

BREASTFEED!



Mom & Baby Get More Food

FULLY
Breastfeeding



MOSTLY
Breastfeeding
(Pregnant)



SOME/NON
Breastfeeding



*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

Children



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	Category	Eligibility
Food Package I & II	Infants	<p>This food package is designed for issuance to infant participants from birth through age 11 months:</p> <ul style="list-style-type: none"> 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	<p>This food package is designed for issuance to:</p> <ul style="list-style-type: none"> Women participants with singleton pregnancies. Women, up to one year, whose infants are mostly breastfed.
Food Package VI	Some Breastfeeding Women & Non Breastfeeding Women	<p>This food package is designed for issuance to:</p> <ul style="list-style-type: none"> 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	<p>This food package is designed for issuance to:</p> <ul style="list-style-type: none"> 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. <p>[Note] Women participants fully breastfeeding multiple infants from the same pregnancy receive 1.5 times the supplemental foods provided in Food Package VII.</p>

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

[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).