

Division of Community Nutrition

Subject: Maximum Food Allowed	Policy: FDS 02.2
Reference: CFR §246.10	Effective: October 1, 2014
	Supersedes: August 12, 2013

I. Policy:

The maximum quantity of WIC foods shall be made available to any participant based upon nutrition needs.

I: INFANTS 0 - 6 MONTHS	
FOOD	MAXIMUM ALLOWED PER MONTH
Concentrated Formula	0-3 months= 806 fl oz 4-5 months= 884 fl oz
Powdered Formula	0-3 months= 870 fl oz 4-5 months= 960 fl oz
Ready to Feed Formula	0-3 months= 832 fl oz 4-5 months= 913 fl oz
II: INFANTS 6 - 12 MONTHS	
FOOD	MAXIMUM ALLOWED PER MONTH
Concentrated Formula	6-11 months= 624 fl oz
Powdered Formula	6-11 months= 696 fl oz
Ready to Feed Formula	6-11 months= 643 fl oz
Infant Cereal	24-oz. dry
Infant Food- Fruits and Vegetables	128 oz for fully formula or partially breastfeeding infants 256 oz for fully breastfeeding infants
Infant Food- Meat	77.5 oz for fully breastfeeding infants
III. SPECIAL NEEDS (women, infants, and children)	
<ul style="list-style-type: none"> ▪ Anyone receiving special formula or medical foods ▪ Anyone over the age of 2 receiving whole milk 	
FOOD	MAXIMUM ALLOWED PER MONTH
Formula	Women and Children <ul style="list-style-type: none"> ▪ 910 fl oz liquid concentrate ▪ 910 fl oz reconstituted powder ▪ 910 fl oz Ready to Feed Infants <ul style="list-style-type: none"> ▪ Receiving food, as specified in Food Prescription I or II ▪ Infants 6-11 months NOT receiving food, as specified for the 4-5 month maximum of Food Prescription I
Infant Cereal	24 oz. dry
Infant Food- Fruits and Vegetables	128 oz for fully formula or partially breastfeeding infants 256 oz for fully breastfeeding infants
Infant Food- Meat	77.5 oz for fully breastfeeding infants
Milk	As specified in participant category
Cheese	As specified in participant category
Eggs	As specified in participant category
Dry or Canned Beans/ Peanut Butter	As specified in participant category
Cereal (hot or cold)	As specified in participant category
Juice	As specified in participant category
Whole grains	As specified in participant category
Fruits and Vegetables	As specified in participant category

Division of Community Nutrition

Subject: Maximum Food Allowed	Policy: FDS 02.2
Reference: CFR §246.10	Effective: October 1, 2014
	Supersedes: August 12, 2013

IV: CHILDREN 1 TO 5 YEARS	
Low-Fat, or Skim Milk (fluid) *Children 1-2 years will receive whole milk	16 quarts
Cheese	May substitute 1 lb. cheese for 3-qt. fluid milk
Eggs	1 dozen
Dry Beans or Peas	1 pound
Canned Beans	4 15-16oz cans
Peanut Butter	16-18 oz
Cereal (hot or cold)	36 oz. dry
Juice	2- 64 oz. liquid (128 fl. oz.)
Fruits and Vegetables	\$8.00
Whole Grains	2 pounds
V: PREGNANT AND WOMEN PROVIDING MOSTLY BREASTMILK	
FOOD	MAXIMUM ALLOWED PER MONTH
Low-Fat, or Skim Milk (fluid)	22 quarts
Cheese	May substitute 1 lb. cheese for 3-qt. fluid milk
Eggs	1 dozen
Dry Beans or Peas	1 pound
Canned Beans	4 15-16oz cans
Peanut Butter	16-18 oz
Cereal (hot or cold)	36-oz. dry
Juice	3 12-oz. cans frozen concentrate (144 fl. oz. reconstituted juice)
Fruits and Vegetables	\$ 10.00
Whole Grains	1 pound
VI: POSTPARTUM WOMEN AND WOMEN PROVIDING SOME BREASTMILK	
FOOD	MAXIMUM ALLOWED PER MONTH
Low-Fat, or Skim Milk (fluid)	16 quarts
Cheese	May substitute 1 lb. cheese for 3-qt. fluid milk
Eggs	1 dozen
Dry Beans or Peas	1 pound
Canned Beans	4 15-16oz cans
Peanut Butter	16-18 oz
Cereal (hot or cold)	36-oz. dry
Juice	2 12-oz. cans frozen concentrate (96 fl. oz. reconstituted juice)
Fruits and Vegetables	\$ 10.00
Whole Grains	none
VII: FULLY BREASTFEEDING WOMEN AND PREGNANT WOMEN WITH MULTIPLES (Women breastfeeding multiples will receive 1.5 times food package VII)	
FOOD	MAXIMUM ALLOWED PER MONTH
Low-Fat, or Skim Milk (fluid)	24 quarts
Cheese	May substitute 1 lb. cheese for 3-qt. fluid milk
Eggs	2 dozen
Canned Beans	4 15-16oz cans
Dried Beans or Peas	1 pound
Peanut Butter	16-18 oz

Division of Community Nutrition

<i>Subject:</i> Maximum Food Allowed		<i>Policy:</i> FDS 02.2
<i>Reference:</i> CFR §246.10	<i>Effective:</i> October 1, 2014	<i>Supersedes:</i> August 12, 2013

Cereal (hot or cold)	36-oz. dry
Juice	3 12-oz. cans frozen concentrate (144 fl. oz. reconstituted juice)
Fruits and Vegetables	\$ 10.00
Whole Grains	1 pound
Canned fish	30 oz