



Food Reference Guide

Effective October 1, 2025

An EO/AA employer: Services provided on a nondiscriminatory basis. Hearing- and speech-impaired citizens can dial 711.

This institution is an equal opportunity provider.

A. FOOD PACKAGE OVERVIEW FOR ALL WIC CATEGORIES

Food Package	Eligibility
Food Package I and II	This food package is for infants from birth through 11 months of age, based on one of the following feeding choices: • Fully breastfeeding infants do not receive formula from WIC. • Mostly breastfeeding infants receive infant formula in amounts less than or equal to the maximum monthly allowance (MMA) for mostly breastfed infants. This food package is unavailable for infants until at least 1 month of age. • Some breastfeeding infants receive formula in amounts greater than the MMA for mostly breastfed infants. • Nonbreastfeeding infants are fully formula-fed or receive the MMA of formula for nonbreastfeeding infants.
Food Package III	This food package is reserved for women, infants and children with a documented qualifying condition requiring a WIC formula (i.e., infant formula, exempt infant formula or WIC-eligible nutritional). Medical documentation (i.e., a WIC-27) is required.
Food Package IV	This food package is for children 12-59 months of age.
Food Package V	This food package is for: • Women participants with singleton pregnancies. • Women, up to one year, whose infant is mostly breastfeeding. • Women with twins, up to one year, when only one infant is mostly breastfeeding.
Food Package VI	This food package is for: • Women up to six months postpartum whose infant(s) is nonbreastfeeding (fully formula-fed). • Women up to six months postpartum whose infant(s) is some breastfeeding.
Food Package VII	This food package is for: • Fully breastfeeding women up to one year postpartum whose infant does not receive infant formula from WIC. • Mostly breastfeeding women with multiple infants from the same pregnancy. • Pregnant women who are fully or mostly breastfeeding. • Pregnant women with two or more fetuses. Note: Women participants who are fully breastfeeding multiple infants from the same pregnancy receive one and a half times the supplemental food provided in Food Package VII. Food Package VII does not apply to a mother tandem-breastfeeding multiples (e.g., breastfeeding an infant 2 months of age and an infant 11 months of age).

B. WIC MOTHER AND BABY DYAD: Powder (PWD) formula quantity based on Similac Advance 12.4 oz can.

Infant's feeding choice and the mother's category	Infants from birth to 1 month of age	Infants 1-3 months of age	Infants 4-5 months of age	Infants 6-11 months of age
Fully breastfeeding infant	Mother's milk is the only thing a baby needs!			- Breast milk. 24 oz infant cereal. 256 oz infant fruits and vegetables. 77.5 oz infant meats.
Breastfeeding mother	Food Package VII.	Food Package VII.	Food Package VII.	Food Package VII.
Mostly breastfeeding infant	Food Package V is not available.	- Breast milk. - PWD formula (1-4 cans).	- Breast milk. - PWD formula (1-5 cans).	- Breast milk. - PWD formula (1-4 cans). 24 oz infant cereal. 128 oz infant fruits and vegetables.
Breastfeeding mother		Food Package V.	Food Package V.	Food Package V.
Some breastfeeding infant	- Breast milk. - PWD formula (1-9 cans).	- Breast milk. - PWD formula (5-9 cans).	- Breast milk. - PWD formula (6-10 cans).	- Breast milk. - PWD formula (5-7 cans). 24 oz infant cereal. 128 oz infant fruits and vegetables.
Breastfeeding mother	Food Package VI.	Food Package V.I	Food Package VI.	Mother no longer receives food benefits. - Mother receives all other benefits (i.e., nutrition education and counseling, breastfeeding support and referrals). - Mother counts in participation caseload.
Nonbreastfeeding infant	PWD formula (up to 9 cans).	PWD formula (up to 9 cans).	PWD formula (up to 10 cans).	- PWD formula (up to 7 cans). 24 oz infant cereal. 128 oz infant fruits and vegetables.
Nonbreastfeeding mother	Food Package VI.	Food Package VI.	Food Package VI.	Mother is no longer eligible for the WIC program.

- C. DEFAULT FOOD PACKAGES:** The default food package (FP) is assigned by the Management Information System (MIS) based on category, age and breastfeeding amount with no nutrition tailoring.

Food items	FP II	FP IV	FP V	FP VI	FP VII	FP VII x 1.5
WIC formula	Refer to the Formula Reference Guide.	FP III only. Refer to policy 2.3.030.	FP III only. Refer to policy 2.3.030.	FP III only. Refer to policy 2.3.030.	FP III only. Refer to policy 2.3.030.	FP III only. Refer to policy 2.3.030.
Infant cereal	24 oz	FP III only. Refer to policy 2.3.030.	FP III only. Refer to policy 2.3.030.	FP III only. Refer to policy 2.3.030.	FP III only. Refer to policy 2.3.030.	FP III only. Refer to policy 2.3.030.
Infant fruits and vegetables	256 oz ² 128 oz ³	FP III only. Refer to policy 2.3.030.	FP III only. Refer to policy 2.3.030.	FP III only. Refer to policy 2.3.030.	FP III only. Refer to policy 2.3.030.	FP III only. Refer to policy 2.3.030.
Infant meats ²	77.5 oz	Not allowed.	Not allowed.	Not allowed.	Not allowed.	Not allowed.
Fresh or frozen fruits and vegetables (i.e., CVB)	Tailoring required. ⁵	\$26	\$47 – pregnant \$52 – mostly breastfeeding	\$47	\$52	\$78
Juice	Not allowed.	2 (64 oz) containers	3 (11.5-12 oz) cans	2 (11.5-12 oz) cans	3 (11.5-12 oz) cans	4.5 (11.5-12 oz) cans
Milk, fluid ⁶	Not allowed.	16 qt ⁶	22 qt ⁶	16 qt ⁶	24 qt ⁶	36 qt ⁶
Cheese	Not allowed.	Tailoring required. ⁶	Tailoring required. ⁶	Tailoring required. ⁶	1 lb	1.5 lb
Breakfast cereal	Not allowed.	36 oz	36 oz	36 oz	36 oz	54 oz
Eggs	Not allowed.	1 dozen	1 dozen	1 dozen	2 dozen	3 dozen
Whole grains	Not allowed.	32 oz	16 oz	Not allowed.	16 oz	24 oz
Fish	Not allowed.	Not allowed.	Not allowed.	Not allowed.	30 oz	45 oz
Legumes and peanut butter	Not allowed.	Choose one: ⁷ – 1 lb bag of dry beans. – 4 (15-16 oz) cans of beans. – 1 (16-18 oz) jar of peanut butter.	Choose two: ⁷ – 1 lb bag of dry beans. – 4 (15-16 oz) cans of beans – 1 (16-18 oz) jar of peanut butter.	Choose one: ⁷ – 1 lb bag of dry beans. – 4 (15-16 oz) cans of beans. – 1 (16-18 oz) jar of peanut butter.	Choose two: ⁷ – 1 lb bag of dry beans. – 4 (15-16 oz) cans of beans. – 1 (16-18 oz) jar of peanut butter.	Choose three: ⁷ – 1 lb bag of dry beans. – 4 (15-16 oz) cans of beans. – 1 (16-18 oz) jar of peanut butter.

[See next page for notes.]

- ¹. Under Food Package III, 32 oz of infant cereal may be substituted for 36 oz of adult cereal if the participant receives a formula from the Missouri WIC program. A WIC-27 is required.
- ². Food items and quantities for fully breastfeeding infants only.
- ³. Food items and quantities for mostly breastfeeding, some breastfeeding and nonbreastfeeding infants.
- ⁴. Under Food Package III, infant fruits and vegetables may be issued to children and women with qualifying conditions instead of the CVB. A WIC-27 is required for the following substitutions:

- Children: 144 oz infant fruits and vegetables for a \$26 CVB.
- Women: 160 oz infant fruits and vegetables for a \$47 (pregnant and postpartum), \$52 (mostly and fully breastfeeding) or \$78 (fully breastfeeding multiples) CVB.

- ⁵. Fully breastfed infants who are developmentally ready at 9-11 months of age may substitute 128 ounces of their infant fruits and vegetables with an \$8 CVB. Partially breastfed and fully formula-fed infants who are developmentally ready at 9-11 months of age may substitute 64 ounces of their infant fruits and vegetables with a \$4 CVB.
- ⁶. Milk in the default food package includes three different forms of cow's milk (i.e., fluid, dry or buttermilk). Default food packages may be tailored so that children and women can substitute a portion, up to all, of their milk benefits for lactose-free milk, tofu or soy-based beverages. Participants may also choose to substitute a maximum of three quarts of milk for a pound of cheese. Refer to section D below.
- ⁷. At the store, participants may choose one (Food Package IV and VI), two (FP V and VII) or three (FP VII x 1.5) options.

D. NUTRITION TAILORING: The default food package can be tailored to meet participant preferences and nutritional needs. Refer to policies 2.3.030, 2.3.040 and 2.3.050.

1. MMAs for milk and substitutions:

Milk or substitution	Food Package IV	Food Package V	Food Package VI	Food Package VII	Food Package VII x 1.5
Fluid cow's milk	16 qts	22 qts	16 qts	24 qts	36 qts
Cheese	1 lb (3 qts)	1 lb (3 qts)	1 lb (3 qts)	2 lbs (6 qts) ¹	2 lbs (6 qts) ¹
Lactose-free milk and soy-based beverages ²	8 half-gallons (16 qts)	11 half-gallons (22 qts)	8 half-gallons (16 qts)	12 half-gallons (24 qts)	18 half-gallons (36 qts)
Tofu	16 lbs (16 qts)	22 lbs (22 qts)	16 lbs (16 qts)	24 lbs (24 qts)	36 lbs (36 qts)

¹Default Food Package VII includes one pound of cheese in addition to 24 or 36 qts of milk. Participants can choose to substitute an additional six quarts of milk for a total of three pounds of cheese.

²Tofu, soy-based beverages and lactose-free milk may be substituted for milk up to the maximum or combined with cheese.

2. Milk and substitution conversions:

Fluid cow's milk (quarts)	Conversion
8 qts (i.e., 2 gal)	=1 large box of nonfat dry milk
3 qts (i.e., 0.75 gal or $\frac{3}{4}$ gal)	=1 small box of nonfat dry milk
3 qts (i.e., 0.75 gal or $\frac{3}{4}$ gal)	=1 lb of cheese
1 qt (i.e., 0.25 gal or $\frac{1}{4}$ gal)	=1 qt of lactose-free milk
1 qt (i.e., 0.25 gal or $\frac{1}{4}$ gal)	=1 lb of tofu
1 qt (i.e., 0.25 gal or $\frac{1}{4}$ gal)	=1 qt of soy-based beverage

3. Milk tailoring summary:

Milk or substitution	Children 12-23 months of age	Children 24-59 months of age	Women
Whole-fat cow's milk	Default food package.	Food Package III. A WIC-27 is required. ¹	Food Package III. A WIC-27 is required. ¹
Whole-fat lactose-free milk	Tailoring required. ²	Food Package III. A WIC-27 is required. ¹	Food Package III. A WIC-27 is required. ¹
Reduced-fat cow's milk, including lactose-free	Tailoring required. ² Risk factors 113, 114 or 115 must be assigned.	Tailoring required. ² Risk factors 103 or 134 must be assigned.	Tailoring required. ² Risk factors 101, 131 or 336 must be assigned.
Low-fat and nonfat cow's milk	Not allowed.	Default food package.	Default food package.
Low-fat and nonfat lactose-free milk	Not allowed.	Tailoring required. ²	Tailoring required. ²
Cheese	Tailoring required. ²	Tailoring required. ²	Tailoring required. ²
Soy-based beverages	Tailoring required. ²	Tailoring required. ²	Tailoring required. ²
Tofu	Tailoring required. ²	Tailoring required. ²	Tailoring required. ²

¹A WIC formula must be prescribed for women or children 24-59 months of age with qualifying conditions to receive whole milk under Food Package III.

²All tailoring must be done based on the nutrition assessment and documented in the MIS.