

# Breastfeeding and the WIC Food Package

## More Breastfeeding = More Rewards!

		<b>Age of Infant</b>			
Feeding Choice		<b>Birth - 1 month</b>	<b>1 - 3 months</b>	<b>4 - 5 months</b>	<b>6 -8 &amp; 9- 11 months</b>
<b>Fully Breastfeeding</b>  Fully BF	Each month Mom gets:	5 gallons & 1 quart 32 oz yogurt 2 lbs cheese 2 dozen eggs Three 11.5 or 12 oz cans of juice 36 oz cereal One whole grain option Four 16 oz cans of beans 16-18oz jar of peanut butter Six 5 oz cans of tuna or salmon  \$11 Cash Value Benefit	5 gallons & 1 quart 32 oz yogurt 2 lbs cheese 2 dozen eggs Three 11.5 or 12 oz cans of juice 36 oz cereal One whole grain option Four 16 oz cans of beans 16-18oz jar of peanut butter Six 5 oz cans of tuna or salmon  \$11 Cash Value Benefit	5 gallons & 1 quart 32 oz yogurt 2 lbs cheese 2 dozen eggs Three 11.5 or 12 oz cans of juice 36 oz cereal One whole grain option Four 16 oz cans of beans 16-18oz jar of peanut butter Six 5 oz cans of tuna or salmon  \$11 Cash Value Benefit	5 gallons & 1 quart 32 oz yogurt 2 lbs cheese 2 dozen eggs Three 11.5 or 12 oz cans of juice 36 oz cereal One whole grain option Four 16 oz cans of beans 16-18oz jar of peanut butter Six 5 oz cans of tuna or salmon  \$11 Cash Value Benefit
	Each month Baby gets:	Mom's breastmilk latched-pumped, (may include all or some donor milk), NO formula)	Mom's breastmilk latched-pumped, (may include all or some donor milk), NO formula)	Mom's breastmilk latched-pumped, (may include all or some donor milk), NO formula)	Mom's breastmilk latched-pumped, (may include all or some donor milk), NO formula)  Three 8oz containers infant cereal 64 jars of baby food fruits and vegetables (or 32 jars & 8 CVV) 31 jars of baby food meats
<b>Mostly Breastfeeding</b>  Mostly BF	Each month Mom gets:	4 gallons & 1 half gallon 32 oz yogurt 1 lb cheese 1 dozen eggs Three 11.5 or 12 oz cans of juice 36 oz cereal One whole grain option Four 16 oz cans of beans 16-18 oz jar of peanut butter  \$11 Cash Value Benefit	4 gallons & 1 half gallon 32 oz yogurt 1 lb cheese 1 dozen eggs Three 11.5 or 12 oz cans of juice 36 oz cereal One whole grain option Four 16 oz cans of beans 16-18 oz jar of peanut butter  \$11 Cash Value Benefit	4 gallons & 1 half gallon 32 oz yogurt 1 lb cheese 1 dozen eggs Three 11.5 or 12 oz cans of juice 36 oz cereal One whole grain option Four 16 oz cans of beans 16-18 oz jar of peanut butter  \$11 Cash Value Benefit	4 gallons & 1 half gallon 32 oz yogurt 1 lb cheese 1 dozen eggs Three 11.5 or 12 oz cans of juice 36 oz cereal One whole grain option Four 16 oz cans of beans 16-18 oz jar of peanut butter  \$11 Cash Value Benefit
	Each month Baby gets:	Mom's breastmilk latched-pumped, (may include some donor milk) and Up to 104 ounces formula (3-4 oz/day)	Mom's breastmilk latched-pumped, (may include some donor milk) and Up to 435 ounces formula (14oz/day)	Mom's breastmilk latched-pumped, (may include some donor milk )and Up to 522 ounces of formula (17oz/day)	Mom's breastmilk latched-pumped, (may include some donor milk) and Up to 384 ounces of formula (12oz/day) Three 8oz containers infant cereal 32 jars of baby food fruits and vegetables (or 16 jars & 4 CVV)

## Age of Infant

Feeding Choice		<b>Birth- 1 month</b>	<b>1 - 3 months</b>	<b>4 -5 months</b>	<b>6-8 &amp; 9-11 months</b>
<b>Limited Breastfeeding</b>  Limited BF	Each month Mom gets:	3 gallons 32 oz yogurt 1 lb cheese 1 dozen eggs Two 111.5 or 2 oz cans of juice 36 oz cereal Four 16 oz cans of beans Or 18 oz jar of peanut butter  \$11 Cash Value Benefit	3 gallons 32 oz yogurt 1 lb cheese 1 dozen eggs Two 111.5 or 2 oz cans of juice 36 oz cereal Four 16 oz cans of beans Or 18 oz jar of peanut butter  \$11 Cash Value Benefit	3 gallons 32 oz yogurt 1 lb cheese 1 dozen eggs Two 11.5 or 12 oz cans of juice 36 oz cereal Four 16 oz cans of beans Or 18 oz jar of peanut butter  \$11 Cash Value Benefit	Not eligible for WIC foods.
	Each month Baby gets:	Mom's breastmilk latched-pumped, (may include some donor milk) and Up to 870 ounces formula (28 oz/day, 2 can minimum 1 <sup>st</sup> month only)	Mom's breastmilk latched-pumped, (may include some donor milk) and Up to 870 ounces formula (28 oz/day)	Mom's breastmilk latched-pumped, (may include some donor milk) and Up to 960 ounces formula (31 oz/day)	Mom's breastmilk latched-pumped, (may include some donor milk) and Up to 696 ounces formula (22 oz/day) Three 8oz containers infant cereal 32 jars of baby food fruits and vegetables (or 16 jars & 4 CVV)
<b>Non-Breastfed</b>	Each month Mom gets:	3 gallons 32 oz yogurt 1 lb cheese 1 dozen eggs Two 11.5 or 12 oz cans of juice 36 oz cereal Four 16 oz cans of beans Or 16-18 oz jar of peanut butter  \$11 Cash Value Benefit	3 gallons 32 oz yogurt 1 lb cheese 1 dozen eggs Two 11.5 or 12 oz cans of juice 36 oz cereal Four 16 oz cans of beans Or 16-18 oz jar of peanut butter  \$11 Cash Value Benefit	3 gallons 32 oz yogurt 1 lb cheese 1 dozen eggs Two 11.5 or 12 oz cans of juice 36 oz cereal Four 16 oz cans of beans Or 16-18 oz jar of peanut butter  \$11 Cash Value Benefit	Not eligible for WIC foods.
	Each month Baby gets:	Up to 870 ounces formula (28 oz/day)	Up to 870 ounces formula (28 oz/day)	Up to 960 ounces formula (31 oz/day)	Up to 696 ounces formula (22 oz/day) Three 8oz containers infant cereal 32 jars of baby food fruits and vegetables (or 16 jars & 4 CVV)

**Notes:** Formula amounts are based on powdered infant formula.  
 These are the standard food packages for each infant and mother category.  
 Other substitutions and options are available for select food categories after a nutrition assessment is performed.  
 These food packages are effective October 1, 2009.