

Standard Food Packages for Children and Women				
	Children	Women		
	<i>1 through 4 years</i>	<i>Pregnant and Partially breastfeeding (up to 1 year postpartum)</i>	<i>Postpartum (up to 6 months postpartum)</i>	<i>Fully breastfeeding (up to 1 year postpartum)</i>
Milk*	4 gallons	5 + 1/2 gallons	4 gallons	6 gallons
Cereal	36 ounces	36 ounces	36 ounces	36 ounces
Fresh Fruits and Vegetables	\$6.00 in cash value vouchers	\$8.00 in cash value vouchers	\$8.00 in cash value vouchers	\$10.00 in cash value vouchers
Eggs	1 dozen	1 dozen	1 dozen	2 dozen
Whole Wheat Bread**	2 (16 ounces)	16 ounces		16 ounces
Cheese				1 lb
Fish (canned)				6 (5 oz) canned
Beans, peas or lentils (dry or canned)*** and/or peanut butter	16 oz dry or 4 (16 oz) canned OR 18 ounces	16 oz dry or 4 (16 oz) canned AND 18 ounces	16 oz dry or 4 (16 oz) canned OR 18 ounces	16 oz dry or 4 (16 oz) canned AND 18 ounces
Juice, single strength	2 (64 oz) containers	3 (12 oz) frozen	2 (12 oz) frozen	3 (12 oz) frozen
Standard Food Packages for Infants				
	Fully Formula Fed and Partially Breastfed Infants		Fully Breastfed Infants	
	0 - 5 months	6 - 11 months	0 - 5 months	6 - 11 months
WIC Formula	Varies	Varies		
Infant Cereal		3 (8 oz) boxes		3 (8 oz) boxes
Baby food fruits and vegetables		32 (4 oz) jars		64 (4 oz) jars
Baby food meat				31 (2.5 oz) jars

*Children 12 through 23 months receive whole milk, 2 through 4 years old receive reduced fat milk (skim, 1%, or 2%).

**Or other whole grain options (brown rice, corn tortillas or whole wheat tortillas: 14-16 oz)

***15-16 oz canned beans, peas or lentils