

Fully Breastfeeding Women Food Package

Policy

USDA Federal Regulations: 246.10(e) Food packages. The authorized supplemental foods must be prescribed from food packages according to the category and nutritional needs of the participants. Breastfeeding assessment and the mother's plans for breastfeeding serve as the basis for determining food package issuance for all breastfeeding women. The intent of the WIC Program is that all breastfeeding women be supported to exclusively breastfeed their infants and to choose the fully breastfeeding food package without infant formula.

246.10(e)(7) Food Package VII—Fully breastfeeding—(i) Participant category served. This food package is designed for issuance to breastfeeding women up to 1 year postpartum whose infants do not receive infant formula from WIC (these breastfeeding women are assumed to be exclusively breastfeeding their infants), and who do not have a condition qualifying them to receive Food Package III. This food package is also designed for issuance to women partially (mostly) breastfeeding multiple infants from the same pregnancy, and pregnant women who are also partially (mostly) breastfeeding singleton infants, and who do not have a condition qualifying them to receive Food Package III. Women participants fully breastfeeding multiple infants from the same pregnancy receive 1.5 times the supplemental foods provided in Food Package VII.

(ii) Authorized categories of supplemental foods. Milk, breakfast cereal, juice, fresh and other State-authorized forms of fruits and vegetables, whole wheat/whole grain bread, eggs, legumes, peanut butter, and canned fish are the categories of supplemental foods authorized in this food package. The maximum monthly allowances, allowed options and substitution rates of supplemental foods for women in Food Package VII are stated in Table 2 of paragraph (e)(10) of this section.

(10) Maximum monthly allowances of supplemental foods in Food Package VII. The maximum monthly allowances, options and substitution rates of supplemental foods for women in Food Package VII are stated in Table 2 as follows:

TABLE 2—MAXIMUM MONTHLY ALLOWANCES OF SUPPLEMENTAL FOODS FOR WOMEN IN FOOD PACKAGES VII

Foods ¹	Food Package VII: Fully Breastfeeding (up to 1 year postpartum) ^{4 5}
Juice, single strength ^{6 7}	64 fl oz
Milk, fluid	16 qt ^{8 10 11 12 13 15}

Breakfast cereal ¹⁶	36 oz
Eggs ¹⁷	2 dozen
Fruits and vegetables ^{18 19}	\$52.00 in cash-value benefit
Whole wheat or whole grain bread ²⁰	48 oz
Fish (canned) ²¹	20 oz
Mature Legumes, and/or Peanut butter ²³	1 lb dry or 64 oz canned And 18 oz

¹Table 4 of paragraph (e)(12) of this section describes the minimum requirements and specifications for the supplemental foods. Per [paragraph \(b\)\(2\)\(ii\)\(A\)](#) of this section, State agencies must make the full MMA of all foods available to participants by providing at least one package size (or combination of sizes) that add up to the full MMA. However, per [paragraph \(b\)\(1\)\(iii\)](#) of this section, State agencies may authorize other package sizes to increase participant variety and choice. The competent professional authority (CPA) is authorized to determine nutritional risk and prescribe supplemental foods as established by State agency policy.

⁴Food Package VII is issued to **three** categories of WIC participants: Fully breastfeeding women whose infants do not receive formula from the WIC Program; women partially (mostly) breastfeeding multiple infants from the same pregnancy; and pregnant women who are also fully or partially (mostly) breastfeeding singleton infants.

⁵Women fully breastfeeding multiple infants from the same pregnancy are prescribed 1.5 times the maximum allowances.

⁶Combinations of single-strength and concentrated juices may be issued provided that the total volume does not exceed the maximum monthly allowance for single-strength juice.

⁷ Children and women may choose to substitute a \$3 CVV for the full juice amount (64 fluid ounces). The monthly value of the CVV substitution amount for juice will be adjusted annually for inflation consistent with the annual inflation adjustments made to CVV values for women and children. A partial CVV substitution for juice is not authorized. The CVV may be redeemed for any eligible fruit and vegetable (refer to table 4 of paragraph (e)(12) to this section and its footnotes).

⁸ Regular and lactose-free milk must be authorized. “Regular milk” refers to milk that conforms to FDA standard of identity [21 CFR 131.110](#) and contains lactose exclusive of fat content (*e.g.*, low-fat milk). State agencies have the option to authorize plant-based milk alternatives, yogurts, and cheeses, described in table 4 to [paragraph \(e\)\(12\)](#) of this section and its footnotes, as milk substitution options when individually tailoring food packages.

¹⁰ Low-fat (1%) or nonfat milks are the standard milk for issuance to children ≥ 24 months of age and women. Reduced-fat (2%) milk is authorized only for participants with certain conditions, including but not limited to, underweight and maternal weight loss during pregnancy. The need for reduced-fat (2%) milk for children receiving Food Package IV-B and women must be based on an individual nutritional assessment.

¹¹ Evaporated milk may be substituted at the rate of 16 fluid ounces of evaporated milk per 32 fluid ounces of fluid milk (*i.e.*, 1:2 fluid ounce substitution ratio). Dry milk may be substituted at an equal reconstituted rate to fluid milk.

¹² For children and women, 1 pound of cheese may be substituted for 3 quarts of milk; 1 quart of yogurt may be substituted for 1 quart of milk with a maximum of 2 quarts of yogurt that may be substituted for 2 quarts of milk. Women receiving Food Package VII may substitute up to 2 pounds of cheese for 6 quarts of milk. For children and women in Food Packages IV through VI, no more than 1 pound of cheese may be substituted. State agencies do not have the option to issue additional amounts of cheese or yogurt beyond these maximums even with medical documentation.

¹³ For children ≥ 24 months of age (Food Package IV-B) and women, low-fat or nonfat yogurts are the only types of yogurts authorized.

¹⁵ When individually tailoring food packages for women, plant-based milk alternatives may be substituted for milk on a quart for quart basis up to the total MMA of milk; tofu may be substituted for milk at the rate of 1 pound of tofu per 1 quart of milk up to the total MMA of milk.

¹⁶ At least 75 percent of cereal on a State agency's authorized food list must meet whole grain criteria for breakfast cereal (refer to table 4 to [paragraph \(e\)\(12\)](#) of this section and its footnotes).

¹⁷ State agencies must authorize substitution of dry legumes (1 pound), canned legumes (64 ounces), and peanut butter (18 ounces) for each 1 dozen eggs when individually tailoring food packages. At State agency option, State agencies may authorize tofu (1 pound) or nut and seed butters (18 ounces) to substitute for each 1 dozen eggs when individually tailoring food packages.

¹⁸ State agencies must authorize fresh and one other form of processed (*i.e.*, canned (shelf-stable), frozen, and/or dried) fruits and vegetables. State agencies may choose to authorize additional or all processed forms of fruits and vegetables. The CVV may be redeemed for any eligible fruit and vegetable (refer to table 4 to [paragraph \(e\)\(12\)](#) of this section and its footnotes). Except as authorized in [paragraph \(b\)\(1\)\(i\)](#) of this section, State agencies may not selectively choose which fruits and vegetables are available to participants. For example, if a State agency chooses to offer dried fruits, it must authorize all WIC-eligible dried fruits.

¹⁹ The monthly value of the fruit/vegetable CVV will be adjusted annually for inflation using fiscal year 2022 as the base year as described in [§ 246.16\(j\)](#).

²⁰ Whole wheat or whole grain bread must be authorized. State agencies have the option to also authorize other whole grain options as described in table 4 to [paragraph \(e\)\(12\)](#) of this section and its footnotes.

²¹ Issuance of smaller container sizes is encouraged to reduce the likelihood of exceeding a safe weekly consumption level of methylmercury. The U.S. Food and Drug Administration (FDA) and the U.S. Environmental Protection Agency (EPA) provide joint advice regarding fish consumption to limit methylmercury exposure for children. As noted in their 2021 joint advice, depending on body weight, some women and some children should choose fish lowest in methylmercury or eat less fish than the amounts in the 2020-2025 Dietary Guidelines for Americans (DGA) Healthy US-Style Dietary Pattern. More information is available on the FDA and EPA websites at [FDA.gov/fishadvice](https://www.fda.gov/fishadvice) and [EPA.gov/fishadvice](https://www.epa.gov/fishadvice).

²³ State agencies are required to offer both mature dry (1 pound) and canned (64 ounces) legumes. Food Packages V and VII must provide both legumes and peanut butter. However, when individually tailoring these food packages, State agencies may issue the following combinations: 1 pound dry and 64 oz. canned legumes (and no peanut butter); 2 pounds dry or 128 oz. canned legumes (and no peanut butter); or 36 oz. peanut butter (and no legumes). State agencies also have the option to authorize other nut and seed butters as a substitute for peanut butter (on a 1:1 ounce substitution ratio), as described in table 4 to [paragraph \(e\)\(12\)](#) of this section and its footnotes, when individually tailoring food packages.

246.10(e)(12) Minimum requirements and specifications for supplemental foods. Table 4 describes the minimum requirements and specifications for supplemental foods in all food packages:

TABLE 4—MINIMUM REQUIREMENTS AND SPECIFICATIONS FOR SUPPLEMENTAL FOODS

Categories/foods	Minimum requirements and specifications
Milk, Milk Alternatives, and Milk Substitutions: Cow's milk ²	<p>Must conform to FDA standard of identity for whole, reduced fat, lowfat, or nonfat milks (21 CFR 131.110). Must be pasteurized. Only unflavored milk is permitted. May be fluid, shelf-stable, evaporated (21 CFR 131.130), or dry.</p> <p>Dry whole milk must conform to FDA standard of identity (21 CFR 131.147). Nonfat dry milk must conform to FDA standard of identity (21 CFR 131.127).</p> <p>Cultured milks must conform to FDA standard of identity for</p>

	<p>cultured milk, e.g. cultured buttermilk, kefir cultured milk, acidophilus cultured milk (21 CFR 131.112).</p> <p>Acidified milk must conform to FDA standard of identity for acidified milk, e.g., acidified kefir milk, acidified acidophilus milk or acidified buttermilk (21 CFR 131.111).</p> <p>All reduced fat, lowfat, and nonfat cow's milk types and varieties must contain at least 400 IU of vitamin D per quart (100 IU per cup) and 2000 IU of vitamin A per quart (500 IU per cup).</p>
<p>Milk, Milk Alternatives, and Milk Substitutions:</p> <p>Goat's milk</p>	<p>Must be pasteurized. Only unflavored milk is permitted. May be fluid, shelf-stable, evaporated or dry (i.e., powdered).</p> <p>All reduced fat, lowfat, and nonfat goat's milk must contain at least 400 IU of vitamin D per quart (100 IU per cup) and 2,000 IU of vitamin A per quart (500 IU per cup).</p>
<p>Milk, Milk Alternatives, and Milk Substitutions:</p> <p>Plant-based Milk Alternatives</p>	<p>Must contain ≤10 g of added sugars per cup and be fortified to meet the following nutrient levels (amounts are provided per cup): 276 mg calcium, 8 g protein, 500 international units vitamin A, 100 IU (2.5 micrograms) vitamin D, 24 mg magnesium, 222 mg phosphorus, 349 mg potassium, 0.44 mg riboflavin, and 1.1 mcg vitamin B12, in accordance with FDA-issued fortification guidelines.</p> <p>May be flavored or unflavored.</p>
<p>Milk, Milk Alternatives, and Milk Substitutions:</p> <p>Cheese</p>	<p>Domestic cheese made from 100 percent pasteurized milk.</p> <p>Must conform to FDA standard of identity (21 CFR part 133);</p> <p>Monterey Jack, Colby, natural Cheddar, Swiss, Brick, Muenster, Provolone, part-skim or whole Mozzarella, pasteurized process American, or blends of any of these cheeses are authorized.</p> <p>Cheeses that are labeled low, free, reduced, less or light in sodium, fat or cholesterol are WIC eligible.</p>
<p>Milk, Milk Alternatives, and Milk Substitutions:</p> <p>Yogurt</p>	<p>Yogurt must be pasteurized and conform to FDA standard of identity for whole fat (21 CFR 131.200), lowfat (21 CFR 131.203), or nonfat (21 CFR 131.206); plain or flavored with ≤40 g of total sugars per 1 cup yogurt.</p>

	<p>Yogurts that are fortified with vitamin A and D and other nutrients may be allowed at the State agency's option. Yogurts sold with accompanying mix-in ingredients such as granola, candy pieces, honey, nuts and similar ingredients are not authorized.</p> <p>Drinkable yogurts are not authorized.</p>
Milk, Milk Alternatives, and Milk Substitutions: Tofu	<p>Must contain a minimum of 100 mg of calcium per 100 g of May not contain added fats, sugars, oils, or sodium.</p>
Juice	<p>Must be pasteurized 100% unsweetened fruit juice. Must contain at least 30 mg of vitamin C per 100 mL of juice. Must conform to FDA standard of identity as appropriate (21 CFR part 146) or vegetable juice must conform to FDA standard of identity as appropriate (21 CFR part 156).</p> <p>Except for 100% citrus juices, State agencies must verify the vitamin C content of all State-approved juices.</p> <p>Juices that are fortified with other nutrients may be allowed at the State agency's option.</p> <p>Juice may be fresh, from concentrate, frozen, canned, or shelf-stable.</p> <p>Blends of authorized juices are allowed.</p> <p>Vegetable juice may be regular or lower in sodium.</p>
Eggs	<p>Fresh shell domestic hens' eggs or dried eggs mix (must conform to FDA standard of identity in 21 CFR 160.105) or pasteurized liquid whole eggs (must conform to FDA standard of identity in 21 CFR 160.115).</p> <p>Hard boiled eggs, where readily available for purchase in small quantities, may be provided for homeless participants.</p>
Breakfast Cereal (Ready-to-eat and instant and regular hot cereals)	<p>Must contain a minimum of 28 mg iron per 100 g dry cereal. Must contain ≤ 21.2 g of added sugar per 100 g dry cereal (≤ 6 g per dry oz).</p> <p>Seventy five percent of cereals on the State agency authorized food list must contain whole grain as the first ingredient.</p>

<p>Fruits and Vegetables (fresh and processed) ^{3 4 5 6 7}</p>	<p>Any variety of fresh (as defined by 21 CFR 101.95) whole or cut fruit without added sugars.</p> <p>Any variety of fresh (as defined by 21 CFR 101.95) whole or cut vegetable without added sugars, fats, or oils.</p> <p>Any variety of canned fruits (must conform to FDA standard of identity as appropriate (21 CFR part 145)) ; including applesauce, juice pack or water pack without added sugars, fats, oils, or salt (i.e., sodium). The fruit must be listed as the first ingredient.</p> <p>Any variety of frozen fruits without added sugars, fats, oils, or salt (i.e., sodium).</p> <p>Any variety of canned or frozen vegetables without added sugars, fats, or oils. Vegetable must be listed as the first ingredient. May be regular or lower in sodium. Must conform to FDA Standard of Identity as appropriate (21 CFR part 155).</p> <p>Any type of dried fruits or dried vegetables without added sugars, fats, oils, or salt (i.e., sodium).</p> <p>Any type of immature beans, peas, or lentils, fresh or in canned forms.</p> <p>Any type of frozen beans (immature or mature). Beans purchased with the cash-value benefit may contain added vegetables and fruits, but may not contain added sugars, fats, oils, or meat as purchased. Canned beans, peas, or lentils may be regular or lower in sodium content.</p> <p>Fresh herbs, cut at the root or with the root intact.</p> <p>State agencies must allow organic forms of WIC-eligible fruits and vegetables.</p>
<p>Whole Wheat Bread, Whole Grain Bread and Whole Grain Options: Bread</p>	<p>Whole wheat bread must conform to FDA standard of identity (21 CFR 136.180). (Includes whole wheat buns and rolls.) “Whole wheat flour” and/or “bromated whole wheat flour” must be the only flours listed in the ingredient list.</p> <p>OR</p>

	<p>Whole grain bread must conform to FDA standard of identity (21 CFR 136.110) (includes whole grain buns and rolls).</p> <p>AND</p> <p>Must contain at least 50 percent whole grains with the remaining grains being either enriched or whole grains.⁸</p>
<p>Whole Wheat Bread, Whole Grain Bread and Whole Grain Options: Whole Grain Options</p>	<p>Brown rice, wild rice, quinoa, bulgur, (cracked wheat), oats, and whole-grain barley, millet, triticale, amaranth, cornmeal (including blue), corn masa flour, whole wheat macaroni (pasta) products, whole wheat bread products (<i>i.e.</i>, pita, English muffin, bagels, naan), soft corn or whole wheat tortillas, buckwheat, teff, kamut, sorghum, wheat berries without added sugars, fats, oils, or salt (<i>i.e.</i>, sodium). May be instant-, quick-, or regular-cooking.</p> <p>State agencies have the option to authorize other intact whole grain options without added sugars, fats, oils, or salt (<i>i.e.</i>, sodium).</p> <p>Corn meal (including blue) must conform to FDA Standard of Identity 21 CFR 137.260 & aligning with USDA School Meal Guidance.</p> <p>Soft corn or whole wheat tortillas. Soft corn tortillas made from ground masa flour (corn flour) using traditional processing methods are WIC-eligible, e.g., whole corn, corn (masa), whole ground corn, corn masa flour, masa harina, and white corn flour. For whole wheat tortillas, “whole wheat flour” must be the only flour listed in the ingredient list. States may offer tortillas made with folic acid-fortified corn masa flour.</p> <p>Whole wheat macaroni (pasta) products. Must conform to FDA standard of identity (21 CFR 139.138) and have no added sugars, fats, oils, or salt (<i>i.e.</i>, sodium). “Whole wheat flour” and/or “whole durum wheat flour” must be the only flours listed in the ingredient list. Other shapes and sizes that otherwise meet the FDA standard of identity for whole wheat macaroni (pasta) products (139.138), and have no added sugars, fats, oils, or salt (<i>i.e.</i>, sodium), are also authorized (e.g., whole wheat rotini, and whole wheat penne).</p>
Fish (canned) ⁴	<p>Light tuna (must conform to FDA Standard of Identity (21 CFR 161.190));</p>

	<p>Salmon (Pacific salmon must conform to FDA standard of identity (21 CFR 161.170)); Sardines; and Mackerel (N. Atlantic <i>Scomber scombrus</i>, Chub Pacific <i>Scomber japonicas</i>)⁹</p> <p>May be packed in water or oil. Pack may include bones or skin. Only boneless varieties of fish may be provided to children at State agency option.</p> <p>Added sauces and flavorings, <i>e.g.</i>, tomato sauce, mustard, lemon, are authorized at the State agency's option.</p> <p>May be regular or lower in sodium content.</p>
<p>Mature Legumes, Peanut Butter, and Peanut Butter Substitutions: Mature Legumes (dry beans and peas)¹⁰</p>	<p>Any type of mature dry beans, peas, or lentils in dry-packaged or canned⁴ forms. Examples include but are not limited to black beans, black-eyed peas, garbanzo beans (chickpeas), great northern beans, white beans (navy and pea beans), kidney beans, mature lima ("butter beans"), fava and mung beans, pinto beans, soybeans/edamame, split peas, lentils, and refried beans. Does not include green beans or green peas.</p> <p>All categories exclude soups. May not contain added sugars, fats, oils, vegetables, fruits or meat as purchased. Canned legumes may be regular or lower in sodium content.¹¹</p> <p>Baked beans may only be provided for participants with limited cooking facilities.¹¹</p>
<p>Mature Legumes, Peanut Butter, and Peanut Butter Substitutions: Peanut Butter</p>	<p>Peanut butter and reduced fat peanut butter (must conform to FDA Standard of Identity (21 CFR 164.150)); creamy or chunky, regular or reduced fat, salted or unsalted forms are allowed. Peanut butters with added marshmallows, honey, jelly, chocolate or similar ingredients are not authorized.</p>
<p>Mature Legumes, Peanut Butter, and Peanut Butter Substitutions: Nut and Seed Butters</p>	<p>Must provide comparable nutritive value to peanut butter (<i>i.e.</i>, protein and iron).</p> <p>May be creamy or chunky, regular, or reduced-fat, salted or unsalted forms are allowed. Nut and seed butter with added marshmallows, honey, jelly, chocolate, or similar ingredients are not authorized.</p>

Note: FDA = Food and Drug Administration of the U.S. Department of Health and Human Services. Foods must comply with labeling requirements consistent with 21 CFR parts 130 and 101.

²All authorized milks must conform to FDA standards of identity for milks as defined by 21 CFR part 131 and meet WIC's requirements for vitamin fortification as specified in Table 4 of paragraph (e)(12) of this section. Additional authorized milks include, but are not limited to: calcium-fortified, lactose-reduced, organic and UHT pasteurized milks. Other milks are permitted at the State agency's discretion provided that the State agency determines that the milk meets the minimum requirements for authorized milk.

³ Processed refers to frozen, canned (see footnote 4 to this table 4), or dried.

⁴ Canned refers to processed food items in cans or other shelf-stable containers, e.g., jars, pouches.

⁵ Fresh herbs, cut at the root or with the root intact, are authorized. The following are not authorized: spices and dried herbs; seeds; potted plants with vegetables, fruits or herbs; creamed vegetables or vegetables with added sauces; fresh fruits and/or vegetables packaged with dips, sauces, or glazes; mixed vegetables containing noodles, nuts, or sauce packets; vegetable-grain (e.g., pasta, rice) mixtures; fruit-nut mixtures; breaded vegetables; fruits and vegetables for purchase on salad bars; peanuts or other nuts; ornamental and decorative fruits and vegetables such as chili peppers or garlic on a string, gourds, painted pumpkins, fruit baskets, and decorative blossoms and flowers; and foods containing fruits such as blueberry muffins and other baked goods. Home-canned and home-preserved fruits and vegetables are not authorized.

⁶ Excludes catsup or other condiments; pickled vegetables; olives; soups; juices; and fruit leathers and fruit roll-ups. Canned tomato sauce, tomato paste, salsa, and spaghetti sauce without added sugar, fats, or oils are authorized.

⁷ State agencies have the option to allow only lower sodium canned vegetables for purchase with the cash-value voucher.

⁸ One of the following criteria must be met to confirm the product provides 50% or more whole grains: (1) product labeling contains the FDA health claim "Diet rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers" OR "Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease"; (2) meets the "rule of three" criteria (*i.e.*, the first ingredient (or second after water) must be whole grain, and the next two grain ingredients (if any) must be whole grains, enriched grains, bran or germ; (3) the manufacturer provides written documentation that the product contains 50% or more whole grains by weight.

⁹ King mackerel is not authorized.

¹⁰ Mature dry beans, peas, or lentils in dry-packaged and canned forms are authorized under the mature legume category. Immature varieties of fresh or canned beans and frozen beans of any type (immature or mature) are authorized for purchase with the cash-value voucher only. Juices

are provided as a separate WIC food category and are not authorized under the fruit and vegetable category.

¹¹ The following are not authorized in the mature legume category: soups; immature varieties of legumes, such as those used in canned green peas, green beans, snap beans, yellow beans, and wax beans; baked beans with meat, e.g., beans and franks; beans containing added sugars (except for baked beans), fats, oils, meats, fruits, or vegetables.

Authority

7 CFR Part 246.10(e)excerpt
7 CFR part 246.10(e)(7)(i-ii)
7 CFR Part 246.10(e)(10)excerpt
7 CFR Part 246.10(e)(10)(Table 2)except
7 CFR Part 246.10(e)(12)
7 CFR Part 246.10(e)(12)(Table 4)excerpt

Procedures

Nutrition tailoring is the process of modifying an individual food package to better meet the supplemental nutritional needs of each participant, and entails making substitutions, reductions, and eliminations to food types and physical food forms to accommodate special dietary needs, cultural practices, and personal preference. Any time a subcategory within a food package is changed, along with the options below, that is considered nutrition tailoring and requires documentation on the food package panel or in the nutrition care plan. Reasons for substitution include accommodating special dietary needs, cultural practices and personal preferences.

Milk, Milk Alternatives and Milk Substitutions:

Food package VII can be tailored with milk alternatives and substitutions up to the maximums allowed per federal regulations to accommodate the needs of an individual participant based on the Competent Professional Authority's (CPA) assessment of the participant's nutrition risk(s), dietary needs, cultural practices and personal food preferences. Medical documentation will not be required but if substitutions are issued for cow's milk, the reason must be documented on the food package panel or in the nutrition care plan. Reasons for substitution include accommodating special dietary needs, cultural practices and personal preferences.

When individually tailoring food packages for women,

- Issuance of soy-based milk alternatives, goat milk, lactose-free, and acidophilus milk may be substituted for milk on a quart for quart basis up to the total MMA of milk. Buttermilk would be a low fat option.
- Tofu may be substituted for milk at the rate of 1 pound of tofu per 1 quart of milk up to the total MMA of milk.
- Dry milk powder can be substituted for milk at the rate of one box = eight quarts, not to

exceed the MMA of milk.

- Evaporated (regular or goat) can be substituted for milk at the rate of four 12 oz cans = three quarts, not to exceed the MMA of milk.
- Goat milk powder can be substituted for milk at the rate of 12 oz powder = three quarts milk, not to exceed the MMA of milk.
- One pound of cheese may be substituted for 3 quarts of milk with a maximum of two pounds of cheese for 6 quarts of milk for women receiving food package VII (maximum of three pounds for 9 quarts for women eligible for 1.5 times food package VII).
- One quart of yogurt may be substituted for 1 quart of milk with a maximum of 2 quarts of yogurt that may be substituted for 2 quarts of milk (maximum of three quarts yogurt for 3 quarts milk for women eligible for 1.5 times food package VII).

Peanut Butter/Mature Legumes Substitution: If substitutions are issued for the mature legumes and/or peanut butter food category, there must be a reason documented on the Food Package panel or in the nutrition care plan. Reasons for substitution include accommodating special dietary needs, cultural practices and personal preferences

- Peanut butter may be substituted for nut and seed butters (on a 1:1 ounce substitution ratio) when individually tailoring food packages.

Juice/cash value voucher (CVB): If a substitution is issued for juice, there must be a reason documented on the Food Package panel or in the nutrition care plan. Reasons for substitution include accommodating special dietary needs, cultural practices and personal preferences.

- Women may receive either 64 ounces of juice or a \$3 CVB for the full juice amount. The monthly value of the CVB substitution amount for juice will be adjusted annually for inflation consistent with the annual inflation adjustments made to CVB values.

Eggs Substitution: If a substitution is issued for eggs, there must be a reason documented on the Food Package panel or in the nutrition care plan. Reasons for substitution include accommodating special dietary needs, cultural practices and personal preferences.

- Eggs may be substituted for dry legumes (1 pound), canned legumes (64 ounces), peanut butter (18 ounces) or nut and seed butters (18 ounces) when individually tailoring food packages. It may also be substituted for tofu (1 pound) however that must be done via an account balance correction request to the WIC helpdesk. In that case you will issue the eggs as you normally would and include in your care plan your request to have them replaced with tofu per your participant's reason/request.

Due to how the data system works, participants receiving peanut butter, juice, egg and milk substitutions, as well as other forms of milk (evaporated, lactose-free, goats, sweet acidophilus, and dry) must have these products specifically listed on their food benefits.

WIC must provide the full maximum monthly allowance of all foods. For example, when a combination of different milk forms is requested by the participant, the full maximum monthly

allowance of milk must still be provided. It must then be explained to participants that if they choose to purchase smaller package sizes, for example a 24 oz. container of yogurt instead of a 32 oz. container, they will not receive the full nutritional benefit of milk. This applies to all food groups.

Best Practices

Examples of food packages with the equivalent of 16 quarts of milk are listed below:

1 lb. cheese + 3 gallons milk (or soy beverage) + 1 qt. milk (or soy beverage)

1 lb. cheese + 3 gallons milk (or soy beverage) + 1 qt. yogurt

2 qt. yogurt + 4 lb. tofu + 2.5 gallons lactose free milk