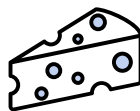
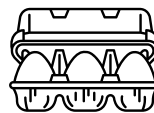


Maine WIC Visual Food Packages: A Guide for WIC Participants

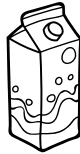


CONVERSIONS



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

=

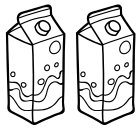


1 quart

=



950 mL



2 quarts

=

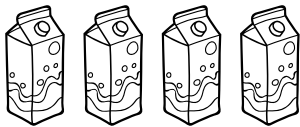


½ gallon

=



1.9 L



4 quarts

=

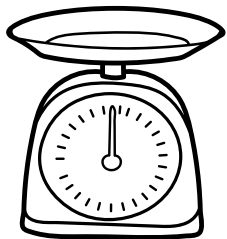


1 gallon

=



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.)**



Concentrate Formula

388 fl. oz.



Ready-To-Use Formula

384 fl. oz.

Fully Formula Fed



Powder Formula

**9 cans
(870 fl. oz.)**



Concentrate Formula

823 fl. oz.



Ready-To-Use Formula

832 fl. oz.

Food Package 1B: Infants 4-5 months

Partially Breastfed



Powder Formula

**5 cans
(522 fl. oz.)**



Concentrate Formula

460 fl. oz.



Ready-To-Use Formula

474 fl. oz.

Fully Formula Fed



Powder Formula

**10 cans
(960 fl. oz.)**



Concentrate Formula

896 fl. oz.



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:



Infant Fruit and Vegetables

128 oz.

OR



Fruit and Vegetables

\$22 CVB

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.)**



Concentrate Formula

315 fl. oz.



Ready-To-Use Formula

338 fl. oz.



Infant Cereal

8 oz.

PICK **ONE** OF THE FOLLOWING:



Infant Fruit and Vegetables

128 oz.

OR



Fruit and Vegetables

\$22 CVB

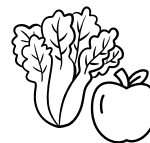
OR



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.)**



Concentrate Formula

630 fl. oz.



Ready-To-Use Formula

643 fl. oz.



Infant Cereal

8 oz.

PICK **ONE** OF THE FOLLOWING:



Infant Fruit and Vegetables

128 oz.

OR



Fruit and Vegetables

\$22 CVB

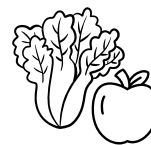
OR



Infant Fruit and Vegetables

64 oz.

&



Fruit & Vegetables

\$11 CVB