

7.0 FOOD PACKAGE

Effective Date: 8/15/2022

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 if medically or nutritionally warranted. (See Tables A through H below.) If the CPA determines, after completing a nutrition assessment, the standard food package is not appropriate for an individual client, the CPA shall assign a more appropriate food package. (See Policy 7.01, Food Package Determination and Customization or Policy 7.03, Food Package for Qualifying Conditions.)
3. For breastfeeding dyads, breastfeeding status shall be re-evaluated at each visit and the food package adjusted as appropriate. A fully breastfed infant's package shall not be customized to allow for infant formula.
 - a. Prior to one month of age, a partially breastfed infant shall only be issued one can of powder infant formula in the container size that provides closest to 104 reconstituted fluid ounces, to support exclusive breastfeeding.
 - b. After one month of age, a partially breastfed infant's maximum food package is determined by the infant's age and breastfeeding assessment. WIC staff are expected to tailor the amount of infant formula based on the assessed needs of the breastfeeding infant and provide the minimal amount of formula that meets, but does not exceed, the infant's nutrition needs.
 - c. When the breastfeeding dyad is assessed to need more formula than is allowed in the food package for partially breastfed infants:
 - i. A partially breastfeeding woman whose infant is from one through five months old shall be assigned the non-lactating/NPP postpartum food package and the infant shall be assigned the IFF food package. The formula quantity shall be tailored based on the infant's assessed needs.
 - ii. A partially breastfeeding woman whose infant is from six through eleven months old shall be assigned the No Food Benefits food package and the infant shall be assigned the IFF food package. The formula quantity shall be tailored based on the infant's assessed needs.

- d. The following are eligible to receive the Fully Breastfeeding Women food package (See Table G):
 - i. Exclusively breastfeeding women.
 - ii. Partially breastfeeding women of multiple infants from the same pregnancy up to 1 year postpartum.
 - iii. Women who are both breastfeeding and pregnant.
 - iv. Pregnant women with two or more fetuses.
 - e. Exclusively breastfeeding women 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.
4. Infants receiving powder formulas shall 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.
 5. Infants 9-11 months old may replace half of their infant fruits and vegetables with Cash Value Benefit (CVB) for fresh fruits and vegetables.
 6. The maximum monthly allowances for standard food packages are shown 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			
	Birth up to 1 month	1-3 months	4-5 months	6-11 months
WIC formula	Closest to 104 fl oz reconstituted powder	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				
	Birth up to 1 month	1-3 months	4-5 months	6-8 months	9-11 months
WIC formula	Closest to 104 fl oz reconstituted powder	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	\$9.00 cash value	\$9.00 cash value
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	\$11.00 cash value
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	\$11.00 cash value
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	\$11.00 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	\$16.50 cash value	\$16.50 cash value
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 Part 246.10

[WIC Food Package FAQs 2016](#)

[Breastfeeding Policy and Guidance, 2016](#)

[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