



Standard Maximum Monthly Allowances

Eligible Mothers	Standard Maximum Monthly Allowance	
<p>Food Package V A woman who is:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pregnant <input type="checkbox"/> Pregnant, with a formula fed infant <input type="checkbox"/> Pregnant, and breastfeeding single or multiple infants (>MMA) <input type="checkbox"/> Less than 1 year postpartum, with partially breastfeeding (≤MMA) 	<ul style="list-style-type: none"> • 5.5 gallons of milk • 36 oz breakfast cereal • 1 dozen eggs • \$11.00 fruits and vegetables • 16 oz whole grains 	<ul style="list-style-type: none"> • 2 containers beans/peas or peanut butter: dry beans, peas, or lentils (16 oz) OR 4 cans of canned beans, peas, or lentils (15-16 oz) OR peanut butter (16-18 ounces) • 3x 48 oz containers of juice (144 oz)
<p>Food Package VI A woman who is less than 6 months postpartum AND:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Partially breastfeeding (>MMA), and has single or multiple infants <input type="checkbox"/> Non-breastfeeding 	<ul style="list-style-type: none"> • 4 gallons of milk • 36 oz breakfast cereal • 1 dozen eggs • \$11.00 fruits and vegetables • 2x 48 oz containers of juice (96 oz) 	<ul style="list-style-type: none"> • 1 container beans/peas or peanut butter: dry beans, peas, or lentils (16 oz) OR 4 cans of canned beans, peas, or lentils (15-16 oz) OR 1 container peanut butter (16-18 oz)
<p>Food Package VII A woman who is less than 1 year postpartum AND:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Fully breastfeeding <input type="checkbox"/> Partially breastfeeding (≤MMA) with multiple infants from the same pregnancy <input type="checkbox"/> Pregnant, and fully or partially breastfeeding (≤MMA) <input type="checkbox"/> Pregnant with multiples and fully or partially (≤MMA or >MMA) breastfeeding or fully formula feeding <p>OR</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pregnant with multiples 	<ul style="list-style-type: none"> • 6 gallons of milk • 36 oz breakfast cereal • 1 lb of cheese • 2 dozen eggs • \$11.00 fruits and vegetables • 16 oz whole grains • 30 oz canned fish 	<ul style="list-style-type: none"> • 2 containers beans/peas or peanut butter: dry beans, peas, or lentils (16 oz) OR 4 cans of canned beans, peas, or lentils (15-16 oz) OR peanut butter (16-18 ounces) • 3x 48 oz containers of juice (144 oz)
<p>Food Package VII + A woman who is less than 1 year postpartum AND:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Fully breastfeeding multiple infants 	<ul style="list-style-type: none"> • 9 gallons of milk • 54 oz breakfast cereal • 3 dozen eggs • 1.5 lbs of cheese • \$16.50 fruits and vegetables • 24 oz whole grains* • 45 oz canned fish 	<ul style="list-style-type: none"> • 3 containers beans/peas or peanut butter: dry beans, peas, or lentils (16 oz) OR 4 cans of canned beans, peas, or lentils (15-16 oz) OR peanut butter (16-18 ounces) • 4.5x 48 oz containers of juice* (216 oz)

*When a mother qualifies for half of a standard food container, such as juice or whole grains, she will be issued 0.5 less or 0.5 more containers each month. For example, five containers of juice one month and four containers of juice the next month. Or 32 oz of whole grains one month, and 16 oz of whole grains the next month.

Eligible Infants/Children	Age	Standard Maximum Monthly Allowance
Food Package II Fully breastfed infant	<input type="checkbox"/> 6-11 months old	<ul style="list-style-type: none"> • 24 oz of infant cereal • 256 oz of infant fruits and vegetables • 77.5 oz of infant meats
Food Package I & II Partially breastfed infant	<input type="checkbox"/> 0-1 month old	• Up to 1 can contract powder formula ³
	<input type="checkbox"/> 1-5 months old	• up to 5 cans contract powder formula
	<input type="checkbox"/> 6-11 months old	<ul style="list-style-type: none"> • up to 4 cans contract powder formula • 24 oz of infant cereal • 128 oz of infant fruits and vegetables
Food Package I & II Fully formula fed infant	<input type="checkbox"/> 0-3 months old	• up to 9 cans contract powder formula
	<input type="checkbox"/> 4-5 months old	• up to 10 cans contract powder formula
	<input type="checkbox"/> 6-11 months old	<ul style="list-style-type: none"> • up to 7 cans contract powder formula • 24 oz of infant cereal • 128 oz of infant fruits and vegetables
Food Package IV Child (age 1-5 years)	<input type="checkbox"/> 1-5 years old	<ul style="list-style-type: none"> • 4 gallons of milk • 36 oz breakfast cereal • \$9.00 fruits and vegetables • 32 oz whole grains • 1 dozen eggs • 1 container beans/peas or peanut butter: dry beans, peas, or lentils (16 oz) OR 4 cans of beans, peas, or lentils (15-16 oz) OR peanut butter (16-18 oz) • 2x 64 oz containers of juice (128 oz)

Food Package Tips

1. A family's food benefits are aggregated, so the total amounts of each food available for purchase on the shopping list may look different from the charts above.
2. There are four breastfeeding status classifications in Crossroads: fully breastfeeding, partially breastfeeding <= Maximum Monthly Allowance (MMA), partially breastfeeding > MMA and fully formula feeding. MMA indicates a specific amount of infant formula that may be provided to an infant in an age category with a particular breastfeeding status.
3. For Food Package I, partially breastfed infants receive 0 cans of infant formula for 0-1 month. On a case by case basis following a breastfeeding assessment conducted by a competent professional authority (CPA) up to 1 can of infant formula may be issued. CPAs must justify the issuance of the 1 can of infant formula at 0-1 month in the care plan summary.
4. Whole grains refer to 100% whole grain or whole wheat bread, brown rice, corn or whole wheat tortillas, or whole wheat pasta.
5. Milk substitutions that do not require medical documentation include evaporated milk, lactose-free or lactose reduced milk, soy based beverage, cheese (1 pound for 3 quarts milk), tofu (1, 14-16 oz package for 1 quart milk), or yogurt (1, 32-oz. container for 1 quart milk). UHT milk or evaporated milk may be substituted when the participant is homeless or has inadequate food storage.
6. The MMA is dependent on the amount of formula that the product will produce at standard dilution (Reconstituted Fluid Ounces, RFO), which may vary by manufacturer.
7. If the participant has special food needs, a doctor's prescription may be necessary to make food package adjustments.
8. For a specific list of WIC approved foods visit www.nutritionnc.com/ewic and access the Approved Product List (APL) and the NC WIC Healthy Foods Shopping Guide.
9. Consult Chapter 7 in the WIC Program Manual for more details on the WIC Food Package.



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