



Good Nutrition for
Women, Infants & Children

Monthly Food Packages for Women and Children

Revised January 1, 2010

	Food Package IV Children 1 through 4 years	Food Package V Pregnant with 1 baby Partially Breastfeeding 1 baby	Food Package VI Non-Breastfeeding Postpartum up to 6 mos	Food Package VII Fully Breastfeeding² Partially Breastfeeding 2 or more babies Pregnant with 2 or more babies
Milk/ Cheese^{1,4}	4 gal milk no cheese OR 3.25 gal milk 1 lb cheese	5.5 gal milk no cheese OR 4.75 gal milk 1 lb cheese	4 gal milk no cheese OR 3.25 gal milk 1 lb cheese	6 gal milk 1 lb cheese OR 4.5 gal milk 3 lb cheese
Eggs	1 dozen	1 dozen	1 dozen	2 dozen
Juice	128 fl oz	144 fl oz	96 fl oz	144 fl oz
Cereal	36 oz	36 oz	36 oz	36 oz
Beans/ Peanut Butter³	1 lb dry beans OR 18 oz peanut butter	1 lb dry beans and 18 oz peanut butter OR 2 lb dry beans OR 36 oz peanut butter	1 lb dry beans OR 18 oz peanut butter	1 lb dry beans and 18 oz peanut butter OR 2 lb dry beans OR 36 oz peanut butter
Canned Fish	none	none	none	30 oz
Fruits & Vegetables	\$6.00	\$10.00	\$10.00	\$10.00
Whole Grains	2 lb	1 lb	none	1 lb

1. With medical documentation in cases of lactose intolerance or other qualifying conditions, cheese may be substituted at a rate of 1 lb cheese per 3 qt milk.
2. Women who are fully breastfeeding 2 or more babies receive 1.5 times this monthly amount of food.
3. 64 oz canned beans may be substituted for each 1 lb dry beans. Children less than 2 years of age may not receive peanut butter due to the risk of choking.
4. Lowfat (1%) or fat free milk will be standard food package for women and children 2 years and older. Whole milk will be provided if there is medical documentation. 2% reduced fat milk will be provided if there is a nutritional need—this will not require medical documentation, only approval by WIC competent professional authority. Whole milk will be standard food package for children 1 year to less than 2 years of age.