

WIC MONTHLY STANDARD FOOD BENEFITS FOR WOMEN

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 women who are exclusively breastfeeding, pregnant, mostly breastfeeding, partially breastfeeding, or not breastfeeding. Women 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.

EXCLUSIVELY BREASTFEEDING

(up to 1 year after birth)

MOSTLY BREASTFEEDING

(up to 1 year after birth)

BREASTFEEDING SOME OR NOT BREASTFEEDING

(up to 6 months after birth)

PREGNANT

MILK

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

1% low fat or fat free

6
gallons

5.5
gallons

4
gallons

5.5
gallons

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

CHEESE (optional)

1 or 2 pounds
cheese

1 pound cheese

(reduces milk by 3/4 of gallon for each pound)

TOFU (optional)

0 - 24 pounds

0 - 22 pounds

0 - 16 pounds

0 - 22 pounds

(reduces milk by 1 quart for each pound)

YOGURT (optional)

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

(reduces milk by 1 quart for each 32 ounces)

EGGS

(may be substituted)

2 dozen

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



WIC MONTHLY STANDARD FOOD BENEFITS FOR WOMEN

A Guide for Health Care Providers



**EXCLUSIVELY
BREASTFEEDING**
(up to 1 year after birth)

**MOSTLY
BREASTFEEDING**
(up to 1 year after birth)

**BREASTFEEDING
SOME OR
NOT BREASTFEEDING**
(up to 6 months after birth)

PREGNANT

LEGUMES

Choose TWO

Choose TWO

Choose ONE

Choose TWO

← 1 pound dry beans or 64 ounces canned beans or 1 container (16-18 ounce) peanut/sunflower seed butter** →

CEREAL

36 ounces cold or hot breakfast cereal

WHOLE GRAINS

48 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

20 ounces

15 ounces

10 ounces

FRUITS & VEGETABLES

\$52 to buy fresh, frozen, canned, or dried fruits and vegetables

\$48 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!

