WIC Foods for Children 12-23 Months

Below are foods included in the Child 12-23 month food package and substitution options.

Fruits & Vegetables

$26

Peanut, Nut/Seed Butter or Beans/Legumes

1 pound equivalent

Canned Fish

6 ounces

Breakfast Cereal

36 ounces

Whole Grains

24 ounces

Food Choices:

You will receive 3 gallons (12 quarts) of milk benefit in your package. You can get a combination of cheese, yogurt, milk, plant-based milk and/or tofu in your milk food category. lb.= pound, qt. =quart. **Select the options you prefer.**

Whole Milk

3 gallons= 12 qts.

At the store you can choose:

- Whole milk
- Goat's milk
- Lactose-free milk
- Evaporated milk
- Dry milk
- Kosher milk

AND — OR

Cheese

1 lb.= 3 qts. milk
Up to 1 lb.

Yogurt

1 qt.= 1qt. milk
Up to 2 qts.

Tofu

1 lb.= 1 qt. milk
Up to 12 lbs.

Plant-Based Milk

Up to 12 qts.

You can choose either 64 oz of 100% juice or $3 CVB for your juice benefit. **Select the option you prefer.**

Juice

64 ounces

OR

Fruits & Vegetables

$3

You will receive 1 dozen eggs in your food package. You can substitute peanut butter, seed/nut butter, dried legumes, canned beans **or** tofu for your egg benefit. **Select the option you prefer.**

Eggs

1 Dozen

OR

Peanut Butter Seed/Nut Butter

16-18 ounces

Dried Beans

1 pound

Canned Beans

64 ounces

Tofu

1 pound

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