WIC Foods for Limited Breastfeeding Or Non-Breastfeeding Participants

Below are foods included in the food package for limited breastfeeding or non-breastfeeding participants and substitution options.

Fruits & Vegetables

$48

Peanut, Nut/Seed Butter or Beans/Legumes

1 pound equivalent

Canned Fish

10 ounces

Breakfast Cereal

36 ounces

Whole Grains

48 ounces

Food Choices:

You will receive 4 gallons (16 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. **Select the options you prefer.**

Low-fat/Non-fat Milk

4 gallons
=16 quarts

At the store you can choose:

- Low-fat/Non-fat milk
- Evaporated milk
- Lactose-free milk
- Plant-based milk
- Kosher milk
- Dry milk

AND — OR

Cheese

1 pound= 3 quarts of milk
Up to 1 pound

Yogurt

1 quart= 1quart milk
Up to 2 quarts

Tofu

1 pound= 1 quart milk
Up to 16 pounds

You can choose 64 oz of juice or $3 fruit & vegetables 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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