

Title: Women Food Packages	Category: Food Delivery
CFR Reference: 7 CFR 246.10E	Policy Number: 9.007
Effective Date: 3/2022	Revised Date: 11/17/2025

POLICY STATEMENT:

The State Agency will make available in the MIS food packages based on the woman's categorical status (e.g. pregnancy, postpartum and breastfeeding statuses) that allow up to the Maximum Monthly Allowance (MMA)* of authorized supplemental foods in accordance with 7 CFR 246.10(e)(4).

Each woman will receive a tailored food package based on a nutrition assessment conducted in accordance with DC WIC policy 2.003 Nutrition and Breastfeeding Assessment that meets the cultural, medical, and dietary needs of the DC WIC participant. Mother-infant dyads* must have corresponding categories that best characterize the infant's feeding status.

**See DC WIC policy 9.004 Federal Food Packages for definition of MMA and DC WIC policy 9.005 Infant Food Packages for definition of mother-infant dyads.*

PROCEDURE

The CPA or CPPA must provide each woman with a tailored food package based on the MMAs established for each woman's categorical status as defined in DC WIC policy 8.004 Categorical Eligibility:

Pregnant (Singleton Fetus)

The table below lists the MMAs of authorized supplement foods for the following DC WIC categories: **PG1, PG2, PG1 & PN+, and PG2 & PN+**

Authorized Supplemental Food	Food Package V, Part A
Juice	64 fl oz <i>full substitution:</i> - \$3CVB
Low-fat and nonfat milk	4 gallons (i.e. 16 quarts) <i>partial substitutions:</i> - 1 lb of cheese (in place of 3 quarts of milk) - Up to 64 oz of yogurt (32 oz per 1 quart of milk) - Up to 4 quarts of kefir (1 quart of kefir per 1 quart of milk) <i>full substitutions:</i> - 1 lb of tofu for each quart of milk - Any additional authorized milk (e.g. dry powdered milk, lactose-free, soy, goat's milk, UHT milk, etc) for each quart of milk*
Breakfast cereal	36 oz
Eggs	1 dozen <i>full substitution:</i> - 1 lb of tofu or - 1 CTR of dry or canned beans, peas, lentils, or 16 to 18 of peanut butter or nut or seed butter
Fruits and vegetables	\$47** CVB

Whole wheat bread or other whole grain option	48 oz
Canned fish	10 oz
Mature legumes	1 lb dry beans or 64 oz canned beans and*** 1 CTR of 16 to 18 oz peanut butter or nut and seed butter
WIC formula (see DC WIC policy 9.008)	Up to 455 fl oz of liquid concentrate (powdered and RTF may be substituted at equivalent rates).
*Authorized milk - see a full listing of authorized milks in the DC WIC Authorized Foods List ** CVB amounts may be adjusted annually ***Mature legumes – Participants may choose from any of the three options for each of their legume selections (dry beans, canned beans, peanut butter and/or nut and seed butters)	

Partially (Mostly) Nursing and Pregnant with Multiples

The table below lists the MMAs of authorized supplement foods for the following DC WIC categories: **PN, PG1 (Multiples) and PG2 (Multiples).**

Authorized Supplemental Food	Food Package V, Part B
Juice	64 fl oz <i>full substitution:</i> - \$3CVB
Low-fat and nonfat milk	4 gallons (i.e. 16 quarts) <i>partial substitutions:</i> - 1 lb of cheese (in place of 3 quarts of milk) - Up to 64 oz of yogurt (32 oz per 1 quart of milk) - Up to 4 quarts of kefir (1 quart of kefir per 1 quart of milk) <i>full substitutions:</i> - 1 lb of tofu for each quart of milk - Any additional authorized milk (e.g. dry powdered milk, lactose-free, soy, goat's milk, UHT milk, etc) for each quart of milk*
Breakfast cereal	36 oz
Eggs	1 dozen <i>full substitution:</i> - 1 lb of tofu or - 1 CTR of dry or canned beans, peas, lentils, or 16 to 18 of peanut butter or nut or seed butter
Fruits and vegetables	\$52** CVB
Whole wheat bread or other whole grain option	48 oz
Canned fish	15 oz
Mature legumes	1 lb dry beans or 64 oz canned beans and*** 1 CTR of 16 to 18 oz peanut butter or nut and seed butter
WIC formula (see DC WIC policy 9.008)	Up to 455 fl oz of liquid concentrate (powdered and RTF may be substituted at equivalent rates).
*Authorized milk - see a full listing of authorized milks in the DC WIC Authorized Foods List ** CVB amounts may be adjusted annually	

*****Mature legumes** – Participants may choose from any of the three options for each of their legume selections (dry beans, canned beans, peanut butter and/or nut and seed butters)

Postpartum, Partially (Some) Nursing, Pregnancy Loss within Last 6 Months

The table below lists the MMAs of authorized supplement foods for the following DC WIC categories:

PN+, P, PN+ (Multiples), and P (Multiples).

Authorized Supplemental Food	Food Package VI
Juice	64 fl oz <i>full substitution:</i> - \$3CVB
Low-fat and nonfat milk	4 gallons (i.e. 16 quarts) <i>partial substitutions:</i> - 1 lb of cheese (in place of 3 quarts of milk) - Up to 64 oz of yogurt (32 oz per 1 quart of milk) - Up to 4 quarts of kefir (1 quart of kefir per 1 quart of milk) <i>full substitutions:</i> - 1 lb of tofu for each quart of milk - Any additional authorized milk (e.g. dry powdered milk, lactose-free, soy or other plant-based milks, goat's milk, UHT milk, etc) for each quart of milk*
Breakfast cereal	36 oz
Eggs	1 dozen <i>full substitution:</i> - 1 lb of tofu or - 1 CTR of dry or canned beans, peas, lentils, or 16 to 18 of peanut butter or nut or seed butter
Fruits and vegetables	\$47** CVB
Whole wheat bread or other whole grain option	48 oz
Canned fish	10 oz
Mature legumes	1 lb dry beans or 64 oz canned beans or 1 CTR of 16 to 18 oz peanut butter or nut and seed butter
WIC formula (see DC WIC policy 9.008)	Up to 455 fl oz of liquid concentrate (powdered and RTF may be substituted at equivalent rates).
*Authorized milk – see a full listing of authorized milks in the DC WIC Authorized Foods List	
** CVB amounts may be adjusted annually	

Fully Breastfeeding, Partially (Mostly) Nursing Multiples, Pregnant and Partially (Mostly) Nursing

The table below lists the MMAs of authorized supplement foods for the following DC WIC categories:

EN, PN (Multiples), PG1 and EN, PG1 and PN, PG2 and EN, PG2 and PN



Authorized Supplemental Food	Food Package VII
Juice	64 fl oz <i>full substitution:</i> - \$3CVB
Low-fat and nonfat milk	4 gallons (i.e. 16 quarts) <i>partial substitutions:</i> - 1 lb of cheese (in place of 3 quarts of milk) - Up to 64 oz of yogurt (32 oz per 1 quart of milk) - Up to 4 quarts of kefir (1 quart of kefir per 1 quart of milk) <i>full substitutions:</i> - 1 lb of tofu for each quart of milk - Any additional authorized milk (e.g. dry powdered milk, lactose-free, soy or other plant-based milks, goat's milk, UHT milk, etc) for each quart of milk*
Breakfast cereal	36 oz
Eggs	2 dozen <i>full substitution**:</i> - 1 lb of tofu or - 1 CTR of dry or canned beans, peas, lentils, or 16 to 18 of peanut butter or nut or seed butter
Fruits and vegetables	\$52*** CVB
Whole wheat bread or other whole grain option	48 oz
Canned fish	20 oz
Mature legumes	1 lb dry beans or 64 oz canned beans and**** 1 CTR of 16 to 18 oz peanut butter or nut and seed butter
WIC formula (see DC WIC policy 9.008)	Up to 455 fl oz of liquid concentrate (powdered and RTF may be substituted at equivalent rates).
<p>*Authorized milk – see a full listing of authorized milks in the DC WIC Authorized Foods List</p> <p>**Eggs- Participants may choose from any of the three options for each of their egg benefit allotments (1 dozen eggs, 1 lb of tofu, or 1 CTR of dry or canned beans, peas, lentils, or 16 to 18 oz of peanut butter or nut or seed butter)</p> <p>*** CVB amounts may be adjusted annually</p> <p>****Mature legumes - Participants may choose from any of the three options for each of their legume selections (dry beans, canned beans, peanut butter and/or nut and seed butters)</p>	

Fully Breastfeeding Multiples

The table below lists the MMAs of authorized supplement foods for the following DC WIC categories:

EN (Multiples)

Authorized Supplemental Food	Food Package VII (1.5 MMA)
Juice	96 fl oz <i>full substitution:</i> - \$4.5 CVB
Low-fat and nonfat milk	6 gallons (i.e. 24 quarts) <i>partial substitutions:</i>

	<ul style="list-style-type: none"> - Up to 2 lb of cheese (1 lb per 3 quarts of milk) - Up to 64 oz of low-fat/nonfat yogurt (32 oz per 1 qt of milk) - Up to 4 quarts of kefir (1 qt of kefir per 1 qt of milk) <p><i>full substitutions:</i></p> <ul style="list-style-type: none"> - 1 lb of tofu for each quart of milk - Any additional authorized milk (e.g. dry powdered milk, lactose-free, soy, goat's milk, UHT milk, etc) for each quart of milk*
Breakfast cereal	54 oz
Eggs	3 dozen
	<p><i>full substitution**:</i></p> <ul style="list-style-type: none"> - 1 lb of tofu or - 1 CTR of dry or canned beans, peas, lentils, or 16 to 18 of peanut butter or nut or seed butter
Fruits and vegetables	\$78*** CVB
Whole wheat bread or other whole grain option	72 oz
Canned fish	30 oz
Mature legumes	1 lb dry beans and 64 oz canned beans and**** 1 CTR of 16 to 18 oz peanut butter or nut and seed butter
WIC formula (see DC WIC policy 9.008)	Up to 455 fl oz of liquid concentrate (powdered and RTF may be substituted at equivalent rates).
<p>*Authorized milk – see a full listing of authorized milks in the DC WIC Authorized Foods List</p> <p>**Eggs- Participants may choose from any of the three options for each of their egg benefit allotments (1 dozen eggs, 1 lb of tofu, or 1 CTR of dry or canned beans, peas, lentils, or 16 to 18 oz of peanut butter or nut or seed butter)</p> <p>*** CVB amounts may be adjusted annually</p> <p>****Mature legumes - Participants may choose from any of the three options for each of their legume selections (dry beans, canned beans, peanut butter and/or nut and seed butters)</p>	

Whole milk issuance to women

Whole milk may be issued to women in place of low-fat and nonfat milk only when determined appropriate by a healthcare provider per medical documentation and must be assigned as part of Food Package III (see DC WIC policy 9.008 Qualifying Medical Conditions).

Reduced-fat milk (2%) issuance to women

Reduced-fat milk (2%) may be issued to women in place of low-fat and nonfat milk only as determined, at minimum, by a CPA based on an individual nutritional assessment and its justification documented in the participant's record.

Additional food package tailoring options for women

Additional food item tailoring options may be considered as part of Food Package III issuance including issuance of jarred infant fruits and vegetables, infant cereal, and whole milk yogurt as determined appropriate by a healthcare provider per medical documentation. See DC WIC policy 9.008 Qualifying Medical Conditions for more information.



REFERENCES

DC WIC policies 2.003 Nutrition and Breastfeeding Assessment, 9.004 Federal Food Packages, 9.005 Infant Food Packages, 9.008 Qualifying Medical Conditions

ATTACHMENTS & FORMS

DC WIC Medical Prescription Form

DC WIC Authorized Foods List

