

Mostly Breastfeeding Food Package (WB)

Who qualifies for this package?

1. Mostly breastfeeding participant: A breastfeeding participant who is one month to one year postpartum, whose infant receives infant formula from WIC up to the maximum provided for a mostly breastfeeding infant:
 - 0-3 months – 1 can up to 4 cans
 - 4-6 months – 1 can up to 5 cans
 - 7-12 months – 1 can up to 4 cans
2. A participant who is pregnant with multiples.

What needs to happen:

- Review infant food package and assign Mostly Breastfeeding food package, if necessary.
- Discuss food package with participant.
- Provide participant with information about:
 - Food category maximums
 - Tailoring or Swap options
- Document discussions as Food Package Nutrition Education
- Offer shopper education for a new participant or offer assistance with shopping if a returning participant (policy 635)

Food Category Name Changes for all Participant Categories

There are food category name changes for every food package:

- **Peanut Butter** becomes **Peanut, Nut, and Seed Butters**
- **Soy Beverage** becomes **Soy and Plant Beverages**

The TWIST abbreviations will be shared in the Food Package #2 materials.

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Food Category	Standard	Partial	Changes	Tailoring (done by staff)	Maximum
Fruits & Vegetables (FVB)	\$55	\$55	Increased from \$52 to \$55	Swap \$3 FVB for Juice. 1 Juice = 64 oz or 11.5-12 oz frozen juice	\$55 FVB 1 Juice
Whole Grains	48 oz	24 oz	Increased from 16 oz to 48oz		
Fat Free or 1% Milk	3 gal (12 qt)	1.5 gal (6 qt)	Reduced from 4.5 gal to 3 gal	<ul style="list-style-type: none"> Lactose-free milk Goat milk Soy and Plant Beverage Evaporated or dry milk Tofu: 1 qt Milk = 1 lb tofu Yogurt: 1 qt Milk = 1 ctr yogurt	16 qt, if no yogurt or cheese All milk can be replaced by tofu, up to the milk max if no other dairy is selected
Cheese	1 lb	1 lb		Milk: 1 lb cheese for 3 qts milk	1 lb

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Low or nonfat Yogurt 32 oz = 1 ctr	1 ctr	1 ctr		Milk: 1 ctr yogurt for 1 qt milk	2 ctr
Eggs	1 doz	1 doz		1 dozen eggs can be replaced with 1 ctr Peanut, Nut, and Seed Butter or Beans	1 doz
Peanut, Nut, and Seed Butters or Beans 1 ctr is one of the below: <ul style="list-style-type: none"> • 18 oz Peanut, Nut and Seed Butter • 16 oz dry Beans • 4 cans beans (15-16 oz) 	1 ctr	1 ctr			1 ctr 2 ctr if swapping Eggs for Peanut, Nut, and Seed Butters or Beans

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Beans 1 ctr is one of the below: <ul style="list-style-type: none"> • 16 oz dry or • 4, 15-16 oz canned 	1 ctr	1 ctr			1 ctr
Fish	15 oz	8 oz	Added 15oz		
Hot or Cold Cereal	36 oz	18 oz			