

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

\$26 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.