

FOOD BENEFITS QUICK GUIDE FOR INFANTS



WIC encourages breastfeeding! Infants who are not exclusively breastfed receive iron-fortified infant formula, adjusted to the amount they consume. For infants not receiving any breastmilk, WIC provides the maximum amount of formula allowed by federal guidelines. However, this amount is less than what most infants need, so families will need to buy additional formula.

INFANT MILKS

In the chart below, the number of cans is based on 12.4-ounce can of powdered formula and is provided only as an example. Fluid ounces refer to the prepared amount of formula.

	0-3 MONTHS	4-5 MONTHS	6-11 MONTHS
EXCLUSIVELY BREASTFED	Breastfeeding Support to help parent and baby develop breastfeeding skills and bring in a good milk supply		
PARTIALLY BREASTFED— MOSTLY BREASTMILK (≤14 OZ FORMULA/DAY)	Breastfeeding Support and		
	up to 435 fluid ounces (4 cans)	up to 522 fluid ounces (5 cans)	up to 384 fluid ounces (4 cans)
PARTIALLY BREASTFED— SOME BREASTMILK (>14 OZ FORMULA/DAY)	Breastfeeding Support and		
	up to 870 fluid ounces (9 cans)	up to 960 fluid ounces (10 cans)	up to 696 fluid ounces (7 cans)
FULLY FORMULA FED	approximately 870 fluid ounces (9 cans)	approximately 960 fluid ounces (10 cans)	approximately 696 fluid ounces (7 cans)

INFANT FOODS

Beginning at **6 months of age**, infants can receive infant foods. The type and amount depends on whether or not the infant is also receiving iron-fortified formula from WIC.

EXCLUSIVELY BREASTFED

PARTIALLY BREASTFED OR FORMULA FED

INFANT MEAT	40 ounces	NONE
INFANT CEREAL	16 ounces	8 ounces
INFANT FRUITS & VEGETABLES	128 ounces, OR 64 ounces plus \$11, OR \$22 to buy fruits and vegetables* <small>*Fruits and vegetables must be fresh, frozen, or canned.</small>	

WIC OFFERS BREASTFEEDING SUPPORT TO ALL FAMILIES!