



Maine CDC WIC Nutrition Program Maximum Food Benefits Guidance—FFY19

Participant Category	Default Monthly Food Benefits	Additional Notes
Child (age 12 months through 60 months)	<p> Milk: 13 quarts Cheese: 1 pound Eggs: 1 dozen Peanut Butter or Legumes: 1 jar <u>or</u> 1 lb. dry <u>or</u> 4 cans beans/peas/lentils Juice: (2) 64 oz bottles Cereal: 36 oz Whole grains: 2 lb. F/V voucher: \$9 </p> <div style="border: 1px solid black; padding: 2px; display: inline-block; margin-top: 10px;"> <i>Max milk amount: 16 qts</i> </div>	<ul style="list-style-type: none"> • Age 12-23 months: whole milk only <ul style="list-style-type: none"> • 1% or nonfat milk available per nutrition assessment which documents need • Age 24-60 months: 1% / nonfat milk only <ul style="list-style-type: none"> • 1 ½% or 2% milk available per nutrition assessment which documents need • Cheese maximum: 1 pound per month <ul style="list-style-type: none"> • 1 pound cheese = 3 quarts milk • Yogurt maximum: 1 quart per month <ul style="list-style-type: none"> • 1 quart yogurt = 1 quart milk • Age 12-23 months: whole fat only <ul style="list-style-type: none"> • Low-fat / nonfat per nutrition assessment which documents need • Age 24-60 months: low-fat / nonfat only • Soy beverage: per nutrition assessment which documents need <ul style="list-style-type: none"> • 1 quart soy beverage = 1 quart milk • Tofu: per nutrition assessment which documents need <ul style="list-style-type: none"> • 1 pound tofu = 1 quart milk • Tofu maximum: 4 pounds per month



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<p style="text-align: center;">Pregnant</p> <p>Note: These benefits also issued to breastfeeding women whose baby is receiving up to ½ the formula amount issued to a nonbreastfed baby (categorized as Partially Breastfeeding)</p>	<p>Milk: 19 quarts <i>Max milk amount: 22 qts</i> Cheese: 1 pound Eggs: 1 dozen Peanut Butter: 1 jar Legumes: 1 lb. dry <u>or</u> 4 cans beans/peas/lentils Juice: (3) 11.5-12 oz. (frozen or shelf stable concentrate) Whole grains: 1 lb. Cereal: 36 oz. F/V voucher: \$11</p>	<ul style="list-style-type: none"> • 1% / nonfat milk only <ul style="list-style-type: none"> • 1 ½% or 2% milk available per nutrition assessment which documents need • Cheese maximum: 1 pound per month <ul style="list-style-type: none"> • 1 pound cheese = 3 quarts milk • Low-fat/nonfat yogurt maximum: 1 quart/month <ul style="list-style-type: none"> • 1 quart yogurt = 1 quart milk • Soy beverage: per request <ul style="list-style-type: none"> • 1-quart soy beverage = 1-quart milk • Tofu: per request <ul style="list-style-type: none"> • 1-pound tofu = 1-quart milk • Tofu maximum: 4 pounds per month
<p>Exclusive Breastfeeding (woman with one infant) - OR -</p> <p>Pregnant with Multiples - OR -</p> <p>Woman Partially Breastfeeding Multiples - OR -</p> <p>Woman Both Pregnant <u>and</u> Fully/Partially Breastfeeding an Infant under 12 Months of Age</p>	<p>Milk: 21 qts <i>Max milk amount: 27 qts</i> Cheese: 2 lb. Eggs: 2 dozen Peanut butter: 1 jar Legumes: 1 lb. dry <u>or</u> 4 cans beans/peas/lentils Fish: 30 oz. Whole grains: 1 lb. Cereal: 36 oz. Juice: (3) 11.5-12 oz. (frozen or shelf stable concentrate) F/V voucher: \$11</p>	<ul style="list-style-type: none"> • 1% / nonfat milk only <ul style="list-style-type: none"> • 1 ½% or 2% milk available per nutrition assessment which documents need • Cheese maximum: 1 pound per month <ul style="list-style-type: none"> • 1-pound cheese = 3 quarts milk • Low-fat/nonfat yogurt maximum: 1 quart/month <ul style="list-style-type: none"> • 1-quart yogurt = 1-quart milk • Soy beverage: available per request <ul style="list-style-type: none"> • 1-quart soy beverage = 1-quart milk • Tofu: available per request <ul style="list-style-type: none"> • 1-pound tofu = 1-quart milk • Tofu maximum: 4 pounds per month



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<p style="text-align: center;">Non-Breastfeeding</p> <p>Note: These benefits also issued to breastfeeding women whose baby receives more than ½ the formula amount issued to a nonbreastfed baby until the baby’s 6 month birthday (categorized as Some Breastfeeding).</p> <p>After the infant turns 6 months, no food benefits are issued to the breastfeeding woman; however, she remains an active participant for nutrition education, breastfeeding support and referrals.</p>	<p>Milk: 13 qts <i>Max milk amount: 16 qts</i></p> <p>Cheese: 1 lb.</p> <p>Peanut Butter <u>or</u> Legumes: 1 jar <u>or</u> 1 lb. dry or 4 cans beans/peas/lentils</p> <p>Cereal: 36 oz.</p> <p>Eggs: 1 dozen</p> <p>Juice: (2) 11.5-12 oz. (frozen or shelf stable concentrate)</p> <p>F/V Voucher: \$11</p>	<ul style="list-style-type: none"> • 1% / nonfat milk only <ul style="list-style-type: none"> • 1 ½% or 2% milk available per nutrition assessment which documents need • Cheese maximum: 1 pound per month <ul style="list-style-type: none"> • 1 pound cheese = 3 quarts milk • Low-fat/nonfat yogurt maximum: 1 quart/month <ul style="list-style-type: none"> • 1 quart yogurt = 1 quart milk • Soy beverage: per request <ul style="list-style-type: none"> • 1-quart soy beverage = 1-quart milk • Tofu: per request <ul style="list-style-type: none"> • 1-pound tofu = 1-quart milk <p>Tofu maximum: 4 pounds per month</p>



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Fully Breastfed Infant	<ul style="list-style-type: none"> • Birth-6 months: mom's milk • 6-12 months: <ul style="list-style-type: none"> • Infant cereal: 24 oz. • Infant fruits/vegs: 256 ounces • Infant meats: 77.5 ounces (must enter in SPIRIT as 78oz) 	<ul style="list-style-type: none"> • Infants 9-11 months may receive a \$8 cash value voucher for fresh fruits and/or vegetables in lieu of 128 ounces infant fruits and/or vegetables
<p style="text-align: center;">Partially Breastfed Infant</p> <p>Note: Formula issued to partially breastfed infants must be tailored to the amount needed per day (ounces per day X 31 days = total ounces per month; total for month ÷ reconstituted ounces per can = total number of cans per month)</p>	<ul style="list-style-type: none"> • Birth-1 month: 1 can powdered formula • 1-3 months: <ul style="list-style-type: none"> • 435 reconstituted oz powdered formula * or • 364 reconstituted oz concentrate or • 384 oz ready to feed formula • 4-5 months: <ul style="list-style-type: none"> • 522 reconstituted oz powdered formula * or • 442 reconstituted oz concentrate or • 474 oz ready to feed formula • 6-11 months: <ul style="list-style-type: none"> • 384 reconstituted oz powdered formula * or • 312 reconstituted oz concentrate or • 338 oz ready to feed formula • Infant cereal: 24 oz • Infant fruits/vegs: 128 ounces 	<ul style="list-style-type: none"> • Infants 9-11 months may receive a \$4 cash value voucher for fresh fruits and/or vegetables in lieu of 64 ounces infant fruits and/or vegetables • Infants age 6-11 months with medical documentation that they are unable to consume solid foods may be issued the 4-5 month amount of formula • Ready to feed formula may be issued if the counselor assesses: <ul style="list-style-type: none"> • The water supply is unsafe • The parent is unable to mix the formula according to standard mixing instructions • The formula only comes in ready to feed • Infants who need a medical formula as prescribed by a health care provider may receive ready to feed if: <ul style="list-style-type: none"> • That form of the formula better accommodates the infant's medical condition or • That form of the formula improves the infant's compliance in consuming the prescribed amount of formula



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<p style="text-align: center;">Nonbreastfed Infant</p> <p>Note: These benefits also issued to breastfeeding babies who receive more than ½ the full formula amount provided to nonbreastfed infants. Formula issued to these babies, designated as “Some Breastfeeding”, must be tailored to meet actual needs, using same calculation method as for Partially Breastfed Infants.</p>	<ul style="list-style-type: none"> • Birth-3 months: <ul style="list-style-type: none"> • 870 reconstituted oz powdered formula* <u>or</u> • 806 reconstituted oz concentrate <u>or</u> • 832 oz ready to feed formula • 4-5 months: <ul style="list-style-type: none"> • 960 reconstituted oz powdered formula* <u>or</u> • 884 reconstituted oz concentrate <u>or</u> • 913 oz ready to feed formula • 6-12 months: <ul style="list-style-type: none"> • 696 reconstituted oz powdered formula* <u>or</u> • 624 reconstituted oz concentrate <u>or</u> • 643 oz ready to feed formula • Infant cereal: 24 oz • Infant fruits/vegs: 128 ounces 	<ul style="list-style-type: none"> • Infants 9-11 months may receive a \$4 cash value voucher for fresh fruits and/or vegetables in lieu of 64 ounces infant fruits and/or vegetables • Infants age 6-12 months with medical documentation that they are unable to consume solid foods may be issued the 4-5 month amount of formula • Ready to feed formula may be issued if the counselor assesses: <ul style="list-style-type: none"> • The water supply is unsafe • The parent is unable to mix the formula according to standard mixing instructions • The formula only comes in ready to feed • Infants who need a medical formula as prescribed by a health care provider may receive ready to feed if: <ul style="list-style-type: none"> • That form of the formula better accommodates the infant’s medical condition <u>or</u> • That form of the formula improves the infant’s compliance in consuming the prescribed amount of formula

* For reconstitution amounts per can of powdered infant formula, see Maine CDC WIC Nutrition Program Formulary. Formulary is posted on the program’s website (www.wicforme.com). Tab *For Health Providers* contains information on formulas, with chapters addressing specific medical conditions and the recommended formulas for use by age of participant.