

# Maximum Monthly Allowances in the WIC Food Packages

## Snapshots of the WIC Food Packages

### Maximum Monthly Allowances of Supplemental Foods for Children and Women

Foods	Children	Women		
	Food Package IV A: 12 through 23 months B: 2 through 4 years	Food Package V A: Pregnant B: Partially (Mostly) Breastfeeding (up to 1 year postpartum)	Food Package VI Postpartum (up to 6months postpartum)	Food Package VII Fully Breastfeeding (up to 1year postpartum)
Juice, single strength	64 fl. oz.	64 fl. oz.	64 fl. oz.	64 fl. oz.
Milk	A: 12 qt. B: 14 qt.	16 qt.	16 qt.	16 qt.
Breakfast cereal	36 oz.	36 oz.	36 oz.	36 oz.
Eggs	1 dozen	1 dozen	1 dozen	2 dozen
Fruit and vegetable cash-value benefit (CVB)	\$26.00	A: \$47.00 B: \$52.00	\$47.00	\$52.00
Whole wheat bread	24 oz.	48 oz.	48 oz.	48 oz.

Fish (canned)	6 oz.	A: 10 oz. B: 15 oz.	10 oz.	20 oz.
Legumes, dry or canned and/or Peanut butter	1 lb. dry/64 oz. canned or 18 oz.	1 lb./64 oz. canned and 18 oz.	1 lb./64 oz. canned or 18 oz.	1 lb./64 oz. canned and 18 oz.

**Note:** Refer to the [regulatory requirements](#) for the minimum requirements for infant formula and infant foods in the WIC food packages.

## Maximum Monthly Allowances of Supplemental Foods for Infants in Food Packages I, II and III

Foods	Fully Formula fed		Partially Breastfed		Fully Breastfed	
	Food Packages I and III	Food Packages II and III	Food Packages I and III	Food Packages II and III	Food Package I 0-5 months	Food Package II 6-11 months
	A: 0-3 months B: 4-5 months	6-11 months	A: 0 to 3 months B: 4-5 months	6-11 months		
WIC Formula	A: Up to 806 fl. oz. B: Up to 884 fl. oz.	Up to 624 fl. oz.	A: Up to 364 fl. oz. B: Up to 442 fl. oz.	Up to 312 fl. oz.	N/A	N/A
Infant cereal	N/A	8 oz.	N/A	8 oz.	N/A	16 oz.
Baby food fruits and vegetables	N/A	128 oz.	N/A	128 oz.	N/A	128 oz.
Baby food meat	N/A	N/A	N/A	N/A	N/A	40 oz.

**Note:** Refer to the [regulatory requirements](#) for the minimum requirements for infant formula and infant foods in

the WIC food packages.

## See Also

- [Regulatory Requirements](#)
- [Information for Food Manufacturers](#)

###

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