

# Comparison between Current and New WIC Food Packages

January 2009

**Child 12-59 months**

Food	WI WIC Current Typical Packages <sup>1</sup>	The New WIC Way: Foods and Focus Food Packages
<b>Cow's Milk/Cheese And Alternatives</b>	<p>1 year olds: 4 gallons (2.1 cups/day) <b>or</b> 3 gallons + 1 lb cheese</p> <p>2-4 year olds: 5 gallons (2.6 cups/day) <b>or</b> 4 gallons + 1 lb cheese</p> <p>Types of milk: - Any fat level milk is allowed (usually whole milk for 1 year olds). - Lactose-Reduced/Free milk is allowed if lactose-intolerant.</p> <p>Allowed milk substitutions: - 1 lb cheese for 3 qts milk, up to 2 lbs cheese (4 lbs if lactose intolerant).</p>	<p>All children: 4 gallons (2.1 cups/day) (No cheese)</p> <p>Types of milk: - Whole milk only for 1 year olds - Low Fat (1%) or Fat Free (Skim) milk for 2-4 year olds</p> <p>Allowed milk substitutions (no medical documentation required): - Reduced Fat (2%) may be added to the Low Fat (1%) or Fat Free (Skim) Milk for 2-4 year olds - Lactose-free milks are allowed if lactose-intolerant - 2 8 qt boxes powdered milk for 4 gallon fluid milk for 2-4 years only - 8 cans evaporated milk for 6 quarts fluid milk - The whole/low fat requirements must still be applied for the milk alternatives</p> <p>Allowed milk substitutions, with medical documentation (see Prescription-Required Packages table): - Whole milk allowed for 2-4 year olds - 16 qts soy beverage (1 qt soy beverage = 1 qt milk)</p>
<b>Eggs</b>	2 dozen	1 dozen
<b>Beans/Peas Peanut Butter</b>	1 lb dried beans <b>or</b> 18 oz peanut butter	1 lb dried beans/peas <b>or</b> 18 oz or less peanut butter <b>or</b> 4 cans (14-16 oz size) beans/peas
<b>Juice</b>	<p>1 year olds: 184-192 oz (~6 oz/day) (e.g., 4 11.5-12 oz frozen juice containers)</p> <p>2-4 year olds: 230-240 oz (7.6-8 oz/day) (e.g., 5 11.5-12 oz frozen juice containers)</p>	<p>2 64 oz containers single strength juice (4.2 oz/day) for all children [128 ounces maximum]</p> <p>Allowed substitution: Calcium fortified orange juice in 2 64 ounce refrigerated cartons</p>
<b>Fruits and Vegetables</b>	<b>None</b>	\$6 worth fruits and vegetables
<b>Cereal</b>	36 or less ounces	36 or less ounces
<b>Whole Wheat/ Whole Grain</b>	<b>None</b>	2 lbs of whole wheat/whole grain food (100% whole wheat bread, rolls or buns <b>or</b> brown rice <b>or</b> soft corn tortillas <b>or</b> whole wheat tortillas)

**Pregnant Woman /  
Mostly Breastfeeding Woman (whose Infant receives < ½ package formula from WIC)**

<b>Food</b>	<b>WI WIC Current Typical Packages<sup>1</sup></b>	<b>The New WIC Way: Foods and Focus Food Packages</b>
<b>Cow's Milk/Cheese And Alternatives</b>	<p>6 gallons (3.2 cups/day) <b>and</b> 1 lb cheese.</p> <p>Types of milk: - Any fat level milk is allowed. - Lactose-Reduced/Free milk is allowed if lactose-intolerant.</p> <p>Allowed milk substitutions: - 1 lb cheese for 3 qts milk, up to 2 lbs cheese (4 lbs if lactose intolerant).</p>	<p>5½ gallons (2.9 cups/day) (No cheese)</p> <p>Types of milk: - Low Fat (1%) or Fat Free (Skim) milk</p> <p>Allowed milk substitutions (no medical documentation required): - Reduced Fat (2%) may be added to the Low Fat (1%) or Fat Free (Skim) Milk - 22 qts soy beverage (1 qt soy beverage = 1 qt milk) - Lactose-free milks are allowed if lactose-intolerant - 2 8 qt boxes powdered milk for 4 gallons fluid milk - 16 cans evaporated milk for 3 gallons fluid milk - The whole/low fat requirements must still be applied for the milk alternatives</p> <p>Allowed milk substitutions, with medical documentation (see Prescription-Required Packages table): - Whole milk</p>
<b>Eggs</b>	2 dozen	1 dozen
<b>Beans/Peas Peanut Butter</b>	1 lb dried beans <b>or</b> 18 oz peanut butter	1 lb dried beans/peas <b>or</b> 4 (16 oz cans) beans/peas <b>and</b> 18 oz or less peanut butter
<b>Juice</b>	276-288 oz (9.2-9.6 oz/day) (e.g., 6 11.5-12 oz frozen juice containers)	3 11.5-12 oz frozen juice or 48 oz containers (4.8 oz/day) [144 ounces maximum]
<b>Fruits and Vegetables</b>	<b>None</b>	\$8 worth fruits and vegetables
<b>Cereal</b>	36 or less ounces	36 or less ounces
<b>Whole Wheat/ Whole Grain</b>	<b>None</b>	1 lb of whole wheat/whole grain food (100% whole wheat bread, rolls or buns <b>or</b> brown rice <b>or</b> soft corn tortillas <b>or</b> whole wheat tortillas)

**Postpartum Non-Breastfeeding Woman /  
Postpartum Some Breastfeeding Woman (whose infant receives more than ½ Package Formula from WIC)**

<b>Food</b>	<b>WI WIC Current Typical Packages<sup>1</sup></b>	<b>The New WIC Way: Foods and Focus Food Packages</b>
<b>Cow's Milk/Cheese And Alternatives</b>	<p>5 gallons (2.6 cups/day) and 1 lb cheese.</p> <p>Types of milk: - Any fat level milk is allowed. - Lactose-Reduced/Free milk is allowed if lactose-intolerant.</p> <p>Allowed milk substitutions: - 1 lb cheese for 3 qts milk, up to 2 lbs cheese (4 lbs if lactose intolerant).</p>	<p>4 gallons (2.1 cups/day) (No cheese)</p> <p>Types of milk: - Low Fat (1%) or Fat Free (Skim) milk</p> <p>Allowed milk substitutions, no medical documentation required: - Reduced Fat (2%) may be added to the Low Fat (1%) or Fat Free (Skim) Milk - Lactose-free and lactose-reduced milks are allowed if lactose-intolerant - 16 quarts soy beverage (1 qt soy beverage = 1 qt of milk) - 2 8 qt boxes powdered milk for 4 gallon fluid milk - 8 cans evaporated milk for 6 quarts fluid milk - The whole/low fat requirements must still be applied for the milk alternatives</p> <p>Allowed milk substitution, with medical documentation (see Prescription-Required Packages section): - Whole milk</p>
<b>Eggs</b>	2 dozen	1 dozen
<b>Beans/Peas Peanut Butter</b>	<b>None</b>	1 lb dried beans/peas <b>or</b> 4 (16 oz cans) beans/peas <b>or</b> 18 oz or less peanut butter
<b>Juice</b>	184-192 oz (~6 oz/day) (e.g., 4 11.5-12 oz frozen juice containers)	2 11.5-12 oz frozen juice or 48 ounce containers (3.2 oz/day) [96 ounces maximum]
<b>Fruits and Vegetables</b>	<b>None</b>	\$8 worth fruits and vegetables
<b>Cereal</b>	36 or less ounces	36 or less ounces
<b>Whole wheat/ whole grain</b>	<b>None</b>	<b>None</b>

**Fully Breastfeeding Woman / Woman Pregnant with Multiples /  
Woman Mostly Breastfeeding Multiples (who each receive less than ½ package formula from WIC)**

<b>Food</b>	<b>WI WIC Current Typical Packages<sup>2</sup></b>	<b>The New WIC Way: Foods and Focus Food Packages</b>
<b>Cow's Milk/Cheese And Alternatives</b>	7 gallons (3.7 cups/day) and 1 lb cheese.  Types of milk: - Any fat level milk is allowed. - Lactose-Reduced/Free milk is allowed if lactose-intolerant.  Allowed milk substitutions: - 1 lb cheese for 3 qts milk, up to 2 lbs cheese (4 lbs if lactose intolerant).	6 gallons (3.2 cups/day) and 1 lb cheese  Types of milk: - Low Fat (1%) or Fat Free (Skim) milk  Allowed milk substitutions (no medical documentation required) - Reduced Fat (2%) may be added to the Low Fat (1%) or Fat Free (Skim) Milk - Lactose-free milks are allowed if lactose-intolerant - 24 qt soy beverage (1 qt soy beverage = 1 qt milk) - 3 8 qt boxes powdered milk for 6 gallon fluid milk - 16 cans evaporated milk for 3 gallons fluid milk -The whole/low fat requirements must still be applied for the milk alternatives  Allowed milk substitutions, with medical documentation (see Prescription-Required Packages section): - Whole milk
<b>Eggs</b>	2 dozen	2 dozen
<b>Beans/Peas Peanut Butter</b>	1 lb dried beans <b>and</b> 18 oz peanut butter	1 lb dried beans/peas <b>or</b> 4 (16 oz cans) beans/peas <b>and</b> 18 oz or less peanut butter
<b>Fish</b>	26 oz canned light tuna	6 5 oz cans chunk light tuna or 2 14.75 oz cans pink salmon
<b>Juice</b>	322-336 oz (10.7-11.2 oz/day) (e.g., 7 11.5-12 oz frozen juice containers)	3 11.5-12 oz frozen juice or 48 oz containers (4.8 oz/day) [144 ounces maximum]
<b>Fruits and Vegetables</b>	2 lbs pre-packaged carrots	\$10 worth fruits and vegetables
<b>Cereal</b>	36 or less ounces	36 or less ounces
<b>Whole Wheat/ Whole Grain</b>	<b>None</b>	1 lb of whole wheat/whole grain food (100% whole wheat bread, rolls or buns <b>or</b> brown rice <b>or</b> soft corn tortillas <b>or</b> whole wheat tortillas)

The **Fully Breastfeeding Woman – BF Enhanced FI** includes 16 ounces (1 pound) or less cheese, 1 dozen eggs, and 30 ounces canned fish

## Woman Fully Breastfeeding Multiples

Food	WI WIC Current Typical Packages <sup>2</sup>	The New WIC Way: Foods and Focus Food Packages
<b>Cow's Milk/Cheese And Alternatives</b>	<p>7 gallons (3.7 cups/day) and 1 lb cheese.</p> <p>Types of milk: - Any fat level milk is allowed. - Lactose-Reduced/Free milk is allowed if lactose-intolerant.</p> <p>Allowed milk substitutions: - 1 lb cheese for 3 qts milk, up to 2 lbs cheese (4 lbs if lactose intolerant).</p>	<p>9 gallons (4.8 cups/day) 1.5 lb cheese (1 pound even months; 2 pounds odd months)</p> <p>Types of milk: - Low Fat (1%) or Fat Free (Skim) milk</p> <p>Allowed milk substitutions, (no medical documentation required): - Reduced Fat (2%) may be added to the Low Fat (1%) or Fat Free (Skim) Milk - Lactose-free milks are allowed if lactose-intolerant - 36 qt soy beverage (1 qt soy beverage = 1 qt milk)</p> <p>Allowed milk substitutions, with medical documentation (see Prescription-Required Packages section) : - Whole milk</p>
<b>Eggs</b>	2 dozen	3 dozen
<b>Beans/Peas Peanut Butter</b>	1 lb dried beans and 18 oz peanut butter	24 ounces dried beans/peas <b>or</b> 6 (16 oz cans) beans <b>and</b> 27 oz peanut butter (2 18 oz containers even months; 1 odd months)
<b>Fish</b>	26 oz canned light tuna	9 5 oz cans chunk light tuna or 3 14.75 oz cans pink salmon
<b>Juice</b>	322-336 oz (10.7-11.2 oz/day) (e.g., 7 11.5-12 oz frozen juice containers)	4.5 12 oz frozen or 48 oz cans or bottle juice (7.2 oz/day) (5 cans even months; 4 cans odd months)
<b>Fruits and Vegetables</b>	2 lbs pre-packaged carrots	\$15 worth fruits and vegetables
<b>Cereal</b>	36 or less ounces	54 or less ounces
<b>Whole wheat/ whole grains</b>	<b>None</b>	24 ounces of whole wheat/whole grain food (100% whole wheat bread, rolls or buns <b>or</b> brown rice <b>or</b> soft corn tortillas <b>or</b> whole wheat tortillas) (16 ounces even months; 32 ounces odd months)

**Food Packages for Infants**  
**That do not qualify for Prescription-Required Food Packages**

<b>Food</b>	<b>WI WIC Current Typical Packages<sup>2</sup></b>	<b>The New WIC Way: Foods and Focus Food Packages</b>
<b>Formula</b>	<p>Fully formula-fed infants:  All ages: 8 lbs powder (e.g. 10 cans Good Start Supreme DHA &amp; ARA), 31 cans concentrate, 25 qts RTF (as allowed per policy)</p> <p>Partially breastfed infants:  All ages: Maximums same as above; policy includes recommendations for tailoring quantities and states that, if the mother is receiving a breastfeeding package, the maximum formula should be limited to 1 month only (with a few exceptions)</p>	<p>The following <b>examples are for Good Start reconstituted formula</b>.  For special formulas, see the Prescription-Required Packages table.</p> <p>Full formula infants:  - Birth – 3.9 months of age: maximum 10 cans powder or 31 cans concentrate  - 4 – 5.9 months: maximum 11 cans powder or 34 cans concentrate  - 6 – 11.9 months: maximum 8 cans powder or 24 cans concentrate</p> <p>Mostly breastfeeding infants:  - Birth – 1 month of age: no routine formula; maximum of 1 can powder  - 1 – 3.9 months: maximum 5 cans powder  - 4 – 5.9 months: maximum 6 cans powder  - 6 – 11.9 months: maximum 4 cans powder</p> <p>“Some breastmilk” infants receive more than the “mostly breastmilk” infants, up to and including a full formula package. If the mother is more than 6 months postpartum and still giving “some breastmilk,” she will still be counted as participating but no longer receive a food package</p>
<b>Infant Cereal</b>	<p>16 oz for infants 5 – 11.9 months of age  May issue cereal at 4 months if need is documented  May issue up to 24 oz</p>	<p>No infant cereal from birth through 5 months of age</p> <p>24 oz for all infants 6 – 11.9 months of age</p>
<b>Baby Fruits and Vegetables</b>	<b>None</b>	<p>Fully formula-fed and partially breastfed 6 – 11.9 months of age:  18 2-packs 3.5 oz containers (i.e., Gerber 2<sup>nd</sup> Stage)</p> <p>Fully breastfed 6 – 11.9 months of age:  36 2-packs 3.5 oz containers (i.e., Gerber 2<sup>nd</sup> Stage)</p>
<b>Baby Meats</b>	<b>None</b>	<p>Fully breastfed 6 – 11.9 month olds  31 2.5 oz jars</p> <p>Not allowed for full formula infants or partially breastfed infants</p>

## Prescription-Required Packages for Women, Infants, and Children

Food	WI WIC Current Typical Packages <sup>1</sup>	The New WIC Way: Foods and Focus Food Packages
<b>Infants: Exempt Formula</b>	<p>- Up to same maximum quantities formula as in current Infant packages</p> <p>- Approved special formulas are Similac NeoSure DHA &amp; ARA, Enfamil EnfaCare LIPIL, Nutramigen LIPIL, Alimentum DHA &amp; ARA, Enfamil AR LIPIL, Pregestimil LIPIL, Neocate Infant DHA &amp; ARA/Neocate Infant, Elecare, and Similac PM 60/40</p> <p>Medical documentation requirements include product prescribed, intended length of use, medical diagnosis and ICD-9 code, signature of prescriber (physician, physician assistant, or advanced practice certified nurse prescriber)</p> <p>RTF allowed if product is available only in RTF, if water supply is unsafe, and if caregiver has difficulty mixing powder or concentrate properly</p>	<p>- Up to same maximum quantities as in new regular infant packages</p> <p>- With medical documentation, infants 6 – 11.9 months old who are not able to consume (and therefore do not receive) infant cereal and baby foods may receive up to the same maximum allowed quantity formula for 4 – 5.9 month olds.</p> <p>- Approved exempt formulas are Similac NeoSure DHA &amp; ARA, Enfamil EnfaCare LIPIL, Nutramigen LIPIL, Alimentum DHA &amp; ARA, Enfamil AR LIPIL, Pregestimil LIPIL, Neocate, and Elecare.</p> <p>Medical documentation requirements:</p> <ul style="list-style-type: none"> <li>- must include amount per day (in addition to current requirements)</li> <li>- allowable medical diagnoses limited – deleted those that aren't actually medical conditions</li> </ul> <p>RTF may be issued if RTF better accommodates the participant's condition, or if RTF improves the participant's compliance in consuming the prescribed product (in addition to current criteria)</p>
<b>Infant Cereal</b>	36 oz cereal starting at 5 months of age	36 oz cereal starting at 6 months of age
<b>Baby Foods</b>	<b>None</b>	Same as in New WIC Way packages for Infants
<b>Children &amp; Women: Contract Formulas, Special Formulas, Medical Foods</b>	<p>Up to 8 lbs powder, 35 cans concentrate, or 28 qts RTF (or 108 8 oz containers) (maximum amount allowed with RD documentation)</p> <p>In addition to contract formulas, approved special formulas and medical foods are: Similac NeoSure DHA &amp; ARA, Enfamil EnfaCare LIPIL, Nutramigen LIPIL, Alimentum DHA &amp; ARA, Enfamil AR LIPIL, Pregestimil LIPIL, Neocate Infant DHA &amp; ARA/Neocate Infant, Elecare, Similac PM 60/40, Neocate One+, Neocate Junior, Portagen, EO28 Splash/Pediatric EO28, Pediasure, Pediasure Enteral, Ensure, and Boost</p> <p>Medical documentation requirements: Same as for Infants above.</p> <p>RTF: same as for Infants above.</p>	<p>Maximum quantities:</p> <ul style="list-style-type: none"> <li>- Up to 910 fl oz reconstituted concentrate; powder and RTF may be substituted at rates that provide comparable nutritional value (e.g., fl oz per day).</li> <li>- Quantity must be tailored per the prescription and need for other foods.</li> </ul> <p>In addition to contract formulas, approved exempt formulas and medical foods are: Similac NeoSure DHA &amp; ARA, Enfamil EnfaCare LIPIL, Nutramigen LIPIL, Alimentum DHA &amp; ARA, Enfamil AR LIPIL, Pregestimil LIPIL, Pediasure, Ensure, and Boost.</p> <p>Medical documentation requirements: Same as for Infants above.</p> <p>RTF: same as for Infants above.</p>

<p><b>Regular Foods: Cereal Juice Milk, Legumes/ Peanut Butter, Tuna, Fruits and Vegetables</b></p>	<p>36 oz cereal</p> <p>4 containers juice</p> <p><b>None</b></p>	<p>36 oz cereal</p> <p>Same maximum juice quantities as in new regular packages for children and women Up to same quantities as in New WIC Way packages for children and women.</p> <p>Alternatives for milk (with medical documentation):</p> <ul style="list-style-type: none"> <li>- Whole milk for 2-4 year olds and women</li> <li>- Soy beverages for children (when available retail)</li> </ul> <p>Quantities of formula/medical foods and regular foods (including milk) must be tailored per medical documentation and additional nutrition assessment information (e.g., all formula/medical food – no milk; half formula/medical food – half milk; whole milk – no formula/medical food; etc.).</p>
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