

TABLE 6-2

The Revised WIC Food Packages: Maximum Monthly Allowances^a for Children and Women in WIC Food Packages IV, V-A, and III

WIC Food Categories	Children 1 to less than 2 Years (FP IV-A)	Children 2 to less than 5 Years (FP IV-B)	Pregnant Women (FP PV-A) ^b	Special Dietary Needs (FP III) ^c
WIC Formula	--	--	--	Up to 455 fl oz, if appropriate
Vegetables and fruits ^d	\$12.00 CVV	\$12.00 CVV	\$15.00 CVV	--
Legumes ^{e, f}	1 lb every 3 months	1 lb every 3 months	2 lb every 3 months	Other foods in food packages IV and V-A are provided as appropriate
Juice	64 fl oz ^g	64 fl oz ^g	64 fl oz ^g	
Dairy (milk)	12 qt ^{h, i, j, k, l}	14 qt ^{l, k, l, m}	16 qt ^{k, m, n, o}	
Breakfast cereal ^p	36 oz	36 oz	36 oz	
Whole grains ^q	16–24 oz	16–24 oz	16–24 oz	
Peanut butter ^f	16–18 oz every 3 months	16–18 oz every 3 months	16–18 oz every 3 months	
Eggs ^r	1 dozen	1 dozen	1 dozen	
Fish	10 oz every 3 months	10 oz every 3 months	10 oz every 3 months	

NOTES:

CVV = cash value voucher for vegetables and fruits; **“--”** = the food is not authorized in the corresponding food package; **FP** = food package. See Table 6-4 of this report for details related to WIC food specifications.

^a Amounts are monthly except where indicated.

^b Food package V-A is issued to women participants with singleton pregnancies

^c Food package III is issued to participants with qualifying medical conditions. A WIC formula is issued to participants receiving food package III under the direction of a health care provider. Participants that are issued food package III may receive up to 455 fl oz of a WIC formula, as deemed appropriate by a health care provider. Children or women who require jarred vegetables and fruits may be issued the following amounts corresponding to the value of the CVV: 75 oz, 19 4-oz jars, or 21 3.5- oz packages for the \$12 CVV, or 94 oz, 23 4-oz jars, or 27 3.5-oz packages for the \$15 CVV. If the participant chooses to substitute juice with an additional \$3 in CVV, 5 additional 4-oz. jars or 3.5-oz packages may be issued.

^d State agencies must authorize fresh and one non-fresh (canned fruit, canned vegetables, frozen fruit, frozen vegetables, dried fruit, and/or dried vegetables) variety each of vegetables and fruits. The CVV may be redeemed for any eligible fruit and vegetable. Vendors are required to stock at least three varieties of vegetables and two varieties of fruits.

^e States are required to offer both dry legumes (1-pound) and canned legumes (64 oz or four 15 to 16-oz cans). Legumes are provided once per quarter; one pound in food packages IV-A and IV-B and two pounds in food packages V-A and VI.

^f Legumes and peanut butter must be provided and are not interchangeable. Participants may be issued legumes in place of peanut butter in the case of a peanut allergy.

^g Participants may select a \$3 addition to the CVV in place of juice.

^h Whole milk is the standard milk for issuance to 1-year-old children (12 through 23 months). At state agency option, fat-reduced milks may be issued to 1-year-old children for whom overweight or obesity is a concern. The need for fat-reduced milks for 1-year-old children must be based on an individual nutritional assessment and consultation with the child's health care provider if necessary, as established by state agency policy.

ⁱ Children receiving food package IV-A or IV-B may substitute 1 pound of cheese and 1 quart of yogurt (30–32 oz are allowed at the discretion of the state agency) for 4 quarts of milk, or two quarts of yogurt for two quarts of milk.

^j At state agency option, low-fat or nonfat yogurt may be issued to 1-year-old children for whom overweight and obesity is a concern. The need for low-fat or nonfat yogurt for 1-year-old children must be based on an individual nutritional assessment and consultation with the child's health care provider if necessary, as established by state agency policy.

^k Evaporated milk may be substituted at the rate of 16 fl oz of evaporated milk per 32 fl oz of fluid milk or a 1:2 fl oz substitution ratio. Dry milk may be substituted at an equal reconstituted rate to fluid milk.

^l For children, issuance of tofu and soy-based beverage as substitutes for milk must be based on an individual nutritional assessment and consultation with the participant's health care provider if necessary, as established by State agency policy. Such determination can be made for situations that include, but are not limited to, milk allergy, lactose intolerance, and vegan diets. Soy-based beverage may be substituted for milk for children on a quart-for-quart basis up to the total maximum allowance of milk. Tofu may be substituted for milk for children at the rate of 1 pound of tofu per 1 quart of milk.

^m Low-fat (1%) or nonfat milks are the standard milk for issuance to children ≥ 24 months of age and women. Reduced fat (2%) milk is authorized only for participants with certain conditions including, but not limited to, underweight and maternal weight loss during pregnancy. The need for reduced fat (2%) milk must be based on an individual nutritional assessment as established by state agency policy. Soy-based yogurt or soy-based cheese substitutes are authorized yogurt and cheese options for individuals with a milk allergy or who consume a vegan diet.

ⁿ Women receiving food package V-A, may substitute 1 pound of cheese and 1 quart of yogurt for 4 quarts of milk or 2 quarts of yogurt for two quarts of milk.

^o For women, soy-based beverage may be substituted for milk on a quart-for-quart basis up to the total maximum allowance of milk. Tofu may be substituted for milk at the rate of 1 pound of tofu per 1 quart of milk. Additional amounts of tofu may be substituted, up to the maximum allowances for fluid milk, for lactose intolerance or other reasons, as established by State agency policy.

^p All breakfast cereals on the state agency's authorized food list must meet the whole grain rich criteria as described in Table 6-4 in this report.

^q Whole wheat bread must be authorized. State agencies have the option to also authorize brown rice, bulgur, oatmeal, whole grain barley, cornmeal (including blue), corn masa flour, whole wheat macaroni products, soft corn or whole-wheat tortillas, buckwheat, or teff in the range specified.

^r A substitution of dry legumes (1 lb) or canned legumes (64 oz or four 15–16 oz cans) for each 1 dozen eggs is permitted for individuals with an egg allergy or who consume a vegan diet.

SOURCES: Modified to reflect the revised food packages from 7 C.F.R. § 246 (2014).