



WIC is the Special Supplemental Nutrition Program for Women, Infants and Children. The WIC food package can be a useful tool in supporting positive behaviors to help prevent or address obesity. Healthy habits will help make healthy families.

- **Breastfeed your baby**
- **Increase fiber**
- **Lower the fat**
- **Eat more fruits and vegetables**
- **Eat more whole grains**
- **Drink less juice and sweetened beverages**
- **Make family meals matter**

Women: Maximum Monthly Allowances for Food (Standard Food Package)

Food	Fully Breastfeeding	Pregnant or Partially Breastfeeding	Postpartum Fully Formula Feeding
Milk (cheese or tofu or soy-based beverages may be substituted for milk – only one substitution is allowed)	6 gallons	5 ½ gallons	4 gallons
Cheese	1 pound ⁽¹⁾	None ⁽²⁾	None ⁽²⁾
Tofu	None ^(3, 5)	None ^(4, 5)	None ^(4, 5)
Soy-based Beverage	None ⁽⁶⁾	None ⁽⁶⁾	None ⁽⁶⁾
Juice	144 fluid ounces	144 fluid ounces	96 fluid ounces
Cereal	36 ounces	36 ounces	36 ounces
Eggs	2 dozen	1 dozen	1 dozen
Beans, Peas and Lentils and/or Peanut Butter	1 pound dry beans (or 64 ounces canned beans) and 18 ounces peanut butter	1 pound dry beans (or 64 ounces canned beans) and 18 ounces peanut butter	1 pound dry beans (or 64 ounces canned beans) or 18 ounces peanut butter
Tuna/Salmon (canned or packaged)	30 ounces	None	None
Whole-wheat Bread/Whole Grains	16 ounces	16 ounces	None
Fruits and Vegetables (cash-value voucher)	\$10.00	\$10.00	\$10.00

1. Without a prescription, 1 pound of cheese may be substituted for 3 quarts of milk for a maximum of **1 additional pound** of cheese.
2. Without a prescription, 1 pound of cheese may be substituted for 3 quarts of milk for a maximum of **1 pound** of cheese.
3. Without a prescription, 1 pound of tofu may be substituted for 1 quart of milk (in 2-pound increments) for a maximum of **6 pounds** of tofu. **A prescription is required for tofu above 6 pounds.**
4. Without a prescription, 1 pound of tofu may be substituted for 1 quart of milk (in 2-pound increments) for a maximum of **4 pounds** of tofu. **A prescription is required for tofu above 4 pounds.**
5. Women with a milk allergy, severe lactose intolerance or a vegan diet may substitute all tofu for milk. **A prescription is required.**
6. Women may substitute all fluid milk with soy-based beverage. **No prescription is required.**

NOTE: Depending on their provider's **prescription**, women with qualifying conditions may receive **some or all** of the foods shown above **PLUS** up to 910 ounces of reconstituted formula.

Infants: Maximum Monthly Allowances for Food (Standard Food Package)

Food	Fully Breastfed Baby	Partially Breastfed Baby	Fully Formula-fed Baby
Infant Formula ⁽¹⁾ (contract)	Priceless Breastmilk	<ul style="list-style-type: none"> ▪ Birth-1 month: 1 can powder ▪ 1 month: 5 cans powder or 14 cans concentrate ▪ 2-3 months: 4 cans powder or 14 cans concentrate ▪ 4-5 months: 5 cans powder or 17 cans concentrate ▪ 6-8 months: 4 cans powder or 12 cans concentrate ▪ 9-11 months: 3 cans powder or 12 cans concentrate 	<ul style="list-style-type: none"> ▪ Birth-3 months: 9 cans powder or 31 cans ▪ 4-5 months: 10 cans powder or 34 cans concentrate¹⁾ ▪ 6-11 months: 7 cans powder or 24 cans concentrate
Infant Cereal ⁽²⁾	24 ounces	24 ounces	24 ounces
Infant Fruits and Vegetables ⁽²⁾	256 ounces	128 ounces	128 ounces
Infant Meats ⁽²⁾	77.5 ounces	None	None

1. Ready-to-feed formula is allowed if no other form is appropriate or if the formula is available only in ready-to-feed form.
2. Infant foods are offered at **6 months**.

NOTE: Depending on their provider's **prescription**, infants with qualifying conditions may receive **some or all** of the foods shown in this table **PLUS** exempt formula.

Children: Maximum Monthly Allowances for Food (Standard Food Package)

Food	Children (1-5 years)
Milk (cheese or tofu or soy-based beverages may be substituted for milk – only one substitution is allowed)	4 gallons
Cheese	None ⁽¹⁾
Tofu	None ^(2, 3)
Soy-based Beverage	None ⁽³⁾
Juice	128 fluid ounces
Cereal	36 ounces
Eggs	1 dozen
Beans, Peas and Lentils or Peanut Butter	1 pound dry beans (or 64 ounces canned beans) or 18 ounces peanut butter
Whole-wheat Bread/Whole Grains	32 ounces
Fruits and Vegetables (cash-value voucher)	\$6.00

1. Without a prescription, 1 pound of cheese may be substituted for 3 quarts of milk for a maximum of **1 pound** of cheese.
2. 1 pound of tofu may be substituted for 1 quart of milk for a maximum of **4 pounds** of tofu. **A prescription is required.**
3. Children with a milk allergy, severe lactose intolerance or a vegan diet may substitute all tofu **or** all soy-based beverage for milk. **A prescription is required.**

NOTE: Depending on their provider's **prescription**, children with qualifying conditions may receive **some or all** of the foods shown above **PLUS** up to 910 ounces of reconstituted formula.