

# 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 post-partum)
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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