



Cascades Staff Tool

Food Benefits by Participant Category



Infants – 0 Through 11 Months

Food Packages I & II

- Infant – Fully Breastfeeding
- Infant – Partially (Mostly) Breastfeeding
- Infant – Partially (Some) Breastfeeding & Fully Formula Fed

Children – 1 Through 4 Years

Food Packages IV-A & IV-B

- A: Children 12 Through 23 Months
- B: Children 2 Through 4 Years

Adults

Food Packages V-A & V-B

- A: Pregnant
- B: Partially (Mostly) Breastfeeding
- B: Pregnant with Multiples

Definitions

Full Nutrition Benefit (FNB): The minimum monthly formula amount for each category and feeding type.

Maximum Monthly Allowance (MMA): The upper limit of monthly issuance for each of the physical forms of infant formula or food item.

Cash Value Benefit (CVB): The monthly benefit for fresh, frozen, and canned fruits and vegetables; and fresh herbs.

Adults, cont.

Food Package VI

- Partially (Some) Breastfeeding
- Postpartum (No Breastfeeding)

Food Package VII

- Fully Breastfeeding
- Partially (Mostly) Breastfeeding Multiples
- Pregnant + Partially (Mostly) Breastfeeding
- Pregnant + Fully Breastfeeding

Food VII x 1.5

- Fully Breastfeeding Multiples
- Pregnant + Fully Breastfeeding Multiples



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Food Benefits by Participant Category



Infants – 0 Through 11 Months

Fully Breastfeeding					
Participant Age	Formula (FNB)	Infant Cereal	Infant Fruits and Vegetables	Fruit and Vegetable CVB	Infant Meats
0 Through 5 Months	None	None	None	None	None
6 Through 11 Months	None	16 oz	128 oz	None	40 oz
6 Through 11 Months (Partial CVB)	None	16 oz	64 oz	\$11	40 oz
6 Through 11 Months (Full CVB)	None	16 oz	None	\$22	40 oz

Partially (Mostly) Breastfeeding					
Participant Age	Formula (FNB)	Infant Cereal	Infant Fruits and Vegetables	Fruit and Vegetable CVB	Infant Meats
0 Through 3 Months	Up to 364 fl oz	None	None	None	None
4 Through 5 Months	Up to 442 fl oz	None	None	None	None
6 Through 11 Months	Up to 312 fl oz	8 oz	128 oz	None	None
6 Through 11 Months (Partial CVB)	Up to 312 fl oz	8 oz	64 oz	\$11	None
6 Through 11 Months (Full CVB)	Up to 312 fl oz	8 oz	None	\$22	None

Partially (Some) Breastfeeding & Fully Formula Feeding					
Participant Age	Formula (FNB)	Infant Cereal	Infant Fruits and Vegetables	Fruit and Vegetable CVB	Infant Meats
0 Through 3 Months	Up to 806 fl oz	None	None	None	None
4 Through 5 Months	Up to 884 fl oz	None	None	None	None
6 Through 11 Months	Up to 624 fl oz	8 oz	128 oz	None	None
6 Through 11 Months (Partial CVB)	Up to 624 fl oz	8 oz	64 oz	\$11	None
6 Through 11 Months (Full CVB)	Up to 624 fl oz	8 oz	None	\$22	None



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Food Benefits by Participant Category



A: Children – 12 Through 23 Months

B: Children – 2 Through 4 Years

WIC Foods	Maximum Monthly Allowance
Juice ¹	1 – 64 oz container
Milk ^{2, 3, 4, 5}	12 Through 23 Months: 3 gallons (12 quarts) 1 Through 4 Years: 3.5 gallons (14 quarts)
Breakfast Cereal	36 oz
Eggs ⁶	1 dozen
Fruits, Vegetables, and Herbs	\$26
Whole Grain Choices	24 oz
Fish (Canned/Pouch)	6 oz
Legumes Dried Beans, Peas, Lentils OR Canned Beans OR Peanut Butter	1 Choice: <ul style="list-style-type: none">• 1 lb OR• 4 – 15 to 16 oz cans OR• 15 to 18 oz

1. The full 64 oz juice benefit can be substituted for \$3 CVB.
2. 1 quart of milk can be substituted for 1 quart of yogurt up to a maximum of 2 quarts of yogurt.
3. 3 quarts of milk can be substituted for 1 lb of cheese up to a maximum of 1 lb of cheese.
4. 1 quart of milk can be substituted for 1 lb of tofu up to the MMA of milk.
5. 1 quart of milk can be substituted for 1 quart of soy milk up to the MMA of milk.
6. Each dozen eggs can be substituted for 16 oz dry beans, peas, or lentils; 4 cans of beans; 15 to 18 oz of peanut butter; or 1 lb of tofu.



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Food Benefits by Participant Category



A: Pregnant

B: Partially (Mostly) Breastfeeding

B: Pregnant with Multiples

WIC Foods	Maximum Monthly Allowance
Juice ¹	1 – 64 oz container
Milk ^{2, 3, 4, 5}	4 gallons (16 quarts)
Breakfast Cereal	36 oz
Eggs ⁶	1 dozen
Fruits, Vegetables, and Herbs	Pregnant: \$47 Mostly BF or Pregnant with Multiples: \$52
Whole Grain Choices	48 oz
Fish (Canned/Pouch)	Pregnant: 10 oz Mostly BF or Pregnant with Multiples: 15 oz
Legumes Dried Beans, Peas, Lentils OR Canned Beans OR Peanut Butter	2 Choices: <ul style="list-style-type: none">• 1 lb OR• 4 – 15 to 16 oz cans OR• 15 to 18 oz

1. The full 64 oz juice benefit can be substituted for \$3 CVB.
2. 1 quart of milk can be substituted for 1 quart of yogurt up to a maximum of 2 quarts of yogurt.
3. 3 quarts of milk can be substituted for 1 lb of cheese up to a maximum of 1 lb of cheese.
4. 1 quart of milk can be substituted for 1 lb of tofu up to the MMA of milk.
5. 1 quart of milk can be substituted for 1 quart of soy milk up to the MMA of milk.
6. Each dozen eggs can be substituted for 16 oz dry beans, peas, or lentils; 4 cans of beans; 15 to 18 oz of peanut butter; or 1 lb of tofu.



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Food Benefits by Participant Category



Partially (Some) Breastfeeding Postpartum (No Breastfeeding)

WIC Foods	Maximum Monthly Allowance
Juice ¹	1 – 64 oz container
Milk ^{2, 3, 4, 5}	4 gallons (16 quarts)
Breakfast Cereal	36 oz
Eggs ⁶	1 dozen
Fruits, Vegetables, and Herbs	\$47
Whole Grain Choices	48 oz
Fish (Canned/Pouch)	10 oz
Legumes Dried Beans, Peas, Lentils OR Canned Beans OR Peanut Butter	1 Choice: <ul style="list-style-type: none">• 1 lb OR• 4 – 15 to 16 oz cans OR• 15 to 18 oz

1. The full 64 oz juice benefit can be substituted for \$3 CVB.
2. 1 quart of milk can be substituted for 1 quart of yogurt up to a maximum of 2 quarts of yogurt.
3. 3 quarts of milk can be substituted for 1 lb of cheese up to a maximum of 1 lb of cheese.
4. 1 quart of milk can be substituted for 1 lb of tofu up to the MMA of milk.
5. 1 quart of milk can be substituted for 1 quart of soy milk up to the MMA of milk.
6. Each dozen eggs can be substituted for 16 oz dry beans, peas, or lentils; 4 cans of beans; 15 to 18 oz of peanut butter; or 1 lb of tofu.



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Food Benefits by Participant Category



Fully Breastfeeding
Partially (Mostly) Breastfeeding Multiples
Pregnant + Partially (Mostly) Breastfeeding
Pregnant + Fully Breastfeeding

WIC Foods	Maximum Monthly Allowance
Juice ¹	1 – 64 oz container
Milk ^{2, 3, 4, 5}	4 gallons (16 quarts)
Breakfast Cereal	36 oz
Eggs ⁶	2 dozen
Fruits, Vegetables, and Herbs	\$52
Whole Grain Choices	48 oz
Fish (Canned/Pouch)	20 oz
Legumes Dried Beans, Peas, Lentils OR Canned Beans OR Peanut Butter	2 Choices: <ul style="list-style-type: none">• 1 lb OR• 4 – 15 to 16 oz cans OR• 15 to 18 oz

1. The full 64 oz juice benefit can be substituted for \$3 CVB.
2. 1 quart of milk can be substituted for 1 quart of yogurt up to a maximum of 2 quarts of yogurt.
3. 3 quarts of milk can be substituted for 1 lb of cheese up to a maximum of 2 lb of cheese.
4. 1 quart of milk can be substituted for 1 lb of tofu up to the MMA of milk.
5. 1 quart of milk can be substituted for 1 quart of soy milk up to the MMA of milk.
6. Each dozen eggs can be substituted for 16 oz dry beans, peas, or lentils; 4 cans of beans; 15 to 18 oz of peanut butter; or 1 lb of tofu.



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Food Benefits by Participant Category



Fully Breastfeeding Multiples

Pregnant + Fully Breastfeeding Multiples

WIC Foods	Maximum Monthly Allowance	
Juice ¹	Odd Months: 1 – 64 oz container	Even Months: 2 – 64 oz containers
Milk ^{2, 3, 4, 5}	6 gallons (24 quarts)	
Breakfast Cereal	54 oz	
Eggs ⁶	3 dozen	
Fruits, Vegetables, and Herbs	\$78	
Whole Grain Choices	72 oz	
Fish (Canned/Pouch)	30 oz	
Legumes Dried Beans, Peas, Lentils OR Canned Beans OR Peanut Butter	3 Choices: <ul style="list-style-type: none"> • 1 lb OR • 4 – 15 to 16 oz cans OR • 15 to 18 oz 	

1. The juice benefit can be substituted for \$4.50 CVB per month.
2. 1 quart of milk can be substituted for 1 quart of yogurt up to a maximum of 2 quarts of yogurt.
3. 3 quarts of milk can be substituted for 1 lb of cheese up to a maximum of 2 lb of cheese.
4. 1 quart of milk can be substituted for 1 lb of tofu up to the MMA of milk.
5. 1 quart of milk can be substituted for 1 quart of soy milk up to the MMA of milk.
6. Each dozen eggs can be substituted for 16 oz dry beans, peas, or lentils; 4 cans of beans; 18 oz of peanut butter; or 1 lb of tofu.



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Food Benefits by Participant Category



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