

8. Maximum Monthly Allowance of Supplemental Foods for “Food Package III” Updated! (May 11, 2015)

Foods	Infants		Children	Women		
	0-5 Months	6-11 Months	Children (1 – 4)	Pregnant Mostly Breastfeeding (≤ Max Allowed)	Non-Breastfeeding Some Breastfeeding (> Max Allowed)	<ul style="list-style-type: none"> ▪ Fully Breastfeeding ▪ Mostly Breastfeeding Multiples ▪ Pregnant with Multiples ▪ Pregnant women who are still breastfeeding.
WIC Formulas*	(Page 3-5, & 8)		(Page 6 –8)	(Page 6 –8)	(Page 6 –8)	(Page 6 –8)
Infant Cereal	Not allowed	24 oz.	32 oz. **	32 oz. **	32 oz. **	32 oz. **
Infant Fruit and Vegetables	Not allowed	32- 4 oz. containers	Not allowed	Not allowed	Not allowed	No allowed
Juice, single strength	Not allowed	Not allowed	128 fl. oz. 2 - 64 oz. container	144 fl. oz. 3 x 11.5 - 12oz. frozen	96 fl. oz. 2 x 11.5-12oz. frozen	144 fl. oz. 3 x 11.5-12oz. frozen
Milk, fluid***	Not allowed	Not allowed	16 qt.	22 qt.	16 qt.	24 qt.
Breakfast cereal	Not allowed	Not allowed	36 oz.	36 oz.	36 oz.	36 oz.
Cheese	Not allowed	Not allowed	0***	0***	0***	1 lb.
Eggs	Not allowed	Not allowed	1 dozen	1 dozen	1 dozen	2 dozen
Fruits and vegetables	Not allowed	Not allowed	\$8.00	\$10.00	\$10.00	\$10.00
Whole wheat bread or Other Whole Grains	Not allowed	Not allowed	2 lb.	1 lb.	Not allowed	1 lb.
Fish (canned)	Not allowed	Not allowed	Not allowed	Not allowed	Not allowed	30 oz.
Legumes, dry/canned AND/OR Peanut Butter	Not allowed	Not allowed	1 pound dry beans OR 4 x16 oz. cans OR 1 x 16-18 oz. Peanut butter	1 pound dry beans or 4-16 oz. cans AND 1 x 16-18 oz. Peanut butter	1 pound dry beans OR 4-16 oz. cans OR 1 x 16-18 oz. Peanut Butter	1 lb. dry beans or 4-16 oz. cans AND 1 x 16 - 18 oz. Peanut butter

Food Package III is for Woman, Infant, and Child participants who have a documented qualifying condition that requires the use of a WIC formula (infant formula, exempt infant formula, or WIC-eligible medical food) because the use of conventional foods is precluded, restricted, or inadequate to address their special nutritional needs.

* See the Missouri WIC Approved Infant Formulas and Special Formulas (Exempt Infant Formulas and Medical Foods) (FFRG Formula Listing Page 4-9)

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1. Infant cereal can be given to children and women **only if** the participant receives **Food Package III**, which **requires** that a child or woman also are prescribed and receive a formula/WIC-eligible nutritional from the Missouri WIC program. The medical documentation form (WIC 27) is required.
2. Issuing Infant cereal to children or women through food package IV, V, VI, VII is **not** allowed.
3. Health care providers are **not** allowed to prescribe only infant cereal to children and women using the medical documentation form (WIC 27).

*** See the FFRG – Guidelines (Page 15-18) for more information.