

New WIC Food Packages for Postpartum Women and Infants – August 2009

The amount of breastfeeding determines mom's and baby's food packages.

Overview of the new “standard” food packages for postpartum women

Foods	Fully Breastfeeding (WE)	Mostly Breastfeeding (WB)	Some Breastfeeding (WBN)	Non-breastfeeding (WN)
Fruit and veggie voucher	\$10	\$8	\$8	\$8
Cereal	36 ounces	36 ounces	36 ounces	36 ounces
Whole wheat bread, corn tortillas, or brown rice	1 pound	1 pound	n/a	n/a
Milk (fat free, 1%, or 2%)	5 gallons + 1 quart	4 ½ gallons + 1 quart	3 gallons + 1 quart	3 gallons + 1 quart
Cheese	2 pounds	1 pound	1 pound	1 pound
Eggs	2 dozen	1 dozen	1 dozen	1 dozen
Juice	3 cans frozen	3 cans frozen	2 cans frozen	2 cans frozen
Dry beans / Peanut butter	1 pound dry beans and 18 ounces of PB	1 pound dry beans and 18 ounces of PB	1 pound dry beans or 18 ounces of PB	1 pound dry beans or 18 ounces of PB
Canned fish	30 ounces	n/a	n/a	n/a

Details

- A woman who gets both beans **and** peanut butter can choose to get 2 pounds of dry beans instead of 1 of each.
- A mom who was on WIC during pregnancy will get WP vouchers until the 2nd month postpartum. Between the time her baby is born and the end of her WP certification, her choices are: A) Put the baby on WIC as an exclusively breastfed baby and get the additional foods she is eligible for as a WE; B) Wait until the baby is over one month old and put the baby on as being “mostly” or “some” breastfed; C) Put the baby on as a non-breastfeeding baby and receive the WN foods; or, D) Wait to do anything until her postpartum recertification appointment.
- Mom and baby category must match. TWIST will not allow vouchers to print if the dyad categories don't match.
- For a mom whose category is WBN, because of the amount of formula the breastfed baby is receiving after six months, Mom does not receive a food package, but still participates in WIC as a breastfeeding woman and continues to receive breastfeeding support, nutrition education and other WIC services until 1 year postpartum.
- TWIST calculates food packages by calendar month and rounds ages to the end of the month.

Fresh Choices in WIC

Overview of new food packages available in TWIST for infants

Feeding Choice	Each month	Age of Infant			
		Birth through date turns 1 month old	1 month of age through 3 months	4 through 6 months	7 through 12 months
Fully Breastfeeding WE/IE	Mom gets:	Fully breastfeeding food package			
	Baby gets:	Mom's breast milk			Breast milk plus up to: 24 oz. infant cereal 64 – 4 oz. jars baby food fruits and vegetables 31 -- 2.5 oz. jars baby food meat
Mostly Breastfeeding WB/IB	Mom gets:	WP food package	Mostly Breastfeeding food package		
	Baby gets:	Mom's breast milk	Breast milk and up to 4 cans powdered bid formula	Breast milk and up to 5 cans powdered bid formula	Breast milk and up to 3 cans powdered bid formula 24 oz. infant cereal 32 - 4 oz. jars baby food fruits and vegetables
Some Breastfeeding WBN/IBN	Mom gets:	WP food package	Some Breastfeeding food package		No food package
	Baby gets:	Mom's breast milk	Breast milk and 5 to 8 cans powdered bid formula	Breast milk and 6 to 9 cans powdered bid formula	Breast milk and 4 to 6 cans powdered bid formula 24 oz. infant cereal 32 - 4 oz. jars baby food fruits and vegetables
Non-breastfeeding WN/IN	Mom gets:	Non-breastfeeding food package			Categorically ineligible – no food package.
	Baby gets:	9 cans powdered bid formula	9 cans powdered bid formula	10 cans powdered bid formula	7 cans powdered bid formula 24 oz. infant cereal 32 – 4 oz. jars baby food fruits and vegetables.