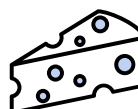
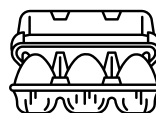


Maine WIC Visual Food Packages: A Guide for WIC Participants

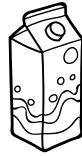


CONVERSIONS



32 fl oz (liquid)

=

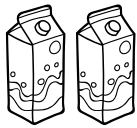


1 quart

=



950 mL



2 quarts

=

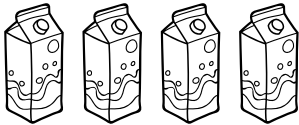


½ gallon

=



1.9 L



4 quarts

=

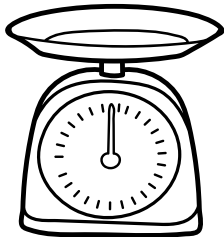


1 gallon

=



3.8 L



16 oz (dry) = 1 lb = 454 g

Food Package IA: Infants 0-3 months

Infants Partially Breastfed

0-1 month:



Powder Formula

**1 can
(90 oz)**

1-3 months:



Powder Formula

**4 cans
(435 oz)**



Concentrate Formula

388 oz



Ready-To-Use Formula

384 oz

Infants Fully Formula Fed

0-3 months



Powder Formula

**9 cans
(870 oz)**



Concentrate Formula

823 oz



Ready-To-Use Formula

832 oz

Food Package IB: Infants 4-5 months



Infants Partially Breastfed



Powder Formula

**5 cans
(522 oz)**



Concentrate Formula

460 oz



Ready-To-Use Formula

474 oz

Infants Fully Formula Fed



Powder Formula

**10 cans
(960 oz)**



Concentrate Formula

896 oz



Ready-To-Use Formula

913 oz



Food Package II: Infants 6-11 months

— Infants Exclusively Breastfed —



Infant Cereal

16 oz



Infant Meats

40 oz

AND **ONE** OF THE FOLLOWING:



Infant Fruit and Vegetables

128 oz

OR



Fruit and Vegetables

\$22 voucher

OR



Infant Fruit and Vegetables

64 oz

&



Fruit & Vegetables

\$11 voucher

Food Package II: Infants 6-11 months

Infants Partially Breastfed



Powder Formula

**4 cans
(384 oz)**



Concentrate Formula

315 oz



Ready-To-Use Formula

338 oz



Infant Cereal

8 oz

AND **ONE** OF THE FOLLOWING:



Infant Fruit and Vegetables

128 oz

OR



Fruit and Vegetables

\$22 voucher

OR



Infant Fruit and Vegetables

64 oz

&



Fruit & Vegetables

\$11 voucher

Food Package II: Infants 6-11 months

Infants Fully Formula Fed



Powder Formula

**7 cans
(696 oz)**



Concentrate Formula

630 oz



Ready-To-Use Formula

643 oz



Infant Cereal

8 oz

AND **ONE** OF THE FOLLOWING:



Infant Fruit and Vegetables

128 oz

OR



Fruit and Vegetables

\$22 voucher

OR



Infant Fruit and Vegetables

64 oz

&



Fruit & Vegetables

\$11 voucher

Food Package III: Children 12-60 months and Pregnant/Postpartum Participant

Children



Powder Formula

**10 cans
(910 oz.)**



Concentrate Formula

910 oz.



Ready-To-Use Formula

910 oz.



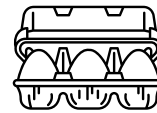
Milk/Substitute

12 qt.



Breakfast Cereal

36 oz.



Eggs

1 doz



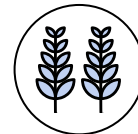
Juice

64 oz.



Fruit & Vegetables

\$26 voucher



Whole Grains

32 oz



Legumes OR Peanut Butter

1 lb. OR 18 oz.



Canned Fish

5 oz.

Food Package III: Children 12-60 months and Pregnant/Postpartum Participant

Pregnant/Partially Breastfeeding



Powder Formula

**10 cans
(910 oz.)**



Concentrate Formula

910 oz.



Ready-To-Use Formula

910 oz.



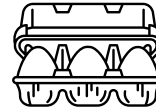
Milk/Substitute

16 qt.



Breakfast Cereal

36 oz.



Eggs

1 doz



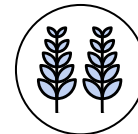
Juice

64 oz.



Fruit & Vegetables

\$47 voucher



Whole Grains

48 oz.



Legumes AND Peanut Butter

1 lb. AND 18 oz.



Canned Fish

10 oz.

Food Package III: Children 12-60 months and Pregnant/Postpartum Participant

Exclusively Breastfeeding



Powder Formula

**10 cans
(910 oz.)**



Concentrate Formula

910 oz.



Ready-To-Use Formula

910 oz.



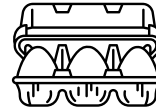
Milk/Substitute

16 qt.



Breakfast Cereal

36 oz.



Eggs

2 doz



Juice

64 oz.



Fruit & Vegetables

\$52 voucher



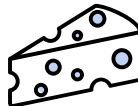
Whole Grains

48 oz.



Legumes AND Peanut Butter

1 lb. AND 18 oz.



Cheese

1 lb.



Canned Fish

20 oz.

Food Package III: Children 12-60 months and Pregnant/Postpartum Participant

Postpartum



Powder Formula

**10 cans
(910 oz.)**



Concentrate Formula

910 oz.



Ready-To-Use Formula

910 oz.



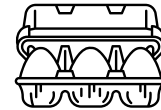
Milk/Substitute

16 qt.



Breakfast Cereal

36 oz.



Eggs

1 doz



Juice

64 oz.



Fruit & Vegetables

\$47 voucher



Whole Grains

48 oz.



Legumes OR Peanut Butter

1 lb. OR 18 oz.



Canned Fish

10 oz.

Food Package IV: Children 12-60 months

Children



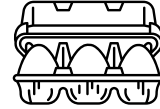
Milk/Substitute

16 qt.



Breakfast Cereal

36 oz.



Eggs

1 doz



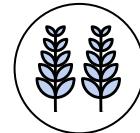
Juice

128 oz.



Fruit & Vegetables

\$9 voucher



Whole Grains

32 oz



Legumes OR Peanut Butter

**1 lb. dried /
64 oz. canned
OR 18 oz.**

Food Package V: Pregnant & Partially Breastfeeding Participant

Pregnant/Partially Breastfeeding



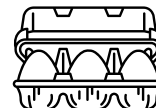
Milk/Substitute

16 qt.



Breakfast Cereal

36 oz.



Eggs

1 doz



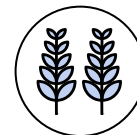
Juice

64 oz.



Fruit & Vegetables

\$47 voucher



Whole Grains

48 oz.



Legumes AND Peanut Butter

**1 lb. dried /
64 oz. canned
AND 18 oz.**



Canned Fish

15 oz.

Food Package VI: Postpartum Participant

Postpartum



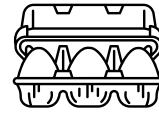
Milk/Substitute

16 qt.



Breakfast Cereal

36 oz.



Eggs

1 doz



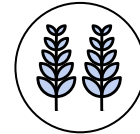
Juice

64 oz.



Fruit & Vegetables

\$47 voucher



Whole Grains

48 oz.



Legumes OR Peanut Butter

**1 lb. canned /
64 oz. dried
OR 18 oz.**



Canned Fish

10 oz.

Food Package VII: Exclusively Breastfeeding Participant

Exclusively Breastfeeding



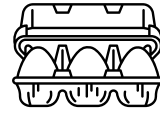
Milk/Substitute

16 qt.



Breakfast Cereal

36 oz.



Eggs

2 doz



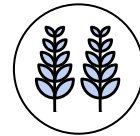
Juice

64 oz.



Fruit & Vegetables

\$52 voucher



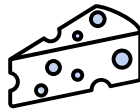
Whole Grains

48 oz.



Legumes AND Peanut Butter

**1 lb. dried /
64 oz. canned
AND 18 oz.**



Cheese

1 lb.



Canned Fish

30 oz.

Food Package VII: Exclusively Breastfeeding Participant

Exclusively Breastfeeding Multiples (x1.5)



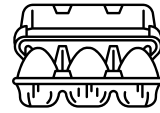
Milk/Substitute

36 qt.



Breakfast Cereal

54 oz.



Eggs

3 doz



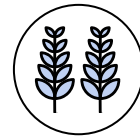
Juice

216 oz.



Fruit & Vegetables

\$16.50 voucher



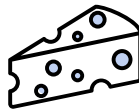
Whole Grains

24 oz.



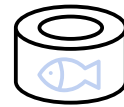
Legumes AND Peanut Butter

**1 lb. dried /
64 oz. canned
AND (2) 18 oz.**



Cheese

1.5 lb.



Canned Fish

45 oz.

Children



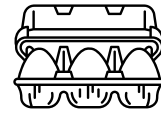
Milk/Substitute

16 qt.



Breakfast Cereal

36 oz.



Eggs

1 doz



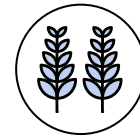
Juice

128 oz.



Fruit & Vegetables

\$9 voucher



Whole Grains

32 oz



Legumes OR Peanut Butter

1 lb. OR 18 oz.

Pregnant/Partially Breastfeeding



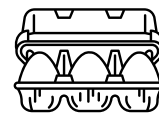
Milk/Substitute

22 qt.



Breakfast Cereal

36 oz.



Eggs

1 doz



Juice

144 oz.



Fruit & Vegetables

\$11 voucher



Whole Grains

16 oz.



Legumes AND Peanut Butter

1 lb. AND 18 oz.

Exclusively Breastfeeding



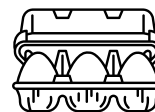
Milk/Substitute

24 qt.



Breakfast Cereal

36 oz.



Eggs

2 doz



Juice

144 oz.



Fruit & Vegetables

\$11 voucher



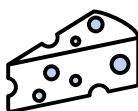
Whole Grains

16 oz.



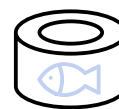
Legumes AND Peanut Butter

1 lb. AND 18 oz.



Cheese

1 lb.



Canned Fish

30 oz.

Postpartum



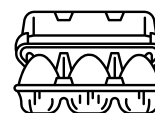
Milk/Substitute

16 qt.



Breakfast Cereal

36 oz.



Eggs

1 doz



Juice

96 oz.



Fruit & Vegetables

\$11 voucher



Legumes OR Peanut Butter

1 lb. OR 18 oz.