

TABLE 6-1

The Revised WIC Food Packages: Maximum Monthly Allowances^a for the Mother-Infant Dyad in Food Packages I, II, III, V-B, VI and VII

WIC Food Categories	Fully Breastfeeding Dyad		Partially (Mostly) Breastfeeding Dyad		Formula-Feeding Dyad	
	Infants 0 to 5 Months (FP I or III ^b)	Infants 6 to 11 Months (FP II or III ^b)	Infants 0 to 5 Months (FP I or III ^b)	Infants 6 to 11 Months (FP II or III ^b)	Infants 0 to 5 Months (FP I or III ^b)	Infants 6 to 11 Months (FP II or III ^b)
For Infants Formula ^c	--	--	0 to 3 months: up to 364 fl oz ^{d, e} 4 to 5 months: up to 442 fl oz ^{d, e}	Up to 312 fl oz ^{d, e}	0 to 3 months: up to 806 fl oz ^{d, e} 4 to 5 months: up to 884 fl oz ^{d, e}	Up to 624 fl oz ^{d, e}
Infant cereal	--	16 oz	--	8 oz	--	8 oz
Infant food vegetables and fruits	--	128 oz or 64 oz and \$10 CVV or 0 oz and \$20 CVV ^f	--	128 oz or 64 oz and \$10 CVV or 0 oz and \$20 CVV ^f	--	128 oz or 64 oz and \$10 CVV or 0 oz and \$20 CVV ^f
Infant food meats	--	40 oz ^g	--	--	--	--

WIC Food Categories	Fully Breastfeeding Women (FP VII) ^{b, i}	Partially (Mostly) Breastfeeding Women (FP V-B) ^j	Postpartum Women (FP VI)
For Women Vegetables and fruits ^k	\$35 CVV	\$25 CVV	\$15 CVV
Legumes ^{l, m}	2 lb every 3 months	2 lb every 3 months	2 lb every 3 months
Juice	64 fl oz ⁿ	64 fl oz ⁿ	--
Dairy (milk)	16 qt ^{o, p, q, r}	16 qt ^{o, p, q, r}	16 qt ^{o, p, q, r}
Breakfast cereal ^s	36 oz	36 oz	36 oz
Whole grains ^t	16 to 24 oz	16 to 24 oz	--
Peanut butter ^m	16 to 18 oz every 3 months	16 to 18 oz every 3 months	16 to 18 oz every 3 months
Eggs ^u	2 dozen	1 dozen	1 dozen
Fish	60 oz every 3 months	30 oz every 3 months	10 oz every 3 months

NOTES:

CVV = cash value voucher for vegetables and fruits; **FP** = food package; "--" = the WIC food category is not authorized in the corresponding food package. See Table 6-4 of this report for details related to WIC food specifications.

- ^a Amounts presented are maximum monthly amounts, except where specified and for infant formula.
- ^b Food package III is issued to participants with qualifying medical conditions. A WIC formula is issued to participants receiving food package III under the direction of a health care provider. Women who are issued food package III may receive up to 455 fl oz of a WIC formula, as deemed appropriate by a health care provider. Women who require jarred vegetables and fruits may be issued the following amounts corresponding to the value of the CVV: 94 oz, 23 4-oz jars, or 27 3.5- oz packages for the \$15 CVV; 156 oz, 39 4-oz jars, or 45 3.5 oz packages for the \$25 CVV; 219 oz, 55 4-oz jars, or 63 3.5-oz packages for the \$35 CVV. If the participant chooses to substitute juice with an additional \$3 in CVV, 5 additional 4-oz. jars or 3.5-oz packages may be issued.
- ^c WIC formula means infant formula, exempt infant formula, or WIC-eligible nutritional. Infant formula may be issued for infants in food packages I, II, and III. Medical documentation is required for issuance of infant formula, exempt infant formula, WIC-eligible nutritional, and other foods in food package III. Numbers indicate the full nutrition benefit, defined as the minimum amount of reconstituted fluid ounces of liquid concentrate infant formula as specified for each infant food package category and feeding variation.
- ^d Amounts represent the full nutrition benefit, defined as the minimum amount of reconstituted fluid ounces of liquid concentrate infant formula as specified for each infant food package category and feeding variation. The corresponding maximum monthly allowance amounts that account for the form of formula (ready-to-feed and concentrate) are unchanged from those presented in the Final Rule. Infant formula amounts for all infants should be individually tailored to the amounts that meet their nutritional needs.
- ^e Following a detailed assessment of the needs of the dyad by WIC staff, infants may be issued the quantity of formula needed to support any level of breastfeeding, up to the full nutrition benefit.
- ^f Depending upon the amount of infant food vegetables and fruits selected for food package II for infants, \$0, \$10 or \$20 can be substituted. The infant CVV may be used to purchase fresh, canned, or frozen vegetables and fruits, meeting the WIC specifications for these foods.
- ^g Participants may substitute 10 oz of jarred infant food meat with 10 oz of canned fish meeting WIC specifications for this food category.
- ^h Food package VII is issued to three categories of WIC participants: Fully breastfeeding women whose infants do not receive formula from the WIC program; women partially (mostly) breastfeeding multiple infants from the same pregnancy; and pregnant women who are also fully or partially (mostly) breastfeeding singleton infants.
- ⁱ Women fully breastfeeding multiple infants from the same pregnancy are prescribed 1.5 times food package VII.
- ^j Food package V-B is issued to two categories of WIC participants: breastfeeding women participants whose partially (mostly) breastfed infants receive formula from the WIC program in amounts that do not exceed the maximum formula allowances, as appropriate for the age of the infant as described in this table, and women pregnant with two or more fetuses.
- ^k State agencies must authorize fresh and at least one non-fresh (canned fruit, canned vegetables, frozen fruit, frozen vegetables, dried fruit, and/or dried vegetables) variety each of vegetables and fruits. The CVV may be redeemed for any eligible fruit and vegetable. Vendors are required to stock at least three varieties of vegetables and two varieties of fruits.
- ^l States are required to offer both dry legumes and canned legumes. Two lb of dry legumes or 128 oz (eight 15 to 16-oz cans) of canned legumes are provided in food packages V-B, VI, and VII once every 3 months.
- ^m Legumes and peanut butter must be provided and are not interchangeable. Participants may be issued legumes in place of peanut butter in the case of a peanut allergy.
- ⁿ Participants may select a \$3 addition to the CVV in place of juice.
- ^o Low-fat (1%) or nonfat milks are the standard milk for issuance to women. Reduced fat (2%) milk is authorized only for participants with certain conditions, including but not limited to, underweight and maternal weight loss during pregnancy. The need for reduced fat (2%) milk must be based on an individual nutritional assessment as established by state agency policy.
- ^p Evaporated milk may be substituted at the rate of 16 fl oz of evaporated milk per 32 fl oz of fluid milk or a 1:2 fl oz substitution ratio. Dry milk may be substituted at an equal reconstituted rate to fluid milk.
- ^q For women receiving food packages V-B and VI, two substitution options are available for milk: (1) 1 lb of cheese and 1 qt of yogurt (30-32 oz are allowed at the discretion of the state agency) may substitute for 4 qt of milk or (2) 2 qt of yogurt may substitute for 2 qt of milk. Fully breastfeeding women also have a third option of 2 lb of cheese substituting for 6 qt of milk. Low-fat or nonfat yogurts are the only types of yogurt authorized for women. Soy-based yogurt or soy-based cheese substitutes are authorized yogurt and cheese options for individuals with a milk allergy, lactose intolerance, or who consume a vegan diet.
- ^r For women, soy-based beverage may be substituted for milk on a quart-for-quart basis up to the total maximum allowance of milk. Tofu may be substituted for milk at the rate of 1 lb of tofu per 1 qt of milk. Additional amounts of tofu may be substituted, up to the maximum allowances for fluid milk, for lactose intolerance or other reasons, as established by state agency policy.
- ^s All breakfast cereals on the state agency's authorized food list must meet the whole grain rich criteria as described in Table 6-4 of this report.
- ^t Whole wheat bread must be authorized. State agencies have the option to also authorize brown rice, bulgur, oatmeal, whole grain barley, cornmeal (including blue), corn masa flour, whole wheat macaroni products, soft corn or whole wheat tortillas, buckwheat, or teff in the range specified.
- ^u A substitution of dry legumes (1 lb) or canned legumes (64 oz or four 15-16 oz cans) for each 1 dozen eggs is permitted for individuals with an egg allergy or who consume a vegan diet.

SOURCE: Modified to reflect the revised food packages from 7 C.F.R. § 246 (USDA/FNS, 2014).