

# FOOD BENEFITS QUICK GUIDE FOR INFANTS



WIC encourages breastfeeding! Infants who are not exclusively breastfed are provided iron-fortified infant formula tailored to the amount they consume. For infants who are not breastfed, WIC provides the maximum amount of infant formula that is federally allowed, yet these amounts are less than what infants consume, so families will need to purchase additional formula. (Number of cans is based on a 12.4-ounce can of powdered infant formula and is intended only as an example. Fluid ounces refers to the reconstituted amount of formula.)

	0-3 MONTHS	4-5 MONTHS	6-11 MONTHS
<b>EXCLUSIVELY BREASTFED</b>	Breastfeeding Support to help mom and baby develop breastfeeding skills and bring in a good milk supply		
<b>PARTIALLY BREASTFED— MOSTLY BREAST MILK (≤14 OZ FORMULA/DAY)</b>	Birth to 1 month: Breastfeeding Support 1 to 3 months: up to 435 fluid ounces (4 cans)	up to 522 fluid ounces (5 cans)	up to 384 fluid ounces (4 cans)
<b>PARTIALLY BREASTFED— SOME BREAST MILK (&gt;14 OZ FORMULA/DAY)</b>	up to 870 fluid ounces (9 cans)	up to 960 fluid ounces (10 cans)	up to 696 fluid ounces (7 cans)
<b>FULLY FORMULA FED</b>	approximately 870 fluid ounces (9 cans)	approximately 960 fluid ounces (10 cans)	approximately 696 fluid ounces (7 cans)

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
<b>INFANT MEAT</b>	77.5 ounces	NONE
<b>INFANT CEREAL</b>	24 ounces	
<b>INFANT FRUITS &amp; VEGETABLES</b>	6-8 months: 256 ounces 9-11 months: 256 ounces or 128 ounces plus \$8 to buy fruits and vegetables	6-8 months: 128 ounces 9-11 months: 128 ounces or 64 ounces plus \$4 to buy fruits and vegetables

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

