



# Mom and Baby WIC Food Packages

MN WIC - for Staff Use Only

All formula amounts provided must be based on breastfeeding assessment!

Infant's Age	Baby/Mom Food Package (FP)	Fully Breastfed 	Mostly-Breastfed 	Some-Breastfed 	Fully Formula Fed 
Birth – 1 month	Baby's FP	<b>Mom's Priceless Breastmilk!</b>	<b>Mom's Priceless Breastmilk!</b> 1 can powder formula	<b>Mom's Priceless Breastmilk!</b> 2 to 9 cans powder formula	9 cans powder formula
	Mom's FP	<b>Fully BF Package (FP 7)</b>	<b>Mostly-BF Package (FP 5)</b>	<b>Some-BF Package (FP 6)</b>	<b>Non-BF Package (FP 6)</b>
1 thru 3 months	Baby's FP	<b>Mom's Priceless Breastmilk!</b>	<b>Mom's Priceless Breastmilk!</b> 1 to 4 cans powder formula	<b>Mom's Priceless Breastmilk!</b> 5 to 9 cans powder formula	9 cans powder formula
	Mom's FP	<b>Fully BF Package (FP 7)</b>	<b>Mostly-BF Package (FP 5)</b>	<b>Some-BF Package (FP 6)</b>	<b>Non-BF Package (FP 6)</b>
4 thru 5 months	Baby's FP	<b>Mom's Priceless Breastmilk!</b>	<b>Mom's Priceless Breastmilk!</b> 1 to 5 cans powder formula	<b>Mom's Priceless Breastmilk!</b> 6 to 10 cans powder formula	10 cans powder formula
	Mom's FP	<b>Fully BF Package (FP 7)</b>	<b>Mostly-BF Package (FP 5)</b>	<b>Some-BF Package (FP 6)</b>	<b>Non-BF Package (FP 6)</b>
6 thru 8 months	Baby's FP	<b>Mom's Priceless Breastmilk!</b> 31 jars baby meat 24 oz infant cereal 64 jars baby F/V	<b>Mom's Priceless Breastmilk!</b> 1 to 4 cans powder formula 24 oz infant cereal 32 jars baby F/V	<b>Mom's Priceless Breastmilk!</b> 5 to 7 cans powder formula 24 oz infant cereal 32 jars baby F/V	7 cans powder formula 24 oz infant cereal 32 jars baby F/V
	Mom's FP	<b>Fully BF Package (FP 7)</b>	<b>Mostly-BF Package (FP 5)</b>	<b>Some-BF/No Food Package</b>	<b>No Food Package</b>
9 thru 11 months	Baby's FP	<b>Mom's Priceless Breastmilk!</b> 31 jars baby meat 24 oz infant cereal 32 jars baby F/V \$8.00 CVV	<b>Mom's Priceless Breastmilk!</b> 1 to 4 cans powder formula 24 oz infant cereal 16 jars baby F/V \$4.00 CVV	<b>Mom's Priceless Breastmilk!</b> 5 to 7 cans powder formula 24 oz infant cereal 16 jars baby F/V \$4.00 CVV	7 cans powder formula 24 oz infant cereal 16 jars baby F/V \$4.00 CVV
	Mom's FP	<b>Fully BF Package (FP 7)</b>	<b>Mostly-BF Package (FP 5)</b>	<b>Some-BF/No Food Package</b>	<b>No Food Package</b>

Food Item	Fully BF Package (FP 7)	Mostly-BF Package (FP 5)	Some-BF Package (FP 6)	Non-BF Package (FP 6)
Milk (Fat Free or 1%)*	6 gallons	5.5 gallons	4 gallons	4 gallons
Cheese	1 lb	Not Standard	Not Standard	Not Standard
Eggs	2 dozen	1 dozen	1 dozen	1 dozen
Juice	3 (11.5-12 oz) Frozen	3 (11.5-12 oz) Frozen	2 (11.5-12 oz) Frozen	2 (11.5-12 oz) Frozen
Cereal	36 oz	36 oz	36 oz	36 oz
Whole Grains	1 lb	1 lb	NA	NA
Beans/Peanut Butter	2 options	2 options	1 option	1 option
Canned Fish	30 oz	NA	NA	NA
F/V	12 dollars	12 dollars	12 dollars	12 dollars

Formula quantities are based on Enfamil Infant (contract formula)

FP 7 also includes women:  
 - Mostly-BF Multiples,  
 - Pregnant w/ Multiples,  
 - Pregnant and Fully or Mostly BF

Women fully breastfeeding multiple infants receive 1.5 times the food amounts in the Fully BF package (FP 7).

\* Milk substitutions include yogurt, cheese, soy beverage & tofu.