

## **United States Department of Agriculture**

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

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

<sup>&</sup>lt;sup>2</sup> Allowable options for fluid milk substitutions are yogurt, cheese, soy beverage, and tofu.

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

<sup>4</sup> 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.

<sup>&</sup>lt;sup>5</sup> Allowable options for canned fish are light tuna, salmon, sardines, and mackerel.