

# Overview WIC Food Packages

Effective August 1, 2009

Fully Breastfeeding women	Pregnant & Mostly Breastfeeding Women (up to 1 year)	Some Breastfeeding Women (< 6 months postpartum) <sup>a</sup> & Non-breastfeeding Women	Children
Milk	Milk	Milk	Milk
Cheese	Cheese	Cheese	Cheese
Eggs	Eggs	Eggs	Eggs
Juice	Juice	Juice	Juice
Breakfast Cereal	Breakfast Cereal	Breakfast Cereal	Breakfast Cereal
Fruits and Vegetables	Fruits and Vegetables	Fruits and Vegetables	Fruits and Vegetables
Peanut Butter <b>AND</b> Dried Beans	Peanut Butter <b>AND</b> Dried Beans	Peanut Butter <b>OR</b> Dried Beans	Peanut Butter <b>OR</b> Dried Beans
Whole Wheat Bread, Corn Tortillas or Brown Rice	Whole Wheat Bread, Corn Tortillas or Brown Rice	n/a	Whole Wheat Bread, Corn Tortillas or Brown Rice
Tuna or Salmon	n/a	n/a	n/a

<sup>a</sup> After 6 months, a some breastfeeding woman is still a participant, but does not receive a food package.

Fully breastfed infants (6-11 months)	Mostly and Some breastfed infants and Non-breastfed infants (6-11 months)
Infant Cereal	Infant Cereal
Baby Food Fruits and Vegetables	Baby Food Fruits and Vegetables
Baby Food Meats	n/a
n/a	Infant Formula

**Special Women & Children:** WIC participants receiving medical formula/foods will also be provided the foods listed above, unless they are contraindicated.