

# Snapshot of WIC Food Packages for Children and Women

## Maximum Monthly Allowances of Supplemental Foods<sup>1</sup>

	Children	Women		
Foods	Food Package IV: 1 through 4 years	Food Package V: Pregnant and Partially (Mostly) Breastfeeding (up to 1 year postpartum)	Food Package VI: Postpartum (up to 6 months postpartum)	Food Package VII: Fully Breastfeeding (up to 1 year postpartum)
Juice, single strength	128 fl. oz.	144 fl. oz.	96 fl. oz.	144 fl. oz.
Milk <sup>2</sup>	16 qt.	22 qt.	16 qt.	24 qt.
Breakfast cereal <sup>3</sup>	36 oz.	36 oz.	36 oz.	36 oz.
Cheese	N/A	N/A	N/A	1 lb.
Eggs	1 dozen	1 dozen	1 dozen	2 dozen
Fruits and vegetables <sup>4</sup>	\$9.00 in CVV	\$11.00 in CVV	\$11.00 in CVV	\$11.00 in CVV
Whole wheat or whole grain bread <sup>5</sup>	2 lb.	1 lb.	N/A	1 lb.
Fish (canned) <sup>6</sup>	N/A	N/A	N/A	30 oz.
Legumes (dry or canned) and/or Peanut butter	1 lb. (64 oz. canned) <b>Or</b> 18 oz.	1 lb. (64 oz. canned) <b>And</b> 18 oz.	1 lb. (64 oz. canned) <b>Or</b> 18 oz.	1 lb. (64 oz. canned) <b>And</b> 18 oz.

<sup>1</sup> Refer to the full regulation at [e-CFR](#) for the complete provisions and requirements for WIC foods.

<sup>2</sup> Allowable fluid milk substitution options: yogurt, cheese, soy beverage, and tofu.

<sup>3</sup> At least one half of the total number of breakfast cereals on State agency food list must be whole grain.

<sup>4</sup> Fruits and vegetables are issued via a cash-value voucher (CVV) or benefit (CVB)

<sup>5</sup> Allowable whole grain options: brown rice, bulgur, oatmeal, whole-grain barley, whole wheat macaroni products, or soft corn or whole wheat tortillas.

<sup>6</sup> Allowable canned fish options: light tuna, salmon, sardines, and mackerel.