

### 7.0 FOOD PACKAGE

Effective Date: 03/13/2025

#### 7.04 Maximum Food Package

**PURPOSE:** To identify maximum monthly allowable amounts of supplemental foods in WIC food packages based on client category and age.

#### A. POLICY:

1. Standard food packages contain fixed amounts and types of foods available for each client category. (See Policy 2.01, Eligibility/Certification of Clients.)
2. The maximum monthly allowances of all supplemental foods in all food packages must be made available to clients unless the CPA determines, after completing a nutrition assessment, one of the allowable reasons to provide less than the maximum monthly allowance is met. (See Tables A through H below, and Policies 7.01, Food Package Determination and Customization and Policy 7.03, Food Package for Qualifying Conditions.)
3. The monthly Cash Value Benefit (CVB) amount will be adjusted annually for inflation, if applicable, based on the Consumer Price Index for All Urban Consumers (CPI-U) for fresh fruits and vegetables. Adjustments are effective on the first day of each fiscal year. [7 CFR 246.16 (j)]
4. Breast/chestfeeding status must be re-evaluated at each visit and the food package adjusted as appropriate. Staff are expected to customize the amount of infant formula based on the assessed needs of the infant and provide the minimal amount of formula that meets, but does not exceed, the infant's nutrition needs.
  - a. An infant receiving a food package for Fully Breastfed Infants (See Table A1 and A2) cannot be customized to include infant formula.
  - b. A breast/chestfed infant assessed to need infant formula in quantities that exceed those allowed for Partially Breastfed Infants (See Table B1 and B2), can receive a customized Partially Breastfed Infants food package formula amounts up to the maximum of the Fully Formula Fed Infants (Table C1 and C2), without changing the dyad's client categories.
    - i. From birth through five months, the BP client must be assigned the food package for Postpartum Women (see Table F).
    - ii. In months six through eleven, the BP client must be assigned the No Food Benefits food package.
  - c. The following are eligible to receive the food package for Fully Breastfeeding Women (See Table G):
    - i. Exclusively breastfeeding clients.
    - ii. Partially breastfeeding clients of multiple infants from the same pregnancy

- up to 1 year postpartum.
- iii. Pregnant clients who are also breastfeeding an infant under 1 year of age.
  - iv. Pregnant clients with two or more fetuses.
- d. Exclusively breastfeeding clients who are nursing 2 or more infants from the same pregnancy, are eligible to receive 1.5 times the maximum monthly food package for Fully Breastfeeding Women (See Table H). Benefit quantities may alternate by month (odd/even) based on product packaging.
5. Infants receiving powder formulas must receive the minimum amount of reconstituted ounces of liquid concentrate formula (full nutrition benefit), up to the maximum monthly allowance for powder formula for the specific age range and category.
6. Infants 9-11 months old may replace half of their infant fruits and vegetables with Cash Value Benefit (CVB) for fresh fruits and vegetables.
7. The maximum monthly allowances for standard food packages are in the tables below.

**Table A1 Maximum Monthly Food Package for Fully Breastfed Infants**

	Fully Breastfed Infants	
	0 – 5 months	6 – 11 months
WIC formula	0	0
Infant cereal	0	24 oz
Infant fruits and vegetables	0	256 oz
Infant meat	0	77.5 oz

**Table A2 Maximum Monthly Food Package for Fully Breastfed Infants with CVB Option**

	Fully Breastfed Infants		
	0 – 5 months	6 – 8 months	9 – 11 months
WIC formula	0	0	0
Infant cereal	0	24 oz	24 oz
Infant fruits and vegetables and Fresh fruits and vegetables	0	256 oz	128 oz and \$8.00 cash value
Infant meat	0	77.5 oz	77.5 oz

**Table B1 Maximum Monthly Food Package for Partially Breastfed Infants**

	Partially Breastfed Infants		
	0-3 months	4-5 months	6-11 months
WIC formula	388 fl oz reconstituted liquid concentrate or 384 fl oz RTF or 435 fl oz reconstituted powder	460 fl oz reconstituted liquid concentrate or 474 fl oz RTF or 522 fl oz reconstituted powder	315 fl oz reconstituted liquid concentrate or 338 fl oz RTF or 384 fl oz reconstituted powder
Infant cereal	0		24 oz
Infant fruits and vegetables	0		128 oz

**Table B2 Maximum Monthly Food Package for Partially Breastfed Infants with CVB Option**

	Partially Breastfed Infants			
	0-3 months	4-5 months	6-8 months	9-11 months
WIC formula	388 fl oz reconstituted liquid concentrate or 384 fl oz RTF or 435 fl oz reconstituted powder	460 fl oz reconstituted liquid concentrate or 474 fl oz RTF or 522 fl oz reconstituted powder	315 fl oz reconstituted liquid concentrate or 338 fl oz RTF or 384 fl oz reconstituted powder	
Infant cereal	0		24 oz	24 oz
Infant fruits and vegetables and Fresh fruits and vegetables	0		128 oz	64 oz and \$4.00 cash value

**Table C1 Maximum Monthly Food Package for Fully Formula Fed Infants**

	Fully Formula Fed Infants		
	0-3 months	4-5 months	6-11 months
WIC formula	823 fl oz reconstituted liquid concentrate or 832 fl oz RTF or 870 fl oz reconstituted powder	896 fl oz reconstituted liquid concentrate or 913 fl oz RTF or 960 fl oz reconstituted powder	630 fl oz reconstituted liquid concentrate or 643 fl oz RTF or 696 fl oz reconstituted powder
Infant cereal	0		24 oz
Infant fruits and vegetables	0		128 oz

**Table C2 Maximum Monthly Food Package for Fully Formula Fed Infants with CVB Option**

	Fully Formula Fed Infants			
	0-3 months	4-5 months	6-8 months	9-11 months
WIC formula	823 fl oz reconstituted liquid concentrate or 832 fl oz RTF or 870 fl oz reconstituted powder	896 fl oz reconstituted liquid concentrate or 913 fl oz RTF or 960 fl oz reconstituted powder	630 fl oz reconstituted liquid concentrate or 643 fl oz RTF or 696 fl oz reconstituted powder	
Infant cereal	0		24 oz	24 oz
Infant fruits and vegetables and Fresh fruits and vegetables	0		128 oz	64 oz and \$4.00 cash value

**Table D Maximum Monthly Food Package for Children**

	Children (1 year)	Children (2 through 4 years)
Juice	128 fl oz	128 fl oz
Milk or Milk and Yogurt	13 qt*	13 qt or 12 qt and 1 qt (32 oz)
Cheese	1 lb	1 lb
Breakfast cereal	36 oz	36 oz
Eggs	1 dozen	1 dozen
Fruits and vegetables	\$26 CVB (refer to A.3.)	\$26 CVB (refer to A.3.)
Whole grains	2 lb	2 lb
Legumes and Peanut butter	1 of the following: 1 lb (16 oz) dry or 64 oz canned or 16-18 oz	1 of the following: 1 lb (16 oz) dry or 64 oz canned or 16-18 oz

\*To remove a single quart, the maximum is 14 qts in odd months and 12 qts in even months.

**Table E Maximum Monthly Food Package for Pregnant and Partially Breastfeeding Women**

	Pregnant Women and Partially Breastfeeding Women Up to 1 Year
Juice	144 fl oz
Milk or Milk and Yogurt	19 qt* or 18 qt and 1 qt (32 oz)
Cheese	1 lb
Breakfast cereal	36 oz
Eggs	1 dozen
Fruits and vegetables	\$47 CVB (refer to A.3.) for pregnant clients \$52 CVB (refer to A.3.) for partially breastfeeding clients
Whole grains	1 lb
Legumes and Peanut butter	2 of the following: 1 lb (16 oz) dry or 64 oz canned or 16-18 oz

\*To remove a single quart, the maximum is 20 qts in odd months and 18 qts in even months.

**Table F Maximum Monthly Food Package for Postpartum Women**

	Non-Lactating Postpartum Women and Breastfeeding Women of Infants Receiving more than the Maximum amount of Formula for Partially Breastfed Infants (Up to 6 Months)
Juice	96 fl oz
Milk or Milk and Yogurt	13 qt* or 12 qt and 1 qt (32 oz)
Cheese	1 lb
Breakfast cereal	36 oz
Eggs	1 dozen
Fruits and vegetables	\$47 CVB (refer to A.3.)
Legumes and Peanut butter	1 of the following: 1 lb (16 oz) dry or 64 oz canned or 16-18 oz

\*To remove a single quart, the maximum is 14 qts in odd months and 12 qts in even months.

**Table G Maximum Monthly Food Package for Fully Breastfeeding Women**

	Exclusively Breastfeeding Women and Partially Breastfeeding Women of Multiple Infants from the same pregnancy Up to 1 Year Postpartum, Women who are both Breastfeeding and Pregnant and Pregnant Women with two or more Fetuses
Juice	144 fl oz
Milk or Milk and Yogurt	18 qt or 17 qt* and 1 qt (32 oz)
Breakfast cereal	36 oz
Cheese	3 lb
Eggs	2 dozen
Fruits and vegetables	\$52 CVB (refer to A.3.)cash value
Whole grains	1 lb
Fish (canned)	30 oz
Legumes and Peanut butter	2 of the following: 1 lb (16 oz) dry or 64 oz canned or 16-18 oz

\*To remove a single quart, the maximum is 18 qts in odd months and 16 qts in even months.

**Table H Maximum Monthly 1.5X Food Package for Fully Breastfeeding Women**

	Exclusively Breastfeeding Women Breastfeeding Multiple Infants from the same pregnancy Up to 1 Year Postpartum	
	Odd Month	Even Month
Juice	230 fl oz	184 fl oz
Milk or Milk and Yogurt	28 qt or 26 qt and 2 qt (64 oz)	26 qt or 25 qt and 1 qt (32 oz)
Breakfast cereal	54 oz	54 oz
Cheese	5 lb	4 lb
Eggs	3 dozen	3 dozen
Fruits and vegetables	\$78 CVB (refer to A.3.)	\$78 CVB (refer to A.3.)
Whole grains	2 lb	1 lb
Fish (canned)	45 oz	45 oz
Legumes and Peanut butter	3 of the following: 1 lb (16 oz) dry or 64 oz canned or 16-18 oz	3 of the following: 1 lb (16 oz) dry or 64 oz canned or 16-18 oz

- a. Odd months for Benefit Start Date (BST) are January, March, May, July, September and November.
- b. Even months for Benefit Start Date (BST) are February, April, June, August, October and December.

References:

7 CFR 246.10

7 CFR 246.16

USDA WIC Food Package Policy and Guidance, 2018

Cross References:

2.01 Eligibility/Certification of Clients

7.01 Food Package Determination and Customization

7.03 Food Package for Qualifying Conditions