

Maine CDC WIC Nutrition Program Food Packages

1. Food Package I: Infants 0-5 months

Infant formula issuance in Food Package I is based on age (Food Package IA: Infants 0-3 months and Food Package IB: Infants 4-5 months) as well as physical form of formula (concentrate, powder or ready to use). Formulas issued in this food package are limited to contract standard cow's milk based and soy-based formulas, lactose-free formulas, and formulas with added rice starch. Formulas for special medical needs are issued in Food Package III.

Ready to use infant formula may be issued in Food Package I when:

- The participant's household has an unsanitary or restricted water supply or poor refrigeration
- The person caring for the participant may have difficulty in correctly diluting concentrated or powder forms
- The WIC infant formula is only available in ready-to-use.

Food Package IA: Infants 0-3 months: Maximum Issuance

Status	Age	Powder*	Conc*	RTU
IBF—infants exclusively breastfed	0-3 months			
IPB—infants partially breastfed	0-1 month	1 can		
	1-3 months	435 oz*	364 oz*	384 oz
IFF—infants fully formula fed	0-3 months	870 oz*	806 oz*	832 oz

* maximum formula issuance expressed as reconstituted amounts

Food Package IB: Infants 4-5 months: Maximum Issuance

Status	Age	Powder*	Conc*	RTU
IBF—infants exclusively breastfed	4-5 months			
IPB—infants partially breastfed	4-5 months	522 oz*	442 oz*	474 oz
IFF—infants fully formula fed	4-5 months	960 oz*	884 oz*	913 oz

* Maximum formula issuance expressed as reconstituted amounts

2. Food Package II: Infants 6-11 months

Infant formula issuance in Food Package II is based on physical form of formula (concentrate, powder, or ready to use). Formulas issued in this food package are limited to contract standard cow's milk based or soy-based formulas, lactose-free formulas, and formulas with added rice starch. Formulas for special medical needs are issued in Food Package III.

Issuance of ready to use infant formula in Food Package II is the same as described above for Food Package I.

Food Package II: Infants 6-11 months: Maximum Issuance

Status	Age	Powder*	Conc*	RTU	Infant Cereal	Infant Fruits & Vegetables	Infant Meats
IBF—infants exclusively breastfed	6-11 months				24 oz	256 oz ^a	77.5 oz
IPB—infants partially breastfed	6-11 months	384 oz* ^c	312 oz* ^c	338 oz ^c	24 oz	128 oz ^b	
IFF—infants fully formula fed	6-11 months	696 oz* ^c	624 oz* ^c	643 oz ^c	24 oz	128 oz ^b	

*maximum formula issuance expressed as reconstituted amounts

^a Infants exclusively breastfeeding age 9-11 months may receive a \$8 cash value voucher for fresh fruits and/or vegetables in lieu of 128 ounces of infant fruits and/or vegetables.

^b Infants partially or non-breastfed age 9-11 months may receive a \$4 cash value voucher for fresh fruits and/or vegetables in lieu of 64 ounces of infant fruits and/or vegetables.

^c Medically fragile infants age 6-11 months may receive the maximum monthly allowance of standard formula as infants age 4-5 months in lieu of infant foods with medical documentation of qualifying condition. Infant food package for these infants is designated as Food Package III.

3. Food Package III: Women, Infants and Children with Qualifying Conditions

Infant formula and WIC-eligible nutritionals in Food Package III is for infants, children, and women with qualifying medical conditions, and is based on both age as well as physical form of formula (concentrate, powder, ready to use). Exempt infant formulas and WIC-eligible nutritionals are issued in this food package along with supplemental foods appropriate for the participant category. All items issued (formula, WIC-eligible nutritionals, and/or supplemental foods) must be prescribed by the medical provider for participants receiving this food benefit, whether the formula is provided by WIC or another provider. The medical provider may make a referral to the WIC registered dietitian and/or qualified nutritionist for identifying appropriate supplemental foods and their prescribed amounts, as well as the length of time the supplemental foods are required by the participant, with the referral acknowledged on the medical documentation form.

These food benefits may not be issued to:

- An infant whose only condition is:
 - diagnosis of formula intolerance or food allergy to lactose, sucrose, milk protein or soy protein that does not require the use of exempt infant formula
 - a non-specific formula or food intolerance
- Women or children who have a food intolerance to lactose or milk protein that can be successfully managed with use of another WIC food benefit
- Any participant solely for the purpose of enhancing nutrient intake or managing body weight without an underlying qualifying condition.

WIC-eligible nutritionals (including exempt infant formulas) issued in Food Package III may be issued in ready to feed form for the same reasons listed for Food Packages I and II, as well as:

- The ready to feed form better accommodates the participant's condition
- The ready to feed form improves the participant's compliance in consuming the prescribed WIC formula
- **Infants 0-3 months:** formula issuance amounts are the same as Food Package IA
- **Infants 4-5 months:** formula issuance amounts are the same as Food Package IB
- **Infants 6-11 months:** formula and infant food issuance (including issuance of cash value voucher for fresh fruits and/or vegetables in lieu of infant fruits and/or vegetables) amounts are the same as Food Package II. Infants who are unable to begin solid foods at or after 6 months may receive exempt infant formula at the same maximum monthly allowance as infants 4-5 months of age of the same feeding option.

Children 12-60 months and Women FP III Maximum Monthly Allowances

	Children	Pregnant or Partially Breastfeeding	Exclusively Breastfeeding	Postpartum
Foods/Formula/WIC-eligible nutritional				
Powder	910 oz	910 oz	910 oz	910 oz
Conc	910 oz	910 oz	910 oz	910 oz
RTU	910 oz	910 oz	910 oz	910 oz
Milk/milk substitute ¹⁻⁶	16 qt.	22 qt.	24 qt.	16 qt.
Cheese			1 lb.	
Breakfast cereal ⁷	36 oz.	36 oz.	36 oz.	36 oz.
Eggs	1 doz.	1 doz.	2 doz.	1 doz.
Juice	128 oz	144 oz	144 oz	96 oz
Fruits & vegetables ⁸	\$9 voucher	\$11 voucher	\$11 voucher	\$11 voucher
Whole grains	2 lb.	1 lb.	1 lb.	
Fish (canned)			30 oz.	
Legumes or peanut butter ⁹	1 lb. or 18 oz.			1 lb. or 18 oz.
Legumes and peanut butter ⁹		1 lb. and 18 oz.	1 lb. and 18 oz.	

¹ Whole milk is the standard milk for issuance to 1-year-old children (12 through 23 months). Fat-reduced milks may be issued to 1-year old children as determined appropriate by the health care provider per medical documentation. Lowfat (1%) or nonfat milks are the standard milks for issuance for children ≥24 months of age and women. Whole milk or reduced fat (2%) milk may be substituted for lowfat (1%) or nonfat milk for children ≥24 months of age and women as determined appropriate by the health care provider per medical documentation.

² Dry milk may be substituted at an equal reconstituted rate to fluid milk.

³ For children and women, cheese may be substituted for milk at the rate of 1 pound of cheese per 3 quarts of milk. For children and women in the pregnant, partially breastfeeding and postpartum food packages, no more than 1 pound of cheese may be substituted. For women in the fully breastfeeding food package, no more than 2 pounds of cheese may be substituted for milk. State agencies do not have the option to issue additional amounts of cheese beyond these maximums even with medical documentation. (No more than a total of 4 quarts of milk may be substituted for a combination of cheese, yogurt or tofu for children and women in the pregnant, partially breastfeeding and postpartum food packages. No more than a total of 6 quarts of milk may be substituted for a combination of cheese, yogurt or tofu for women in the fully breastfeeding food package.)

⁴ For children and women, yogurt may be substituted for fluid milk at the rate of 1 quart of yogurt per 1 quart of milk; a maximum of 1 quart of milk can be substituted. Additional amounts of yogurt are not authorized. Whole yogurt is the standard yogurt for issuance to 1-year-old children (12 through 23 months). Lowfat or nonfat yogurt may be issued to 1-year-old children (12 months to 23 months) as determined appropriate by the health care provider per medical documentation. Lowfat or nonfat yogurts are the standard yogurt for issuance to children ≥ 24 months of age and women. Whole yogurt may be substituted for lowfat or nonfat yogurt for children ≥ 24 months of age and women as determined appropriate by the health care provider per medical documentation. (No more than a total of 4 quarts of milk may be substituted for a combination of cheese, yogurt or tofu for children and women in the pregnant, partially breastfeeding and postpartum food packages. No more than a total of 6 quarts of milk may be substituted for a combination of cheese, yogurt or tofu for women in the fully breastfeeding food package.)

⁵ For children, soy-based beverage and tofu may be substituted for milk as determined appropriate by the health care provider per medical documentation. Soy-based beverage may be substituted for milk on a quart for quart basis up to the total maximum allowance of milk. Tofu may be substituted for milk for children at the rate of 1 pound of tofu per 1 quart of milk. (No more than a total of 4 quarts of milk may be substituted for a combination of cheese, yogurt or tofu for children.) Additional amounts of tofu may be substituted, up to the maximum allowance for fluid milk for children, as determined appropriate by the health care provider per medical documentation.

⁶ For women, soy-based beverage may be substituted for milk on a quart for quart basis up to the total maximum monthly allowance of milk. Tofu may be substituted for milk at the rate of 1 pound of tofu per 1 quart of milk. (No more than a total of 4 quarts of milk may be substituted for a combination of cheese, yogurt or tofu for women in the pregnant, partially breastfeeding and postpartum food packages. No more than a total of 6 quarts of milk may be substituted for a combination of cheese, yogurt or tofu for women in the fully breastfeeding food package.) Additional amounts of tofu may be substituted, up to the maximum allowances for fluid milk, as determined appropriate by the health care provider per medical documentation.

⁷ 32 dry ounces of infant cereal may be substituted for 36 ounces of breakfast cereal as determined appropriate by the health care provider per medical documentation.

⁸ Children and women whose special dietary needs require the use of pureed foods may receive commercial jarred infant food fruits and vegetables in lieu of the cash-value voucher. Children may receive 128 oz of commercial jarred infant food fruits and vegetables and women may receive 160 oz of commercial jarred infant food fruits and vegetables in lieu of the cash-value voucher. Infant food fruits and vegetables may be substituted for the cash-value voucher as determined appropriate by the health care provider per medical documentation.

⁹ Canned legumes may be substituted for dry legumes at the rate of 64 oz. (e.g., four 16-oz cans) of canned beans for 1 pound dry beans.

4. Food Package IV: Children (age 12-60 months)

Supplemental foods are provided in the following maximum amounts for children:

Food category	Maximum amount
Milk ^a /milk substitute ^b	16 qt.
Breakfast cereal	36 oz.
Eggs ^c	1 doz.
Juice*	128 oz
Fruits & vegetables	\$9 voucher
Whole grains	2 lb.
Legumes or peanut butter	1 lb. dried legumes or 64 oz. canned legumes or 18 oz. peanut butter

^a **Children age 12-23 months:** Whole milk is the standard for issuance; 2% or 1 ½%, 1% or nonfat milk may be substituted for children for whom overweight or obesity is a concern, based on individual nutrition assessment and consultation with health care provider if necessary. **Children age 24-60 months:** Low fat or nonfat milk is standard for issuance; 2% or 1 ½% milk may only be issued to children with inadequate growth or underweight concerns, based on individual nutrition assessment.

^b **Children age 12-23 months:** Whole fat yogurt may be substituted at a rate of 1 quart for 1 quart of milk by request, not to exceed 1 quart of yogurt per month **Children age 24-60 months:** Low-fat or nonfat yogurt may be substituted at a rate of 1 quart for 1 quart of milk by request, not to exceed 1 quart of yogurt per month. **All Children:** Cheese may be substituted at a rate of 1 lb. for 3 quarts of milk by request, not to exceed one pound per month. Fortified soy beverage and/or tofu may be substituted upon request by the participant; fortified soy beverage may be substituted for milk on a quart for quart basis, and tofu may be substituted at a rate of 1 lb. for 1 quart of milk, up to a maximum of 4 lb. per month.

^c **Homeless:** LAs are authorized to issue 64 ounces of canned beans or 18 ounces of peanut butter or 15 ounces of canned fish as a substitute for one dozen eggs for homeless participants who lack refrigeration. Combinations of peanut butter, canned beans and canned fish may be issued.

* Juice amounts are expressed as single strength juice

5. Food Package V: Pregnant and Partially Breastfeeding Women

Supplemental foods are provided in the following maximum amounts for pregnant women (singleton pregnancies) and partially breastfeeding women whose partially breastfed infants do not receive more than the maximum of formula for that status in Food Packages IA, IB, II, or III:

Food category	Maximum amount
Milk ^a /milk substitute ^b	22 qt.
Breakfast cereal	36 oz.
Eggs ^d	1 doz.
Juice*	144 oz
Fruits & vegetables	\$11 voucher
Whole grains	1 lb.
Legumes ^c	1 lb. or 64 oz. canned
Peanut butter ^c	18 oz.

^a Low fat or skim milk only is issued to all women participants. 2% or 1 ½% milk may be issued to women with inadequate weight gain or maternal weight loss concerns during pregnancy or underweight, based on individual nutrition assessment and documentation of need. Whole milk may only be issued in Food Package III.

^b Cheese may be substituted at a rate of 1 lb. for 3 quarts of milk by request, not to exceed one pound per month. Low-fat or nonfat yogurt may be substituted at a rate of 1 quart for 1 quart of milk by request, with a maximum of 1 quart of yogurt for all women participants. Fortified soy beverage and/or tofu may be substituted upon request by the participant. Fortified soy beverage may be substituted for milk on a quart for quart basis. Tofu may be substituted for milk at a rate of 1 lb. for 1 quart of milk, not to exceed 4 pounds per month.

* Juice amounts are expressed as single strength juice

^c Legumes and peanut butter may be substituted for tailored food packages at the following rates: 1 pound dry or 64 ounces canned legumes may be substituted for 18 ounces peanut butter; 18 ounces peanut butter may be substituted for 1 pound dry or 64 ounces canned legumes.

^d **Homeless:** LAs are authorized to issue 64 ounces of canned beans or 18 ounces of peanut butter or 15 ounces of canned fish as a substitute for one dozen eggs for homeless participants who lack refrigeration. Combinations of peanut butter, canned beans and canned fish may be issued.

6. Food Package VI: Postpartum Women

Supplemental foods are provided in the following maximum amounts for postpartum (nonbreastfeeding) women and partially breastfeeding women whose partially breastfed infant(s) receive more than the maximum amount of formula allowed for that status in Food Packages IA, IB, II, or III:

Food category	Maximum amount
Milk ^a /milk substitute ^b	16 qt.
Breakfast cereal	36 oz.
Eggs ^c	1 doz.
Juice*	96 oz.
Fruits & vegetables	\$11 voucher
Legumes or peanut butter	1 lb. dried legumes or 64 oz canned legumes or 18 oz. peanut butter

^a Low fat or skim milk only is issued to all women participants. 2% or 1 ½% milk may be issued to women with inadequate weight gain or maternal weight loss concerns during pregnancy or underweight, based on individual nutrition assessment and documentation of need. Whole milk may only be issued in Food Package III.

^b Cheese may be substituted at a rate of 1 lb. for 3 quarts of milk by request, not to exceed one pound per month. Low-fat or nonfat yogurt may be substituted at a rate of 1 quart for 1 quart of milk by request, with a maximum of 1 quart of yogurt for all women participants. Fortified soy beverage and/or tofu may be substituted upon request by the participant. Fortified soy beverage may be substituted for milk on a quart for quart basis. Tofu may be substituted for milk at a rate of 1 lb. for 1 quart of milk, not to exceed 4 pounds per month.

* Juice amounts are expressed as single strength juice.

^c **Homeless:** LAs are authorized to issue 64 ounces of canned beans or 18 ounces of peanut butter or 15 ounces of canned fish as a substitute for one dozen eggs for homeless participants who lack refrigeration. Combinations of peanut butter, canned beans and canned fish may be issued.

7. Food Package VII: Exclusively Breastfeeding Women

Supplemental foods are provided in the following maximum amounts for exclusively breastfeeding women, pregnant women with multiple fetuses, and women partially breastfeeding multiple infants from the same pregnancy, and pregnant women who are also fully or partially breastfeeding an infant. **(Note: Exclusively breastfeeding women with multiple infants are eligible to receive 1 ½ times all food amounts as listed below).**

Food category	Maximum amount	Maximum amount BF women w/ multiples (1.5)
Milk ^a /milk substitute ^b	24 qt.	36 qt.
Cheese ^c	1 lb.	1.5 lb.
Breakfast cereal	36 oz.	54 oz.
Eggs ^c	2 doz.	3 doz.
Juice*	144 oz	216 oz.
Fruits & vegetables	\$11 voucher	\$16.50 voucher
Whole grains	16 oz.	24 oz.
Fish (canned)	30 oz.	45 oz.
Legumes ^d	1 lb. dried legumes or 64 oz canned legumes	1 lb. dried legumes or 64 oz. canned legumes
Peanut butter ^d	18 oz.	(2) 18 oz.

^a Low fat or skim milk only is issued to all women participants. 2% or 1 ½% milk may be issued to women with inadequate weight gain or maternal weight loss concerns during pregnancy or underweight, based on individual nutrition assessment and documentation of need. Whole milk may only be issued in Food Package III.

^b Cheese may be substituted at a rate of 1 lb. for 3 quarts of milk by request, not to exceed one additional pound total per month. One pound of cheese is an individual food category in FPVII and cannot be exchange for the fluid milk equivalent. Low-fat or nonfat yogurt may be substituted at a rate of 1 quart for 1 quart of milk by request, with a maximum of 1 quart of yogurt for all women participants. Fortified soy beverage and/or tofu may be substituted upon request by the participant. Fortified soy beverage may be substituted for milk on a quart for quart basis. Tofu may be substituted for milk at a rate of 1 lb. for 1 quart of milk, not to exceed six (6) pounds of tofu for exclusively breastfeeding women and nine (9) pounds of tofu for women exclusively breastfeeding multiple babies from the same pregnancy.

^c For homeless participants where refrigeration is limited or not available, 3 quarts of UHT or dry or evaporated milk may be provided in lieu of one pound of cheese in Food Package VII only.

* Juice amounts are expressed as single strength juice

^d Legumes and peanut butter may be substituted for tailored food packages at the following rates: 1 pound dry or 64 ounces canned legumes may be substituted for 18 ounces peanut butter; 18 ounces peanut butter may be substituted for 1 pound dry or 64 ounces canned legumes.

^e **Homeless:** LAs are authorized to issue 64 ounces of canned beans or 18 ounces of peanut butter or 15 ounces of canned fish as a substitute for one dozen eggs for homeless participants who lack refrigeration. Combinations of peanut butter, canned beans and canned fish may be issued.

Children 12-60 months and Women: Maximum Monthly Allowances

	Children	Pregnant or Partially Breastfeeding	Exclusively Breastfeeding ♦	Postpartum
Foods				
Milk/milk substitute ^{a,b}	16 qt.	22 qt.	24 qt.	16 qt.
Cheese			1 lb.	
Breakfast cereal	36 oz.	36 oz.	36 oz.	36 oz.
Eggs ^c	1 doz.	1 doz.	2 doz.	1 doz.
Juice	128 oz	144 oz	144 oz	96 oz
Fruits & vegetables	\$9 voucher	\$11 voucher	\$11 voucher	\$11 voucher
Whole grains	2 lb.	1 lb.	1 lb.	
Fish (canned)			30 oz.	
Legumes or peanut butter	1 lb. or 18 oz.			1 lb. or 18 oz.
Legumes and peanut butter		1 lb. and 18 oz.	1 lb. and 18 oz.	

♦ Exclusive BF women with multiple infants receive 1.5 times the amount of all foods

^a **Children age 12-23 months:** Whole milk is the standard for issuance; fat reduced milks may be issued if overweight or obesity is a concern and should be documented in the participant record.. Whole fat yogurt may be substituted at a rate of 1 quart for 1 quart of milk by request, not to exceed 1 quart of yogurt per month. **Children age 24-60 months:** Lowfat and skim milk is the standard for children for issuance; reduced fat (2% or 1 ½%) milk may be substituted only for participants with certain conditions, including but not limited to, underweight and maternal weight loss during pregnancy.. Low-fat or nonfat yogurt may be substituted at a rate of 1 quart for 1 quart of milk by request, not to exceed 1 quart of yogurt per month. **All children:** Cheese may be substituted at a rate of 1 lb. for 3 quarts of milk by request, not to exceed one pound per month. Fortified soy beverage and/or tofu may be substituted upon request by the participant; fortified soy beverage may be substituted for milk on a quart for quart basis and tofu may be substituted at a rate of 1 lb. for 1 quart of milk, up to a maximum of 4 lb. per month.

^b **Women:** Lowfat and skim milk is the standard for all women. Reduced fat milk (2% or 1 ½%) may only be issued for participants with certain conditions, including but not limited to, underweight and maternal weight loss during pregnancy. Cheese may be substituted at a rate of 1 lb. for 3 quarts of milk by request, with a maximum of 1 lb. of cheese for pregnant, partially breastfeeding and postpartum women, and 2 lb. for exclusively breastfeeding women. Low-fat or nonfat yogurt may be substituted at a rate of 1 quart for 1 quart of milk by request, with a maximum of 1 quart of yogurt for all women participants. Fortified soy beverage and/or tofu may be substituted upon request by the participant; fortified soy beverage may be substituted for milk on a quart for quart basis.

Tofu may be **substituted up to four pounds for pregnant, partially breastfeeding and postpartum women and six pounds for exclusively breastfeeding women and women pregnant with multiples.**

^c **Homeless:** LAs are authorized to issue 64 ounces of canned beans or 18 ounces of peanut butter or 15 ounces of canned fish as a substitute for one dozen eggs for homeless participants who lack refrigeration. Combinations of peanut butter, canned beans and canned fish may be issued.