**BREASTFEED!**

Mom & Baby
Get More Food

**FULLY** Breastfeeding

Mom - 0-5 months

Mom - 6-11 months

Baby - 6-11 months

Baby - 9-11 months*

**MOSTLY** Breastfeeding (Pregnant)

Mom - 0-5 months

Mom - 6-11 months

Baby - 6-11 months

Baby - 9-11 months*

**SOME/NON** Breastfeeding

Mom - 0-5 months

Mom - 6-11 months

Baby - 6-11 months

Baby - 9-11 months*

*CPA's assessment, determination and documentation is required.

Missouri Department of Health and Senior Services • WIC and Nutrition Services • 573-751-6204

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## Missouri WIC Sample Food Packages

### Welcome to WIC!
WIC staff are here to help you and answer any questions that you may have so you can eat healthy and stay well.

### Food Package

<table>
<thead>
<tr>
<th>Food Package</th>
<th>Category</th>
<th>Eligibility</th>
</tr>
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</table>
| Food Package I & II | Infants | This food package is designed for issuance to infant participants from birth through age 11 months:  
- Fully breastfeeding: The infant doesn’t receive formula.  
- Mostly breastfeeding: This infant is mostly breastfed but also receives infant formula up to the maximum quantity allowed for mostly breastfed infants. This food package is not available for infants 0-1 month.  
- Fully formula fed or some breastfeeding: The infant is not breastfed or is breastfed and receives formula in excess of the quantity allowed for mostly breastfed infants. |
| Food Package III | Participants with qualifying conditions | This food package is reserved for issuance to women, infants 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 nutritional) Medical Documentation (WIC 27) is required. |
| Food Package IV | Children 12-59 months | This food package is designed for issuance to participants 12 months to 59 months of age. |
| Food Package V | Pregnant and Mostly Breastfeeding Women | This food package is designed for issuance to:  
- Women participants with singleton pregnancies.  
- Women, up to one year, whose infants are mostly breastfed. |
| Food Package VI | Some Breastfeeding Women & Non Breastfeeding Women | This food package is designed for issuance to:  
- Women up to 6 months postpartum whose infants are fully formula fed.  
- Women up to 6 months postpartum whose infants receive formula in excess of the quantity allowed for mostly breastfed infants. |
| Food Package VII | Fully Breastfeeding Women | This food package is designed for issuance to:  
- Breastfeeding women up to 1 year postpartum whose infants do not receive infant formula from WIC.  
- Pregnant women with two or more fetuses.  
- Mostly breastfeeding women with multiple infants from the same pregnancy.  
- Pregnant women who are mostly breastfeeding singleton infants.  

[Note] Women participants fully breastfeeding multiple infants from the same pregnancy receive 1.5 times the supplemental foods provided in Food Package VII. |

### Eligibility

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### Mostly and Some Breastfeeding Women with Twins

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<tr>
<th>Mostly and Some Breastfeeding Women with Twins</th>
<th>Mother’s Food Package</th>
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<tbody>
<tr>
<td>Twins: Some breastfeeding under 6 months old.</td>
<td>The mother would receive Food Package VI.</td>
</tr>
<tr>
<td>Twins: Some breastfeeding older than 6 months old.</td>
<td>If the infants are over 6 months of age, the mother would not receive a food package.</td>
</tr>
<tr>
<td>Twins: One infant (some breastfeeding) and the other infant (mostly breastfeeding).</td>
<td>The mother would receive Food Package V because one of her infants qualifies to receive the mostly breastfeeding package.</td>
</tr>
</tbody>
</table>

[Note] Food Package VII does not apply to a mother tandem-breastfeeding multiples (Example: A 2-month-old infant and an 11-month-old infant).