

Revised WIC Food Packages

For

Cost Containment

Effective April 16, 2012

(Revised on July 19, 2012)

**Note: This is a supplement to
the Food and Formula Reference Guide (August 15th 2011).**

WIC and Nutrition Services
Missouri Department of Health and Senior Services

I. Summary of Changes

1) Cheese:

- Cheese is no longer a milk substitute for children and all women.
- The following women will get one pound of cheese:
 - 1) Fully breastfeeding women
 - 2) Pregnant women with two or more fetuses
 - 3) Women partially breastfeeding multiple infants, and
 - 4) Pregnant women who are still breastfeeding.
- Women fully breastfeeding multiple infants will receive 1.5 pounds of cheese. (1 pound 1st month; 2 pounds 2nd month)

2) Dairy Substitutions

- Tofu is no longer a milk substitute.
- Goat's milk is no longer a milk substitute.
- Evaporated milk is no longer allowed.
- Soy milk is allowed for children with the diagnosis of milk allergy, severe lactose intolerance or vegan diet (RF 425). Medical documentation (WIC 27) is required.
- Lactose free (store brand) milk is allowed for children and women.
- Soy milk is allowed for women.

3) Women's Juice:

- 46 oz cans fruit juices are no longer allowed for women. (Apple, Grape, Grapefruit, Pineapple, and Orange)
- Only the following juices are allowed:
 - 46 oz can Tomato and Vegetable juices.
 - 11.5 - 12 oz can frozen concentrated fruit juices
- Juice description on WIC checks remains ***"46 OZ CAN OR 11.5 - 12.0 OZ FROZEN JUICE APPROVED TYPES"***.

4) Children's Juice:

- No changes were made to the children's juice in the 64-oz container.

5) Canned Fish (Food Package VII)

- Canned salmon is no longer allowed.
- Only canned sardines and tuna in water-pack are allowed.

6) Cow's Milk:

- Any brand of milk can be redeemed; however, store brands are recommended.

II. MOWINS Changes

Inactivated Food Items	Activated Food Items (New Items!)
Lactaid Whole Milk	Half Gallon Lactose Free Whole Milk (Store Brand)
Lactaid Milk Skim Thru 2%	Half Gallon Lactose Free Milk Skim Thru 2% (Store Brand)
Evaporated Whole Milk - Store Brand	
Evaporated Low Fat/Fat Free Milk - Store Brand	
Evaporated Goat Milk (Whole) Meyenberg	
Tofu Approved Items Only	
Pink Salmon	

III. Default Food Packages

Food Items	Food Package IV	Food Package V	Food Package VI	Food Package VII
	Children (1 - 4)	Pregnant & Partially Breastfeeding (≤ Max Allowed)	Non-Breastfeeding & Partially Breastfeeding (> Max Allowed)	<ul style="list-style-type: none"> ▪ Fully Breastfeeding ▪ Partially Breastfeeding Multiples ▪ Pregnant with Multiples ▪ Pregnant women who are still breastfeeding.
Juice	2 – 64 oz. containers	3 – 46 oz. cans OR 11.5 -12 oz. frozen	2 – 46 oz. cans OR 11.5 -12 oz. frozen	3 – 46 oz. cans OR 11.5 -12 oz. frozen
Milk, fluid	4 gallons (16 quarts)	5 ½ gallons (22 quarts)	4 gallons (16 quarts)	6 gallons (24 quarts)
Cheese	Not allowed	Not allowed	Not allowed	1 pound
Breakfast Cereal	36 oz.	36 oz.	36 oz.	36 oz.
Eggs	1 dozen	1 dozen	1 dozen	2 dozen
Fruits & Vegetables	\$6.00	\$10.00	\$10.00	\$10.00
Whole Grains	2 pounds	1 pound	none	1 pound
Fish (canned)	Not allowed	Not allowed	Not allowed	30 oz.
Legumes, dry/canned and/or Peanut Butter	1 pound dry beans OR 4-16 oz. cans OR 1 - 18 oz. jar peanut butter	1 pound dry beans OR 4-16 oz. cans AND 1 - 18 oz. jar peanut butter	1 pound dry beans OR 4-16 oz. cans OR 1 - 18 oz. jar peanut butter	1 pound dry beans OR 4-16 oz. cans AND 1 - 18 oz. jar peanut butter

Standard/Default Food Packages

IV. Allowed Milk and Medical Documentation Requirement

#	Milk	Allowed Size	Children		Pregnant Breastfeeding Partial ≤ max	Non-Breastfeeding Partial > max	<ul style="list-style-type: none"> ▪ Fully Breastfeeding ▪ Partially Breastfeeding Multiples ▪ Pregnant with Multiples ▪ Pregnant women who are still breastfeeding
			12-23 months	24-59 months			
Cow Milk							
1	Whole Milk	Gallon	Allowed	*	*	*	*
2	Milk (Skim – 2%)	½ gallon	**	**	Allowed	**	**
3	Milk (Skim – 2%)	Gallon	**	Allowed	Allowed	Allowed	Allowed
4	Skim Milk	Gallon	**	Allowed	Allowed	Allowed	Allowed
5	Cultured Buttermilk	Quart	**	Allowed	Allowed	Allowed	Allowed
6	Non-Fat Dry Milk (powdered milk)	8 Quart-Box	**	Allowed	Allowed	Allowed	Allowed
7	Lactose Free Milk (Whole) Store Brand <i>New!</i>	½ gallon	Allowed	Allowed	Allowed	Allowed	Allowed
8	Lactose Free Milk (Skim – 2%) Store Brand <i>New!</i>	½ gallon	**	Allowed	Allowed	Allowed	Allowed
Soy Milk							
9	Soy milk – ORIGINAL/Vanilla (8 th Continent brand)	½ gallon	*	*	Allowed	Allowed	Allowed

* Medical Documentation Required ** Not allowed to issue

[Note] WIC provides only **whole milk** for children (1 y/o) and **milk (skim thru 2%)** for children (≥ 2 y/o) and women. Whole milk can be issued to participants (children (≥ 2 y/o and women) receiving special formula due to qualifying condition(s) if prescribed by the physician. (ER# 2.0700)

“What You Need to Know About WIC Cheese!”

- Children, non-breastfeeding women and pregnant women expecting one baby **will not** get cheese.
- One pound of cheese only will be allowed for
 - fully breastfeeding women
 - partially breastfeeding women with multiple infants
 - **Pregnant women who are still breastfeeding,** and pregnant women carrying multiples.
- Women fully breastfeeding multiple infants will receive 1.5 pounds of cheese.
- Soy milk is allowed for children with the diagnosis of milk allergy, severe lactose intolerance or vegan diet. (Medical documentation is required)
- Soy milk is allowed for women.
- Lactose free (store brand) milk is allowed for children and women.



If you have any questions, please feel free to ask WIC staff!