

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

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

Foods	Fully Breastfeeding (WE)	Mostly Breastfeeding (WB)	Some Breastfeeding (WBN)	Non-breastfeeding (WN)
Fruits & veggies	\$11	\$11	\$11	\$11
Cereal	36 ounces	36 ounces	36 ounces	36 ounces
Whole grains	1 pound	1 pound	n/a	n/a
Milk & yogurt	5 gallons + 32 ounces	4 ½ gallons + 32 ounces	3 gallons + 32 ounces	3 gallons + 32 ounces
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
Beans / Peanut butter	1-pound dry beans <b>OR</b> (4) 15-16 ounce canned beans, <b>AND</b> 18 ounces peanut butter	1-pound dry beans <b>OR</b> (4) 15-16 ounce canned beans, <b>AND</b> 18 ounces peanut butter	1 pound dry beans <b>OR</b> (4) 15-16 ounce canned beans, <b>OR</b> 18 ounces peanut butter	1 pound dry beans <b>OR</b> (4) 15-16 oz. canned beans, <b>OR</b> 18 oz. peanut butter
Canned fish	30 ounces	n/a	n/a	n/a

### Details

- Women who receive both beans and peanut butter can replace the peanut butter with either 1 pound of dry beans, or 4 cans of canned beans.
- Mom and baby category must match. TWIST will not allow benefits to be issued if the mom and baby categories don't match.
- A mom who was on WIC during pregnancy has several food package choices once the baby is born and before her recertification appointment: 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” breastfed (she receives WB foods) or “some” breastfed (she receives WBN foods); 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 and continue to receive the WP foods. NOTE: In these scenarios, when the category is changed to WBN or WN, because these food packages have less food than the WP package, she does not keep the remainder of her current month's unspent benefits that are over the max for her new category.
- For a WBN mom, 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, Farm Direct checks, and other WIC services until 1 year postpartum.
- TWIST calculates food packages by calendar month and rounds ages to the end of the month.

## Overview of food packages for infants

Category	Each month	Age of Infant			
		Birth – date turns 1 month	1 - 3 months	4 - 6 months	7 - 12 months
<b>Fully Breastfeeding</b> <b>WE/IE</b>	Mom gets:	Fully breastfeeding food package			
	Baby gets:	Mom's breast milk			Breast milk plus up to: 24 oz. infant cereal 256 oz. baby food fruits and vegetables 77.5 oz. baby food meat
<b>Mostly Breastfeeding</b> <b>WB/IB</b>	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 4 cans powdered bid formula 24 oz. infant cereal 128 oz. baby food fruits and vegetables
<b>Some Breastfeeding</b> <b>WBN/IBN</b>	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 5 to 6 cans powdered bid formula 24 oz. infant cereal 128 oz. baby food fruits and vegetables
<b>Non-Breastfeeding</b> <b>WN/IN</b>	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 128 oz. baby food fruits and vegetables.

**NOTE:** Fully BF infants 9 months of age or older may opt to replace 128 ounces of baby food fruits and vegetables with \$8 fresh fruit and veggies. Mostly, Some, and Non-BF infants 9 months of age or older may opt to replace 64 ounces of baby food fruits and vegetable with \$4 fresh fruits and veggies.