

Title: Federal Food Packages	Category: Food Delivery
CFR Reference: 246.10	Policy Number 9.004
Effective Date 4/2022	Revised Date: 03/01/2026

POLICY STATEMENT

The State Agency is responsible for ensuring that all federally authorized WIC **supplemental foods** are available in quantities that meet and do not exceed the **Maximum Monthly Allowances (MMAs)** to DC WIC participants established by the seven federal WIC food packages in accordance with 7 CFR 246.10(e). A Food Package Committee at the State Agency determines which foods shall be authorized for inclusion in the DC WIC Approved Food List.

Each authorized supplemental food must align with the federal minimum requirements and nutrition specifications in accordance with 7 CFR 246.10(e)(12).

The Local Agency is responsible for ensuring each WIC participant receives the appropriate federal food package based on category and nutritional risk as part of performing a comprehensive nutrition and breastfeeding assessment in accordance with DC WIC policy 2.003 Nutrition and Breastfeeding Assessment.

DEFINITIONS

Maximum Monthly Allowance – MMA; the maximum quantity of any WIC supplemental food that can be assigned to a participant each month based on the seven federal food packages.

Supplemental foods- each federally authorized food item available in DC WIC for issuance to participants. Examples include whole grains, yogurt, infant cereal, and cow’s milk.

PROCEDURE

The seven federal food packages are described below and may only be assigned to WIC participants by a CPA or CPPA that meets the categorical and/or nutritional risk requirements in accordance with DC WIC policies 8.001 Certification Overview and 9.008 Qualifying Medical Conditions.

Though only a CPA or CPPA may tailor a food package for a participant, additional staff roles (i.e. Nutrition Education Technicians or Administrative Clerks) may be allowed at the Local Agency’s discretion to issue food benefits onto a participant’s account.

Each authorized DC WIC participant category and their allowable supplemental food substitution options can be found in DC WIC policies 9.005 Infant Food Packages, 9.006 Children Food Packages, 9.007 Women Food Packages, and 9.008 Qualifying Medical Conditions.

Federal Food Package	Description	*HANDS Participant Categories
I	Infants 0 – 5 months of age	IEN, IFF, IPN+, IPN
II	Infants 6 – 11 months of age	IEN, IFF, IPN+, IPN
III	Any participant with a qualifying medical condition who is prescribed a special formula or WIC-eligible nutritional	IFF, IPN+, IPN, C1, C2, C3, C4, PG1, PG2, P, PN, PN+, EN
IV	Part A - Children 12 to 23 months of age	C1



	Part B – Children 2 to 4 years of age	C2, C3, C4
V	Part A – Women pregnant with singleton pregnancies	PG1, PG2 PG1 & PN+, PG2 & PN+
	Part B – Partially (mostly) breastfeeding women and women pregnant with two or more fetuses	PN, PG1 (Multiples), PG2 (Multiples)
VI	Women up to 6 months postpartum, women breastfeeding partially (some), and women who have experienced pregnancy loss	P, P (Multiples), PN+, PN+ (Multiples)
VII	*Fully breastfeeding women, women partially (mostly) breastfeeding multiple infants from the same pregnancy; and pregnant women who are also fully or partially (mostly) breastfeeding singleton infants.	EN, PN (Multiples), PG1 & PN, PG2 & PN
	1.5xs MMA - Women who are fully breastfeeding multiples from the same pregnancy are prescribed 1.5 times the maximum allowances for Food Package VII.	EN (Multiples)

*See DC WIC policy 8.004 Categorical Eligibility for definitions on HANDS participant categories and *fully breastfeeding* term.

MMA of Federal Food Packages

This section provides details for Federal Food Packages I, II, IV, V, VI, and VII. See the next section for details of Federal Food Package III – For participants issued a special formula or medical food.

Federal Food Package I Infants 0-5 Months			
Age	Infant Exclusively Nursing (IEN)	Infant Partially (Mostly) Nursing (IPN)	Infant Partially (Some) Nursing + Formula (IPN+) or Infant Formula Fed (IFF)
0-3 months	N/A	- 435 fl oz reconstituted powder or - 388 fl oz reconstituted liquid concentrate or - 384 fl oz RTF/RTU	- 870 fl oz reconstituted powder or - 823 fl oz reconstituted liquid concentrate or - 832 fl oz RTF/RTU
4-5 months	N/A	- 522 fl oz reconstituted powder or - 460 fl oz reconstituted liquid concentrate or - 474 fl oz RTF/RTU	- 960 fl oz reconstituted powder or - 896 fl oz reconstituted liquid concentrate or - 913 fl oz RTF/RTU

Federal Food Package II Infants 6 -11 Months			
Age	Infant Exclusively Nursing	Infant Partially (Mostly) Nursing	Infant Partially (Some) Nursing Formula (IPN+) or



	(IEN)	(IPN)	Infant Formula Fed (IFF)
6-11 months	<ul style="list-style-type: none"> - 128 oz infant food fruits and vegetables or - 64 oz infant food fruits and vegetables + \$11 CVB or - \$22 CVB - 40 oz infant meats - 16 oz infant cereal 	<ul style="list-style-type: none"> - 128 oz infant food fruits and vegetables or - 64 oz infant food fruits and vegetables + \$11 CVB or - \$22 CVB - 8 oz infant cereal - 384 fl oz reconstituted powder, or - 315 fl oz reconstituted liquid, or - 338 fl oz RTF/RTU formula 	<ul style="list-style-type: none"> - 128 oz infant food fruits and vegetables or - 64 oz infant food fruits and vegetables + \$11 CVB or - \$22 CVB - 8 oz infant cereal - 696 fl oz reconstituted powder, or - 630 fl oz reconstituted liquid, or - 643 fl oz RTF/RTU formula

Federal Food Package IV Children 1 – 4 years old	
Part A 12 – 23 months (C1)	<ul style="list-style-type: none"> - 4 gallons whole milk (i.e. 16 quarts) - 64 oz juice - 1 dozen eggs - 6 oz canned fish (tuna, salmon, sardines, mackerel) - 1 lb dry beans or 64 oz canned beans or 16 to 18-oz jar peanut butter - 36 oz breakfast cereal - 24 oz whole grains - \$26* CVB for fruits and vegetables
Part B 2 – 4 years (C2, C3, C4)	<ul style="list-style-type: none"> - 4 gallons of low-fat (1%) or fat-free milk (i.e. 16 quarts) - 64 oz juice - 1 dozen eggs - 6 oz canned fish (tuna, salmon, sardines, mackerel) - 1 lb dry beans or 64 oz canned beans or 16 to 18-oz jar peanut butter - 36 oz breakfast cereal - 24 oz whole grains - \$26 CVB* for fruits and vegetables
<p>*CVB amounts may be adjusted annually Additional tailoring options for Food Package IV can be found in DC WIC policy 9.006 Children Food Packages</p>	

Federal Food Package V Pregnant and Mostly Breastfeeding Women	
Part A Pregnant with singleton fetus (PG1 / PG2)	<ul style="list-style-type: none"> - 5.5 gallons of low-fat (1%) or fat-free milk (i.e. 22 quarts) - 64 oz juice - 1 dozen eggs - 10 oz canned fish (tuna, salmon, sardines, mackerel) - 1 lb dry beans or 64 or oz canned beans and 16 to 18 oz jar peanut butter* - 36 oz breakfast cereal



	<ul style="list-style-type: none"> - 48 oz whole grains - \$47** CVB for fruits and vegetables
<p>Part B</p> <ul style="list-style-type: none"> - Woman partially (mostly) breastfeeding and - pregnant woman with two or more fetuses <p>(PN, PG1 Multiples, PG2 Multiples)</p>	<ul style="list-style-type: none"> - 5.5 gallons of low-fat (1%) or fat-free milk (i.e. 22 quarts) - 64 oz juice - 1 dozen eggs - 15 oz canned fish (tuna, salmon, sardines, mackerel) - 1 lb dry beans or 64-oz canned beans and 16 to 18 oz jar peanut butter* - 36 oz breakfast cereal - 48 oz 100% whole grains - \$47** CVB for fruits and vegetables
<p>*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> <p>**CVB amounts may be adjusted annually</p> <p>Additional tailoring options for Food Package V can be found in DC WIC policy 9.007 Women Food Packages</p>	

Federal Food Package VI Postpartum Women	
<ul style="list-style-type: none"> - Woman postpartum and not breastfeeding, - Woman who experienced pregnancy loss within last 6 months, and - Woman partially (some) nursing <p>(P, PN+)</p>	<ul style="list-style-type: none"> - 4 gallons of low-fat (1%) or fat-free milk (i.e. 16 quarts) - 64 oz juice - 1 dozen eggs - 10 oz canned fish (tuna, salmon, sardines, mackerel) - 1 lb dry beans or 64 oz canned beans or 16 to 18 oz jar peanut butter* - 36 oz breakfast cereal - 48 oz whole grains - \$47** CVB for fruits and vegetables
<p>*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> <p>**CVB amounts may be adjusted annually</p> <p>Additional tailoring options for Food Package V can be found in DC WIC policy 9.007 Women Food Packages</p>	

Federal Food Package VII Women Fully Breastfeeding	
<ul style="list-style-type: none"> - Woman fully breastfeeding - Woman partially (mostly) breastfeeding multiple infants from the same pregnancy - Pregnant woman who are fully or partially (mostly) breastfeeding singleton infants <p>(EN, PN (Multiples), PG1 and EN, PG1 and PN, PG2 and EN, PG2 and PN)</p>	<ul style="list-style-type: none"> - 6 gallons of low-fat (1%) or fat-free milk (i.e. 24 quarts) - 64 oz juice - 2 dozen eggs - 20 oz canned fish (tuna, salmon, sardines, mackerel) - 1 lb dry bean or 64 oz canned beans and 16 to 18-oz jar peanut butter* - 36 oz breakfast cereal - 48 oz whole grains - \$52** CVB for fruits and vegetables



<p>1.5xs MMA Woman fully breastfeeding multiples (EN Multiples)</p>	<ul style="list-style-type: none"> - 9 gallons of low-fat (1%) or fat-free milk (i.e. 36 quarts) - 96 oz juice - 3 dozen eggs - 30 oz canned fish (tuna, salmon, sardines, mackerel) - 1 lb dry beans and 64 oz canned beans and 16 to 18-oz peanut butter* - 54 oz breakfast cereal - 72 oz whole grains - \$78** CVB for fruits and vegetables
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*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)
 **CVB amounts may be adjusted annually
 Additional tailoring options for Food Package V can be found in DC WIC policy 9.008 Women Food Packages

Authorized Supplemental Foods

The following lists the supplemental food categories authorized in the DC WIC program. See the DC WIC Authorized Foods List for a full listing of approved brands and item restrictions.

Breakfast cereals	Cow's milk <ul style="list-style-type: none"> • Whole, reduced fat, lowfat, skim • Buttermilk • Kefir • Shelf stable • Evaporated • Dry 	Plant-based milk Approved brands of: <ul style="list-style-type: none"> • Soy milk 	Goat's milk
Yogurt	Cheese	Tofu	Eggs
Whole wheat bread/whole wheat bread products	Intact whole grains (e.g. oats, brown rice, quinoa, corn masa, etc)	Tortillas Whole wheat and corn tortillas	Whole wheat pasta
Whole grain breads	100% Juice	Dry or canned beans	Peanut butter
Nut and seed butters	Fruit and Vegetables	Canned fish	
Infant formula	Infant cereals	Infant fruits and vegetables	Infant meats

ADDITIONAL FOOD PACKAGE CONSIDERATIONS

Food package tailoring in the MIS defaults to issuing the MMA for each supplemental food category. The CPA or CPPA may tailor and issue amounts less than the MMA if:

- It is medically or nutritionally appropriate (e.g. removing a food item due to an allergy)
- A participant requests to receive less than the MMA for a food item
- The quantities necessary to supplement another program's contribution to fill a medical prescription would be less than the MMA (e.g. a participant is receiving assistance on infant formula from another food program).



REFERENCES

CFR 246.10

DC WIC policies 2.003 Nutrition and Breastfeeding Assessment, 8.001 Certification Overview, 8.004 Categorical Eligibility, 9.005 Infant Food Packages, 9.006 Children Food Packages, 9.007 Women Food Packages, 9.008 Qualifying Medical Conditions

ATTACHMENTS & FORMS

DC WIC Authorized Foods List

