

amount of food provided by, or the allowable substitutions for, the current

foods or nutrients provided in the WIC food packages.

CHART 1.—WIC FOOD PACKAGES

[Maximum monthly allowance]

Foods	Infants 0–3 mo.	Infants 4–12 mos.	Children/ women with special dietary needs	Children 1–5 yrs.	Pregnant & breastfeeding women (up to 1 yr. postpartum)	Nonbreastfeeding postpartum women (up to 6 mos. postpartum)	Breastfeeding women enhanced package ¹
	(I)	(II)	(III)	(IV)	(V)	(VI)	(VII)
Infant Formula (concentrated liquid) ² .	403 fl. oz.	403 fl. oz.	403 fl. oz. ³				
Juice (reconstituted frozen) ⁴ .		96 fl. oz. ⁵	144 fl. oz.	288 fl. oz.	288 fl. oz.	192 fl. oz.	336 fl. oz.
Infant Cereal		24 oz.					
Cereal (hot or cold)			36 oz.	36 oz.	36 oz.	36 oz.	36 oz.
Milk ⁶ (whole, low-or fat free; or lactose free).				24 qt.	28 qt.	24 qt.	28 qt.
Cheese ⁷							1 lb.
Eggs ⁸				2½ doz.	2½ doz.	2½ doz.	2½ doz.
Dried Beans/Peas and/or Peanut butter.				1 lb. or 18 oz.	1 lb. or 18 oz.		1 lb. and 18 oz.
Tuna (canned)							26 oz.
Carrots (fresh) ⁹							2 lbs.

¹ Available to breastfeeding women whose infants do not receive infant formula from WIC.

² 8 pounds powdered per 403 fluid ounces concentrate; or 26 fluid ounces ready-to-feed per 13 ounces concentrate may be substituted.

³ Additional formula available up to 52 fluid ounces concentrate, 1 pound powder, or 104 fluid ounces ready-to-feed.

⁴ 92 fluid ounces single strength juice may be substituted per 96 fluid ounces reconstituted frozen.

⁵ Infant juice may be substituted at the rate of 63 fluid ounces per 92 fluid ounces of single strength juice.

⁶ Fat free, low-fat, and full fat milk are allowed, as are lactose free and low-lactose milks. Goat's milk is also allowed.

⁷ Cheese may be substituted at a rate of 1 pound per 3 quarts of fluid milk with a 4 pound maximum.

⁸ Dried egg mix can be substituted at a rate of 1.5 pounds per 2 dozen fresh eggs, or 2 pounds per 2½ dozen fresh eggs.

⁹ Frozen carrots may be substituted pound for pound; canned maybe substituted at a rate of 16–20 ounces per 1 pound fresh.

CHART 2.—WIC FOOD PACKAGES

[Minimum requirements and allowable foods]

General Foods	Nutrients	Minimum requirements and allowable foods
Milk	Calcium	Cow's milk, must conform to 21 CFR part 131 FDA standard of identity or Goat's milk: pasteurized fluid whole milk, lowfat, reduced fat, skim, fat free or nonfat milk, that contains 400 International Units of vitamin D per quart (or reconstituted fluid quart for evaporated and dry/powdered milks); and 2000 International Units of vitamin A per quart (or reconstituted quart for evaporated and dry/powdered milks) if the milk is lowfat, reduced fat, skim, fat free or nonfat milk.
Cheese	Calcium	Domestic cheese (pasteurized processed American, Monterey Jack, Colby, Cheddar, Swiss, Brick, Muenster, Provolone, Mozzarella part-skim or whole; or a cheese that is a blend of any of these cheeses). These same types of cheeses labeled low, free, reduced, less, or light in the nutrients of sodium, or fat, or cholesterol are also authorized.
Eggs	Protein	Fresh shell domestic hens' eggs or dried egg mix made from shell, liquid, whole eggs that have been pasteurized and dried.
Beans	Protein	Mature dry beans or peas, including but not limited to: lentils; black, navy, kidney, garbanzo, soy, pinto, and mung beans; and Crowder, cow, split and black-eye peas.
Peanut Butter	Protein	Creamy or chunky, regular or reduced fat and conforms to FDA, Standard of Identity for peanut butter as defined by 21 CFR § 164.150.
Cereal	Iron	Includes ready-to-eat and instant and regular hot cereals as defined by FDA (21 CFR Part 170.3(n)(4)) that also contain a minimum of 28 milligrams of iron per 100 grams of dry cereal and not more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal (6 grams per dry ounce).
Infant Cereal	Iron	Contains a minimum of 45 milligrams of iron per 100 grams of dry cereal. Infant cereals containing infant formula, milk, fruit, or other non-cereal ingredients are not authorized.
Juice	Vitamin C	Must be pasteurized 100 percent fruit and/or vegetable juice or blends of these juices and contain a minimum of 30 milligrams of vitamin C per 100 milliliters juice. Juices fortified with other nutrients that also meet the minimum WIC requirements are allowable.
Infant Juice	Vitamin C	Must be pasteurized 100 percent fruit juice and contain a minimum of 30 milligrams of vitamin C per 100 milliliters juice.
Carrots	Vitamin A	Raw, canned or frozen. Mature raw; canned and frozen carrots containing only the mature root of the carrot plant packed in water.
Tuna	Protein	Canned white, light, dark or blended tuna packed in water or oil, including solid and solid pack; chunk, chunks and chunk style; flake and flakes; and grated.