

Food Packages

Food Packages are the foods prescribed for the WIC participant and are determined based on the category in which they are certified. Only the Health Professional can provide and make changes to the prescribed food package.

Women Food Packages include:

- Pregnant Women or Partially Breastfeeding Women (Food Package V)
- Fully Breastfeeding Women (Food Package VII)
- Postpartum Women or Maintaining Breastfeeding Women (Food Package VI)
- Women with Qualifying Conditions (Food Package III)

Infant Food Packages include:

- Infants Fully Breastfed
- Infants Partially Breastfed
- Infants Fully Formula Fed
- Infants with Qualifying Conditions (Food Package III)

Children Food Packages include:

- 13 -23 Months
- 2 through 4 Years
- Children with Qualifying Conditions (Food Package III)

Supplemental Foods: Those foods containing nutrients determined by nutritional research to be lacking in the diets of pregnant, breastfeeding, and postpartum women, infants, and children and foods that promote the health of the population served by the WIC program as indicated by relevant nutrition science, public health concerns, and cultural eating patterns, as prescribed by the Secretary of the United States Department of Agriculture.

Maximum Food Packages: Maximum food packages are established by Federal Regulation. Refer to Food Package charts to ensure that no participant is provided more supplementary food than is allowed by federal regulation.

Adjusted Food Packages

- Food Packages may be individually adjusted for participant needs, but not exceeding maximum quantities.