




Mom and Baby WIC Food Packages - REVISED

MN WIC - for Staff Use Only

All formula amounts provided must be based on breastfeeding assessment!

Infant's Age	Baby/Mom Food Package (FP)	Fully Breastfed 	Mostly-Breastfed 	Some-Breastfed 	Fully Formula Fed 
Birth - 1 month	Baby's FP	Mom's Priceless Breastmilk!	Mom's Priceless Breastmilk! 1 can powder formula	Mom's Priceless Breastmilk! 2 to 9 cans powder formula	9 cans powder formula
	Mom's FP	Fully BF Package (FP 7)	Mostly-BF Package (FP 5)	Some-BF Package (FP 6)	Non-BF Package (FP 6)
1 thru 3 months	Baby's FP	Mom's Priceless Breastmilk!	Mom's Priceless Breastmilk! 1 to 4 cans powder formula	Mom's Priceless Breastmilk! 5 to 9 cans powder formula	9 cans powder formula
	Mom's FP	Fully BF Package (FP 7)	Mostly-BF Package (FP 5)	Some-BF Package (FP 6)	Non-BF Package (FP 6)
4 thru 5 months	Baby's FP	Mom's Priceless Breastmilk!	Mom's Priceless Breastmilk! 1 to 5 cans powder formula	Mom's Priceless Breastmilk! 6 to 10 cans powder formula	10 cans powder formula
	Mom's FP	Fully BF Package (FP 7)	Mostly-BF Package (FP 5)	Some-BF Package (FP 6)	Non-BF Package (FP 6)
6 thru 8 months	Baby's FP	Mom's Priceless Breastmilk! 24 oz infant cereal 256 oz baby F/V 77.5 oz baby meats	Mom's Priceless Breastmilk! 1 to 4 cans powder formula 24 oz infant cereal 128 oz baby F/V	Mom's Priceless Breastmilk! 5 to 7 cans powder formula 24 oz infant cereal 128 oz baby F/V	7 cans powder formula 24 oz infant cereal 128 oz baby F/V
	Mom's FP	Fully BF Package (FP 7)	Mostly-BF Package (FP 5)	BF/No Food Package	No Food Package
9 thru 11 months	Baby's FP	Mom's Priceless Breastmilk! 24 oz infant cereal 240 oz baby F/V + 2 lb bananas 77.5 oz baby meats	Mom's Priceless Breastmilk! 1 to 4 cans powder formula 24 oz infant cereal 112 oz baby F/V + 2 lb bananas	Mom's Priceless Breastmilk! 5 to 7 cans powder formula 24 ounces infant cereal 112 oz baby F/V + 2 lb bananas	7 cans powder formula 24 ounces infant cereal 112 oz baby F/V + 2 lb bananas
	Mom's FP	Fully BF Package (FP 7)	Mostly-BF Package (FP 5)	BF/No Food Package	No Food Package

Food Item	Fully BF Package (FP 7) (includes women Mostly-BF Multiples)	Mostly-BF Package (FP 5)	Some-BF Package (FP 6)	Non-BF Package (FP 6)
Milk (Fat Free/Skim or 1%)	6 gallons	5.5 gallons	4 gallons	4 gallons
Cheese	1 lb.	Not Standard	Not Standard	Not Standard
Eggs	2 dozen	1 dozen	1 dozen	1 dozen
Juice	3 (11.5-12 oz) Frozen	3 (11.5-12 oz) Frozen	2 (11.5-12 oz) Frozen	2 (11.5-12 oz) Frozen
Cereal	36 oz	36 oz	36 oz	36 oz
Whole Grains	1 lb.	1 lb.	NA	NA
Beans/PB	2 options	2 options	1 option	1 option
Canned Fish	30 oz	NA	NA	NA
F/V	10 dollars	10 dollars	10 dollars	10 dollars

Formula quantities are based on Similac Advance (contract formula)

Women fully breastfeeding multiple infants receive 1.5 times the food amounts in the Fully BF Package (FP 7).