

FOOD BENEFITS QUICK GUIDE FOR CHILDREN



Below is a brief summary of the Maryland WIC food benefit package for children. See the Maryland WIC Authorized Foods List for more information about authorized foods for each category.

1 YEAR OLD

2-5 YEARS OLD

COW'S MILK	4 gallons whole milk	4 gallons 1% low fat or fat free
CHEESE optional	1 pound cheese (reduces milk by 3/4 of a gallon)	
TOFU optional	4 pounds tofu (reduces milk by 1 quart for each pound)	
YOGURT optional	32 ounces whole milk yogurt (reduces milk by 1 quart)	32 ounces low fat or fat free yogurt (reduces milk by 1 quart)
EGGS	1 dozen	
LEGUMES	1 pound dry beans or 64 ounces canned or 1 (16-18 ounce) container peanut butter	
CEREAL	36 ounces cold or hot breakfast cereal	
WHOLE GRAINS	2 pounds whole wheat bread, brown rice, whole wheat or soft corn tortillas, whole wheat pasta, or oats	
FRUITS & VEGETABLES	\$9 to buy fresh, frozen, or canned fruits and vegetables	
JUICE	128 ounces	

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.