



Good Nutrition for  
Women, Infants & Children

# Monthly Food Packages for Women and Children beginning October 1, 2009

	<b>Food Package IV Children 1 through 4 years</b>	<b>Food Package V Pregnant with 1 baby Partially Breastfeeding 1 baby</b>	<b>Food Package VI Non-Breastfeeding Postpartum up to 6 mos</b>	<b>Food Package VII Fully Breastfeeding<sup>2</sup> Partially Breastfeeding 2 or more babies Pregnant with 2 or more babies</b>
<b>Milk/ Cheese<sup>1,4</sup></b>	4 gal milk no cheese OR 3.25 gal milk 1 lb cheese	5.5 gal milk no cheese OR 4.75 gal milk 1 lb cheese	4 gal milk no cheese OR 3.25 gal milk 1 lb cheese	6 gal milk 1 lb cheese OR 4.5 gal milk 3 lb cheese
<b>Eggs</b>	1 dozen	1 dozen	1 dozen	2 dozen
<b>Juice</b>	128 fl oz	144 fl oz	96 fl oz	144 fl oz
<b>Cereal</b>	36 oz	36 oz	36 oz	36 oz
<b>Beans/ Peanut Butter<sup>3</sup></b>	1 lb dry beans OR 18 oz peanut butter	1 lb dry beans and 18 oz peanut butter OR 2 lb dry beans OR 36 oz peanut butter	1 lb dry beans OR 18 oz peanut butter	1 lb dry beans and 18 oz peanut butter OR 2 lb dry beans OR 36 oz peanut butter
<b>Canned Fish</b>	none	none	none	30 oz
<b>Fruits &amp; Vegetables</b>	\$6.00	\$8.00	\$8.00	\$10.00
<b>Whole Grains</b>	2 lb	1 lb	none	1 lb

1. With medical documentation in cases of lactose intolerance or other qualifying conditions, cheese may be substituted at a rate of 1 lb cheese per 3 qt milk.
2. Women who are fully breastfeeding 2 or more babies receive 1.5 times this monthly amount of food.
3. 64 oz canned beans may be substituted for each 1 lb dry beans. Children less than 2 years of age may not receive peanut butter due to the risk of choking.
4. Lowfat (1%) or fat free milk will be standard food package for women and children 2 years and older. Whole milk will be provided if there is medical documentation. 2% reduced fat milk will be provided if there is a nutritional need—this will not require medical documentation, only approval by WIC competent professional authority. Whole milk will be standard food package for children 1 year to less than 2 years of age.