

# WIC MONTHLY STANDARD FOOD BENEFITS FOR CHILDREN

## A Guide for Health Care Providers



**WIC Encourages Families to Continue Breastfeeding for Up to 2 Years of Age!** Below is a brief summary of the Maryland WIC food benefit package for children. Children who need a special nutrition supplement may receive up to 910 fluid ounces of a WIC-Eligible Nutritional per month. Submit this request using a Maryland WIC Medical Documentation Form. See the Maryland WIC Authorized Foods List for more information about authorized foods for each category.

### 1 YEAR OLD

### 2-4 YEARS OLD

#### MILK\*

(Regular or lactose free cow's milk, soy beverage, and plant-based milk alternative\*)

4 gallons  
whole milk

4 gallons  
1% low fat or fat free

\*Plant-based milk alternative (oat or pea based milk) is only for participants with both milk and soy allergies

#### CHEESE

(optional)

1 pound cheese

(reduces milk by 3/4 of a gallon)

#### TOFU

(optional)

0 - 16 pounds tofu

(reduces milk by 1 quart for each pound)

#### YOGURT

(optional)

32 ounces or 64 ounces,  
whole or low fat yogurt

32 ounces or 64 ounces,  
fat free or low fat yogurt

(reduces milk by 1 quart for each 32 ounces)

#### EGGS

(may be substituted)

1 dozen

Substituted for 1 pound dry beans or 64 ounces canned beans or 1 container (16-18 ounce) peanut/sunflower seed butter\*\* or 1 pound of tofu for each dozen eggs

\*\*Sunflower seed butter is only for participants with a peanut allergy



This institution is an equal opportunity provider.



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## 1 YEAR OLD

## 2-4 YEARS OLD

### LEGUMES

Choose ONE

*(1 pound dry beans or 64 ounces canned beans or 1 (16-18 ounce) container peanut/sunflower seed butter\*\*)*  
*\*\*Sunflower seed butter is only for participants with a peanut allergy*

### CEREAL

36 ounces cold or hot breakfast cereal

### WHOLE GRAINS

24 ounces

*(whole grains include 100% whole wheat bread/rolls, whole wheat pita, whole wheat or soft corn tortillas, whole wheat pasta, oats, brown rice, white quinoa, bulgur, buckwheat, & cornmeal)*

### CANNED FISH

6 ounces

### FRUITS & VEGETABLES

\$26 to buy fresh, frozen, canned, or dried fruits and vegetables

### JUICE

\$3 more for fruits & vegetables or 64 fluid ounces

**WIC OFFERS BREASTFEEDING SUPPORT TO ALL FAMILIES!**



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