36 oz.	36 oz.	36 oz.
Milk ⁶				24 qt.	28 qt.	24 qt.	28 qt.
Cheese ⁶							1 lb.
Eggs ⁷				2-2½ doz.	2-2½ doz.	2-2½ doz.	2-2½ doz.
Dried Beans/Peas <u>and/or</u> Peanut butter				1 lb. <u>or</u> 18 oz.	1 lb. <u>or</u> 18 oz.		1 lb. <u>and</u> 18 oz.
Tuna (canned)							26 oz.
Carrots (fresh) ⁸							2 lbs.

1. Available to breastfeeding women whose infants do not receive formula from the WIC Program.
2. Powdered or ready-to-feed formula may be substituted at the following rates: 8 lbs. powdered per 403 fluid oz. concentrated liquid; and 26 fluid oz. ready-to-feed per 13 fluid oz. concentrated liquid.
3. Additional amounts of formula may be approved for nutritional need, up to 52 fluid oz. concentrated liquid or 1 lb. powdered or 104 fluid oz. ready-to-feed.
4. Single strength adult juice may be substituted at a rate of 92 fluid oz. per 96 fluid oz. reconstituted frozen.
5. Infant juice may be substituted for adult juice at the rate of 63 fluid oz. per 92 fluid oz. single strength adult juice.
6. A choice of various forms of milks and cheeses may be available. Cheese may be substituted for fluid whole milk at the rate of 1 lb. per 3 qts., with a 4-lb. maximum. Additional cheese may be issued in cases of lactose intolerance.
7. Dried egg mix may be substituted at the rate of 1.5 lbs. per 2 doz. fresh eggs; or 2 lbs. per 2½ doz. fresh eggs.
8. Frozen carrots may be substituted at the rate of 1 lb. per 1 lb. fresh; or canned carrots at the rate of

16-20 oz. canned per 1 lb. fresh.