

SNAPSHOT of the WIC Food Packages ¹

Maximum Monthly Allowances of Supplemental Foods for Children and Women

Foods	Children	-----Women-----		
	Food Package IV 1 through 4 years	Food Package V: Pregnant and Partially (Mostly) Breastfeeding (up to 1 year postpartum)	Food Package VI: Postpartum (up to 6 months postpartum)	Food Package VII: Fully Breastfeeding (up to 1 year post-partum)
Juice, single strength	128 fl oz	144 fl oz	96 fl oz	144 fl oz
Milk ²	16 qt	22 qt	16 qt	24 qt
Breakfast cereal ³	36 oz	36 oz	36 oz	36 oz
Cheese	N/A	N/A	N/A	1 lb
Eggs	1 dozen	1 dozen	1 dozen	2 dozen
Fruits and vegetables	\$8.00 in cash value vouchers	\$11.00 in cash value vouchers	\$11.00 in cash value vouchers	\$11.00 in cash value vouchers
Whole wheat bread ⁴	2 lb	1 lb	N/A	1 lb
Fish (canned) ⁵	N/A	N/A	N/A	30 oz
Legumes, dry or canned and/or	1 lb (64 oz canned) Or	1 lb (64 ounce canned) And	1 lb (64 ounce canned) Or	1 lb (64 ounce canned) And
Peanut butter	18 oz	18 oz	18 oz	18 oz

¹ Refer to the full regulation at www.fns.usda.gov/wic for the complete provisions and requirements for WIC foods.

² Allowable options for fluid milk substitutions are yogurt, cheese, soy beverage, and tofu.

³ At least one half of the total number of breakfast cereals on State agency food list must be whole grain.

⁴ Allowable options for whole wheat bread are whole grain bread, brown rice, bulgur, oatmeal, whole-grain barley, whole wheat macaroni products, or soft corn or whole wheat tortillas.

⁵ Allowable options for canned fish are light tuna, salmon, sardines, and mackerel.