



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

Food	Fully Breastfeeding	Pregnant or Partially Breastfeeding	Postpartum Non-breastfeeding
Milk (<i>cheese or tofu may be substituted for milk, but not both</i>)	6 gallons	5 ½ gallons	4 gallons
Cheese	1 pound*	None*	None*
*1 pound of cheese may be substituted for 3 quarts of milk for a maximum of 1 pound of cheese.			
Tofu	None**	None***	None***
1 pound of tofu may be substituted for 1 quart of milk for a maximum of 6 pounds of tofu. *1 pound of tofu may be substituted for 1 quart of milk for a maximum of 4 pounds of tofu. NOTE: Women who are vegans or have a milk allergy, may substitute all tofu for milk. A prescription is required.			
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 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
Fish	30 ounces tuna or salmon	None	None
Whole-wheat Bread/ Whole Grains	16 ounces	16 ounces	None
Fruits and Vegetables (<i>cash-value voucher</i>)	\$10.00	\$10.00	\$10.00
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

Food	Fully-breastfed Baby	Partially-breastfed Baby	Fully Formula-fed Baby
Infant Formula (standard)	Priceless Breastmilk	Birth-1 Month 1 can powder	Birth-3 Months 9 cans powder or 31 cans concentrate or 26 (32-ounce) cans ready-to feed**
		1-3 Months 4/5* cans powder or 14 cans concentrate or 12 (32-ounce) cans ready-to feed**	
		4-5 Months 5/6* cans powder or 17 cans concentrate or 14 (32-ounce) cans ready-to feed**	4-5 Months 10 cans powder or 34 cans concentrate or 28 (32-ounce) cans ready-to feed**
		6-11 Months 4 cans powder or 12 cans concentrate or 10 (32-ounce) cans ready-to feed**	6-11 Months 7 cans powder or 24 cans concentrate or 20 (32-ounce) cans ready-to feed**
*Number of cans alternates every other month. **Ready-to-feed formula is allowed if no other form is appropriate or if the formula is available only in ready-to-feed form.			
Infant Cereal***	24 ounces	24 ounces	24 ounces
Infant Vegetables & Fruits***	256 ounces	128 ounces	128 ounces
Infant Meats***	77.5 ounces	None	None
***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

Food	Children (1-5 years)
Milk (cheese or tofu may be substituted for milk, but not both)	4 gallons
Cheese	None*
*1 pound of cheese may be substituted for 3 quarts of milk for a maximum of 1 pound of cheese.	
Tofu	None**
**1 pound of tofu may be substituted for 1 quart of milk for a maximum of 4 pounds of tofu. A prescription is required. NOTE: Children who are vegans or have a milk allergy, may substitute all tofu for milk. A prescription is required.	
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
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.	