

WIC Food Benefits by Participant Category

Pregnant or Partially Breastfeeding < Half Package	
WIC Foods	Amount
Juice	3 - 11.5 or 12 ounces frozen cans or 46 ounces cans or plastic bottles
Milk - Fluid, dry, or evaporated	22 quarts
Breakfast cereal	36 ounces
Cheese 3 quarts milk = 1 pound cheese	No more than 1 pound
Eggs	1 dozen
Fresh fruits and vegetables	\$11.00
Whole grain choices	1 pound
Dried or canned beans, peas, lentils or Peanut butter	2 pounds or 2 jars - 16 ounces or 1 pound beans, peas, or lentils <u>and</u> 1 jar peanut butter

WIC Food Benefits by Participant Category

Fully Breastfeeding, Partially Breastfeeding Multiples, Fully Breastfeeding + Pregnant, Partially Breastfeeding <= Half Package + Pregnant, Pregnant with Multiples	
WIC Foods	Amount
Juice	3 - 11.5 or 12 ounces frozen cans or 46 ounces cans or plastic bottles
Milk Fluid, dry, evaporated	24 quarts
Breakfast cereal	36 ounces
Cheese 3 quarts milk = 1 pound cheese	1 pound (can't be replaced with milk) No more than 2 additional pounds
Eggs	2 dozen
Fresh fruits and vegetables	\$11.00
Whole grain choices	1 pound
Fish Canned	30 ounces
Dried or canned beans, peas, lentils or Peanut butter	2 pounds or 2 jars - 16 ounces or 1 pound beans, peas, or lentils <u>and</u> 1 jar peanut butter

WIC Food Benefits by Participant Category

Fully Breastfeeding Multiples and Pregnant + Fully Breastfeeding Multiples		
Foods	Amount Fully Breastfeeding Multiples (Month one of rotation)	Amount Fully Breastfeeding Multiples (Month two of rotation)
Juice	3 - 11.5 or 12 ounce frozen cans or 46 ounce cans or plastic bottles	6 - 11.5 or 12 ounce frozen cans or 46 ounce cans or plastic bottles
Milk Fluid, dry, evaporated	24 quarts	48 quarts
Breakfast cereal	36 ounces	72 ounces
Cheese 3 quarts milk = 1 pound cheese	1 pound (can't be replaced with milk) No more than 2 additional pounds	2 pounds (can't be replaced with milk) No more than 4 additional pounds
Eggs	2 dozen	4 dozen
Fresh fruits and vegetables	\$11.00	\$22.00
Whole grain choices	1 pound	2 pounds
Fish - canned	30 ounces	60 ounces
Dried or canned beans, peas, lentils or Peanut butter	2 pounds or 2 jars 16 ounce or 1 each	4 pounds or 4 jars 16 ounce or 1 pound beans, peas, or lentils <u>and</u> 1 jar peanut butter

WIC Food Benefits by Participant Category

Non-breastfeeding Postpartum and Partially Breastfeeding > Half Package Participants with Infants age 1 through 6 Months	
Foods	Amount
Juice	2 - 11.5 or 12 ounce frozen cans or 46 ounce cans or plastic bottles
Milk Fluid, dry or evaporated	16 quart
Breakfast cereal	36 ounces
Cheese 3 quarts milk = 1 pound cheese	No more than 1 pound
Eggs	1 dozen
Fresh fruits and vegetables	\$11.00
Dried or canned beans, peas, lentils or Peanut butter	1 pound or 1 jar 16 ounce

WIC Food Benefits by Participant Category

Children 1 through 5 Years of Age	
Foods	Amount
Juice	2 - 64 ounce plastic bottles
Milk Fluid, dried, or evaporated	16 quart
Breakfast cereal	36 ounces
Cheese Remove 3 qt milk = add 1 lb cheese	No more than 1 pound
Eggs	1 dozen
Fresh fruits and vegetables	\$8.00
Whole grain choices	2 pound
Dried or canned beans, peas, lentils or Peanut butter	1 pound or 1 jar 16 ounce

WIC Food Benefits by Participant Category

Fully Breastfeeding + Partially Breastfeeding < Half Package				
Feeding Method and Age	Formula	Infant Cereal	Infant Fruits and Vegetables	Infant Meat
Fully Breastfeeding				
0 thru 5 Months	None	None	None	None
6 to 12 Months	None	24 ounce	64 – 4 ounce containers	31 – 2.5 ounce containers
Partially Breastfeeding < Half Package				
1 thru 3 Months	364 fluid ounce reconstituted liquid concentrate 384 fluid ounce Ready-to-Feed 435 fluid ounce reconstituted powder	None	None	None
4 thru 5 Months	442 fluid ounce reconstituted liquid concentrate 448 fluid ounce Ready-to-Feed 522 fluid ounce reconstituted powder	None	None	None
6 to 12 Months	312 fluid ounce reconstituted liquid concentrate 320 fluid ounce Ready-to-Feed 384 fluid ounce reconstituted powder	24 ounce	32 – 4 ounce containers	None

WIC Food Benefits by Participant Category

Feeding Method and Age	Formula	Infant Cereal	Infant Fruits and Vegetables	Infant Meat
Partially Breastfeeding > Half Package *				
0 thru 3 Months	Up to amounts for Fully Formula	None	None	None
4 thru 5 Months	Up to amounts for Fully Formula	None	None	None
6 to 12 Months	Up to amounts for Fully Formula	24 ounce	32 – 4 ounce containers	None
Fully Formula Fed				
0 thru 3 Months	823 fluid ounce reconstituted liquid concentrate 832 fluid ounce Ready-to-Feed 870 fluid ounce reconstituted powder	None	None	None
4 thru 5 Months	896 fluid ounce reconstituted liquid concentrate 913 fluid ounce Ready-to-Feed 960 fluid ounce reconstituted powder	None	None	None
6 to 12 Months	630 fluid ounce reconstituted liquid concentrate 643 fluid ounce Ready-to-Feed 696 fluid ounce reconstituted powder	24 ounce	32 – 4 ounce containers	None

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This institution is an equal opportunity provider.

Washington State WIC Nutrition Program doesn't discriminate.

For persons with disabilities, this document is available on request in other formats.

To submit a request, please call 1-800-841-1410 (TDD/TTY 1-800-833-6388).

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