

FOOD BENEFITS QUICK GUIDE FOR WOMEN



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

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

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

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

WIC OFFERS BREASTFEEDING SUPPORT TO ALL MOMS!

COW'S MILK OR SOY BEVERAGE	6 gallons 1% low fat or fat free	5.5 gallons 1% low fat or fat free	4 gallons 1% low fat or fat free
CHEESE optional	1 pound cheese Optional additional 1 pound cheese reduces milk by 3/4 of a gallon	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 low fat or fat free yogurt (reduces milk by 1 quart)		
EGGS	2 dozen	1 dozen	
LEGUMES	Choose 2: 1 pound dry beans or 64 ounces canned or 1 (16-18 ounce) container peanut butter		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	1 pound whole wheat bread, brown rice, whole wheat or soft corn tortillas, whole wheat pasta, or oats	NONE	
FISH	30 ounces canned fish	NONE	
FRUITS & VEGETABLES	\$52 to buy fresh, frozen, or canned fruits and vegetables	\$52 if mostly breastfeeding \$47 if pregnant to buy fresh, frozen, or canned fruits and vegetables	\$47 to buy fresh, frozen, or canned fruits and vegetables
JUICE	144 fluid ounces		96 fluid ounces

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.