

WIC Food Packages for Breastfeeding Mothers and Babies

Food Packages for Mothers

Food Category	Fully Breastfeeding	Partially (Mostly) Breastfeeding	Fully Formula Feeding (minimally breastfeeding)
	1 year postpartum	1 year postpartum	6 months postpartum
Fruits and Vegetables	\$11.00 cash value voucher (CVV)	\$11.00 CVV	\$11.00 CVV
Fish (canned)	30 oz	None	None
Whole wheat bread or other whole grains	1 lb	1 lb	None
Eggs	2 dozen	1 dozen	1 dozen
Cheese	1 lb	None	None
Legumes	1 lb beans <u>and</u> 18 oz peanut butter	1 lb beans <u>and</u> 18 oz peanut butter	1 lb beans <u>or</u> 18 oz peanut butter
Breakfast cereal	36 oz	36 oz	36 oz
Milk	24 qt	22 qt	16 qt
Juice	144 fl oz	144 fl oz	96 fl oz

Food Packages for Infants

Food Category	Fully Breastfed	Partially (Mostly) Breastfed	Fully Formula Fed (minimally breastfed)
Human milk* or WIC infant formula	Human milk	Mostly Human milk, Minimal WIC Infant Formula**	Mostly WIC Infant Formula,** Minimal Human milk
Infant food fruits and vegetables***	256 oz fruits and vegetables	128 oz fruits and vegetables	128 oz fruits and vegetables
Infant food meats***	77 ½ oz of infant food meat	None	None
Infant Cereal***	24 oz	24 oz	24 oz

*Human milk from the WIC participant's mother.

** Infant formula amounts vary based on the age of the infant, the food package assigned and the breastfeeding assessment.

*** Infant food fruits and vegetables, infant food meats and infant cereals are provided to infants at 6 months of age. At the State agency option, infants 9 months through 11 months may receive a CVV to purchase fresh fruits and vegetables in lieu of a portion of the infant food fruits and vegetables.