



Standard Food Packages at a Glance - REVISED

Minnesota WIC Program

Children and Women

| Food Item | Food Package 4 (Children) | Food Package 5 (Pregnant and Mostly-BF Women) | Food Package 6 (Some-BF Women) | Food Package 6 (Non-BF Women) | Food Package 7 (Fully BF, Mostly-BF Multiple Infants, Pregnant with Multiple Fetuses, Pregnant and Fully BF Women) | Food Package 7+ (Fully BF Multiple Infants) Fully BF Multiples = FBFM |
|-----------------------------------|------------------------------|---|-------------------------------------|----------------------------------|---|--|
| Milk (Fat Free/Skim or 1%) | 4 gallons (2 - 4 y.o.) | 5.5 gallons | 4 gallons | 4 gallons | 6 gallons total = 5.5 gallons (standard) + 0.5 gallons (enhanced) | 9 gallons total = 5.5 gallons (standard) + 3.5 gallons (FBFM) |
| Milk - for 1 year olds (Whole) | 4 gallons (1 - 2 y.o.) | NA | NA | NA | NA | NA |
| Cheese | Not Standard | Not Standard | Not Standard | Not Standard | 1 lb. | 1 lb. (FBFM) 1 lb. = 1st/3rd mo 2 lbs. = 2nd mo |
| Eggs | 1 dozen | 1 dozen | 1 dozen | 1 dozen | 2 dozen total = 1 dozen (standard) + 1 dozen (enhanced) | 3 dozen total = 1 dozen (standard) + 2 dozen (FBFM) |
| Juice | 2 (64 oz.) | 3 (11.5-12 oz.) Frozen | 2 (11.5 - 12 oz.) Frozen | 2 (11.5-12 oz.) Frozen | 3 (11.5-12 oz.) Frozen | 4 (11.5-12 oz.) Frozen |
| Cereal | 36 ounces | 36 ounces | 36 ounces | 36 ounces | 36 ounces | 54 ounces total = 36 ounces (standard) + 18 ounces (FBFM) |
| Whole Grains | 2 lbs. | 1 lb. | NA | NA | 1 lb. | 1 lb. = 1st/3rd mo 2 lbs. = 2nd mo |
| Beans/PB | 1 option | 2 options | 1 option | 1 option | 2 options | 3 options total = 2 options (standard) + Canned beans (FBFM) |
| Canned Fish | NA | NA | NA | NA | 30 ounces (enhanced) | 45 ounces (FBFM) |
| F/V | 6 dollars | 10 dollars | 10 dollars | 10 dollars | 10 dollars | 15 dollars total = 10 dollars (standard) + 5 dollars (FBFM) |
| BF/No Food Package | NA | NA | 6 - 12 months postpartum | NA | NA | NA |

Items in **bold** denote foods requiring the user to perform extra steps to assign the correct foods/quantities in CHIP.