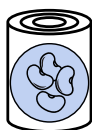
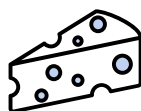
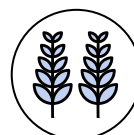


Maine WIC Visual Food Packages: A Guide for WIC Participants



CONVERSIONS



**32 fl. oz.
(liquid)**

=

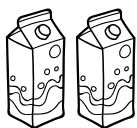


1 quart

=



950 mL



2 quarts

=

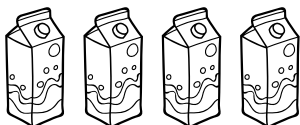


½ gallon

=



1.9 L



4 quarts

=

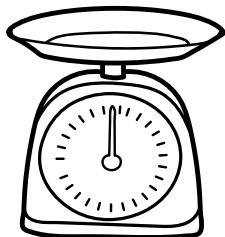


1 gallon

=



3.8 L



16 oz. (dry) = 1 lb. = 454 g

Food Package 1A: Infants 0-3 months

Partially Breastfed



Powder Formula

**4 cans
(435 fl oz)**

OR



Concentrate Formula

388 fl oz

OR



Ready-To-Use Formula

384 fl oz

Fully Formula Fed



Powder Formula

**9 cans
(870 fl oz)**

OR



Concentrate Formula

823 fl oz

OR



Ready-To-Use Formula

832 fl oz

Food Package 1B: Infants 4-5 months

Partially Breastfed



Powder Formula

**5 cans
(522 fl oz)**

OR



Concentrate Formula

460 fl oz

OR



Ready-To-Use Formula

474 fl oz

Fully Formula Fed



Powder Formula

**10 cans
(960 fl oz)**

OR



Concentrate Formula

896 fl oz

OR



Ready-To-Use Formula

913 fl oz

Food Package 2: Infants 6-11 months

Fully Breastfed



Infant Cereal

16 oz



Infant Meats

40 oz



PICK **ONE** OF THE FOLLOWING:



Fruit and Vegetables

\$22 CVB

OR



Infant Fruit and Vegetables

128 oz

OR



Infant Fruit and Vegetables

64 oz

&



Fruit & Vegetables

\$11 CVB

Food Package 2: Infants 6-11 months

Partially Breastfed



Powder Formula

**4 cans
(384 fl oz)**

OR



Concentrate Formula

315 fl oz

OR



Ready-To-Use Formula

338 fl oz



Infant Cereal

8 oz



PICK **ONE** OF THE FOLLOWING:



Fruit and Vegetables

\$22 CVB

OR



Infant Fruit and Vegetables

128 oz

OR



Infant Fruit and Vegetables

64 oz

&



Fruit & Vegetables

\$11 CVB

Food Package 2: Infants 6-11 months

Fully Formula Fed



Powder Formula

**7 cans
(696 fl oz)**

OR



Concentrate Formula

630 fl oz

OR



Ready-To-Use Formula

643 fl oz



Infant Cereal

8 oz

PICK **ONE** OF THE FOLLOWING:



Fruit and Vegetables

\$22 CVB

OR



Infant Fruit and Vegetables

128 oz

OR



Infant Fruit and Vegetables

64 oz

&



Fruit & Vegetables

\$11 CVB

Food Package 4A: Children 12-23 Months



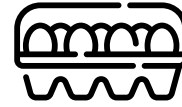
Milk/Substitute

8 qts



Breakfast Cereal

36 oz



Eggs

1 doz



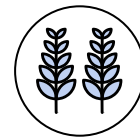
Juice

64 fl oz



Fruit & Vegetables

\$26 CVB



Whole Grains

24 oz

PICK 1



Canned Legumes

64 oz



Dry Legumes

1 lb



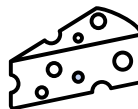
Peanut Butter

16-18 oz



Canned Fish

6 oz



Cheese

1 lb



Yogurt

32 oz

Food Package 4B: Children 24-60 Months



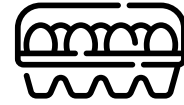
Milk/Substitute

10 qts



Breakfast Cereal

36 oz



Eggs

1 doz



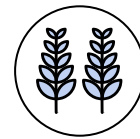
Juice

64 fl oz



Fruit & Vegetables

\$26 CVB



Whole Grains

24 oz

PICK 1



Canned Legumes

64 oz



Dry Legumes

1 lb



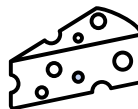
Peanut Butter

16-18 oz



Canned Fish

6 oz



Cheese

1 lb



Yogurt

32 oz

Food Package 5A: Pregnant



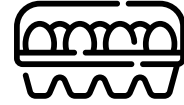
Milk/Substitute

12 qts



Breakfast Cereal

36 oz



Eggs

1 doz



Juice

64 fl oz



Fruit & Vegetables

\$47 CVB



Whole Grains

48 oz

PICK 2



Canned Legumes

64 oz



Dry Legumes

1 lb



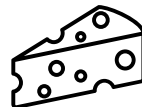
Peanut Butter

16-18 oz



Canned Fish

10 oz



Cheese

1 lb



Yogurt

32 oz

Food Package 5B: Partially Breastfeeding

Partially Breastfeeding



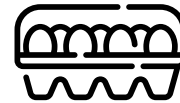
Milk/Substitute

12 qts



Breakfast Cereal

36 oz



Eggs

1 doz



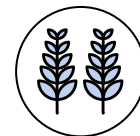
Juice

64 fl oz



Fruit & Vegetables

\$52 CVB



Whole Grains

48 oz

PICK 2



Canned Legumes

64 oz



Dry Legumes

1 lb



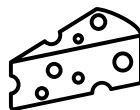
Peanut Butter

16-18 oz



Canned Fish

15 oz



Cheese

1 lb



Yogurt

32 oz

Food Package 6: Non Breastfeeding

Non Breastfeeding



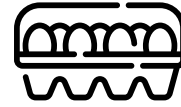
Milk/Substitute

12 qts



Breakfast Cereal

36 oz



Eggs

1 doz



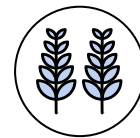
Juice

64 fl oz



Fruit & Vegetables

\$47 CVB



Whole Grains

48 oz

PICK 2



Canned Legumes

64 oz



Dry Legumes

1 lb



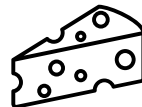
Peanut Butter

16-18 oz



Canned Fish

10 oz



Cheese

1 lb



Yogurt

32 oz

Food Package 7: Fully Breastfeeding

Fully Breastfeeding



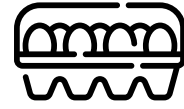
Milk/Substitute

9 qts



Breakfast Cereal

36 oz



Eggs

2 doz



Juice

64 fl oz



Fruit & Vegetables

\$52 CVB



Whole Grains

48 oz

PICK 2



Canned Legumes

64 oz



Dry Legumes

1 lb



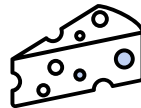
Peanut Butter

16-18 oz



Canned Fish

20 oz



Cheese

2 lbs



Yogurt

32 oz

Food Package 7: Fully Breastfeeding Multiples

Exclusively Breastfeeding Multiples (x1.5)



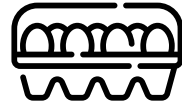
Milk/Substitute

17 qts



Breakfast Cereal

54 oz



Eggs

3 doz



Juice

96 fl oz



Fruit & Vegetables

\$78 CVB



Whole Grains

72 oz

PICK 3



Canned Legumes

96 oz



Dry Legumes

1-2 lbs



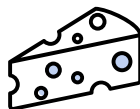
Peanut Butter

16-18 oz



Canned Fish

30 oz



Cheese

2 lbs



Yogurt

32 oz