



Cascades Staff Tool

Food Benefits by Participant Category



Participant Category:

- [Children](#)
- [Fully Breastfeeding](#)
- [Fully Breastfeeding + Pregnant](#)
- [Infant](#)
- [Postpartum](#)
- [Partially Breastfeeding > Half Package](#)
- [Partially Breastfeeding < Half Package](#)
- [Partially Breastfeeding ≤ Half Package \(2+ infants\)](#)
- [Fully Breastfeeding Multiples \(2+ infants\)](#)
- [Fully Breastfeeding Multiples \(2+ infants\) and Pregnant](#)
- [Partially Breastfeeding ≤ Half Package + Pregnant](#)
- [Pregnant](#)
- [Pregnant \(Multiples\)](#)

Definitions:

Full Nutrition Benefit (FNB): Minimum amount of formula that must be provided to WIC participants.

Maximum Monthly Allowance (MMA): The upper limit of issuance for each of the physical forms of infant formula for food item that can be provided to WIC participants each month.

Cash Value Benefit (CVB): The monthly fresh and frozen fruit and vegetable benefit.



Cascades Staff Tool

Food Benefits by Participant Category



Participant Category: Infant (0 through 11 months)

Feeding Method: Fully Breastfeeding					
Participant Age	Formula (FNB)	Infant Cereal	Infant Fruits and Vegetables	Fruit and Vegetable CVB	Infant Meats
0 through 5 months	None	None	None	None	None
6 through 8 months	None	24 oz	256 oz	None	77.5 oz
9 through 11 months (with CVB)	None	24 oz	128 oz	\$8.00	77.5 oz
9 through 11 months (without CVB)	None	24 oz	256 oz	None	77.5 oz

Feeding Method: Partially Breastfeeding ≤ Half Package					
Participant Age	Formula (FNB)	Infant Cereal	Infant Fruits and Vegetables	Fruit and Vegetable CVB	Infant Meats
0 to 1 month	104 fl oz	None	None	None	None
1 through 3 months	364 fl oz	None	None	None	None
4 through 5 months	442 fl oz	None	None	None	None
6 through 8 months	312 fl oz	24 oz	128 oz	None	None
9 through 11 months (with CVB)	312 fl oz	24 oz	64 oz	\$4.00	None
9 through 11 months (without CVB)	312 fl oz	24 oz	128 oz	None	None



Cascades Staff Tool

Food Benefits by Participant Category



Feeding Method: Partially Breastfeeding > Half Package					
Participant Age	Formula (FNB)	Infant Cereal	Infant Fruits and Vegetables	Fruit and Vegetable CVB	Infant Meats
0 through 3 months	Up to 806 fl oz	None	None	None	None
4 through 5 months	Up to 884 fl oz	None	None	None	None
6 through 8 months	Up to 624 fl oz	24 oz	128 oz	None	None
9 through 11 months (with CVB)	Up to 624 fl oz	24 oz	64 oz	\$4.00	None
9 through 11 months (without CVB)	Up to 624 fl oz	24 oz	128 oz	None	None



Cascades Staff Tool

Food Benefits by Participant Category



Feeding Method: Fully Formula Feeding					
Participant Age	Formula (FNB)	Infant Cereal	Infant Fruits and Vegetables	Fruit and Vegetable CVB	Infant Meats
0 through 3 months	806 fl oz	None	None	None	None
4 through 5 months	884 fl oz	None	None	None	None
6 through 11 months	624 fl oz	24 oz	128 oz	None	None
9 through 11 months (with CVB)	624 fl oz	24 oz	64 oz	\$4.00	None
9 through 11 months (without CVB)	624 fl oz	24 oz	128 oz	None	None



Cascades Staff Tool

Food Benefits by Participant Category



Participant Category: Children (1 to 5 years)

WIC Foods	Maximum Monthly Allowance (MMA)
Juice	2 containers- 64 oz each
Milk ^{1,2,3}	3.25 gallons (13 quarts)
Breakfast Cereal	36 oz
Cheese ⁴	1 lb
Eggs	1 dozen
Fruits and Vegetables	\$26.00
Whole Grain Choices	32 oz
Dried or Canned Beans, Peas, Lentils or Peanut Butter	1 choice of: <ul style="list-style-type: none">• 16 oz of dried beans or lentilsor• 4 cans of beansor• 16 oz of peanut butter

1. No more than 4 quarts of milk can be substituted for a combination of cheese, yogurt, or tofu
2. 1 quart of milk can be substituted for 32 oz of yogurt
3. 1 quart of milk can be substituted for 16 oz of tofu
4. 3 quarts of milk are already substituted for 1 lb (16 oz) of cheese



Cascades Staff Tool

Food Benefits by Participant Category



Participant Category: Pregnant

WIC Foods	Maximum Monthly Allowance (MMA)
Juice	3 containers of: <ul style="list-style-type: none">• 11.5 or 12 oz frozen can• 46 oz can/plastic bottle
Milk ^{1,2, 3}	4.75 gallons (19 quarts)
Breakfast Cereal	36 oz
Cheese ⁴	1 lb
Eggs	1 dozen
Fruits and Vegetables	\$47.00
Whole Grain Choices	16 oz
Dried or Canned Beans, Peas, Lentils or Peanut Butter	2 choices of: <ul style="list-style-type: none">• 16 oz of dried beans or lentilsor• 4 cans of beansor• 16 oz of peanut butter

1. No more than 4 quarts of milk can be substituted for a combination of cheese, yogurt, or tofu
2. 1 quart of milk can be substituted for 32 oz of yogurt
3. 1 quart of milk can be substituted for 16 oz of tofu
4. 3 quarts of milk are already substituted for 1 lb (16 oz) of cheese



Cascades Staff Tool

Food Benefits by Participant Category



Participant Category: Partially Breastfeeding > Half Package⁵

WIC Foods	Maximum Monthly Allowance (MMA)
Juice	2 containers of: <ul style="list-style-type: none">• 11.5 or 12 oz frozen can• 46 oz can/plastic bottle
Milk ^{1,2,3}	3.25 gallons (13 quarts)
Breakfast Cereal	36 oz
Cheese ⁴	1 lb
Eggs	1 dozen
Fruits and Vegetables	\$52.00
Dried or Canned Beans, Peas, Lentils or Peanut Butter	1 choice of: <ul style="list-style-type: none">• 16 oz of dried beans or lentilsor• 4 cans of beansor• 16 oz of peanut butter

1. No more than 4 quarts of milk can be substituted for a combination of cheese, yogurt, or tofu
2. 1 quart of milk can be substituted for 32 oz of yogurt
3. 1 quart of milk can be substituted for 16 oz of tofu
4. 3 quarts of milk are already substituted for 1 lb (16 oz) of cheese
5. Participants receive this food package only until infant turns 6 months old



Cascades Staff Tool

Food Benefits by Participant Category



Participant Category: Partially Breastfeeding \leq Half Package

WIC Foods	Maximum Monthly Allowance (MMA)
Juice	3 containers of: <ul style="list-style-type: none">• 11.5 or 12 oz frozen can• 46 oz can/plastic bottle
Milk ^{1,2, 3}	4.75 gallons (19 quarts)
Breakfast Cereal	36 oz
Cheese ⁴	1 lb
Eggs	1 dozen
Fruits and Vegetables	\$52.00
Whole Grain Choices	16 oz
Dried or Canned Beans, Peas, Lentils or Peanut Butter	2 choices of: <ul style="list-style-type: none">• 16 oz of dried beans or lentilsor• 4 cans of beansor• 16 oz of peanut butter

1. No more than 4 quarts of milk can be substituted for a combination of cheese, yogurt, or tofu
2. 1 quart of milk can be substituted for 32 oz of yogurt
3. 1 quart of milk can be substituted for 16 oz of tofu
4. 3 quarts of milk are already substituted for 1 lb (16 oz) of cheese



Cascades Staff Tool

Food Benefits by Participant Category



Participant Category: Postpartum

WIC Foods	Maximum Monthly Allowance (MMA)
Juice	2 containers of: <ul style="list-style-type: none">• 11.5 or 12 oz frozen can• 46 oz can/plastic bottle
Milk ^{1,2,3}	3.25 gallons (13 quarts)
Breakfast Cereal	36 oz
Cheese ⁴	1 lb
Eggs	1 dozen
Fruits and Vegetables	\$47.00
Dried or Canned Beans, Peas, Lentils or Peanut Butter	1 choice of: <ul style="list-style-type: none">• 16 oz of dried beans or lentilsor• 4 cans of beansor• 16 oz of peanut butter

1. No more than 4 quarts of milk can be substituted for a combination of cheese, yogurt, or tofu
2. 1 quart of milk can be substituted for 32 oz of yogurt
3. 1 quart of milk can be substituted for 16 oz of tofu
4. 3 quarts of milk are already substituted for 1 lb (16 oz) of cheese



Cascades Staff Tool

Food Benefits by Participant Category



Participant Category:

- Fully Breastfeeding
- Fully Breastfeeding + Pregnant
- Pregnant (Multiples)

WIC Foods	Maximum Monthly Allowance (MMA)
Juice	3 containers of: <ul style="list-style-type: none"> • 11.5 or 12 oz frozen can • 46 oz can/plastic bottle
Milk ^{1,2, 3}	6 gallons (24 quarts)
Breakfast Cereal	36 oz
Cheese ⁴	1 lb (Can't replace with milk)
Eggs	2 dozen
Fruits and Vegetables	\$52.00
Whole Grain Choices	16 oz
Fish- Canned/Pouch	30 oz
Dried or Canned Beans, Peas, Lentils or Peanut Butter	2 choices of: <ul style="list-style-type: none"> • 16 oz of dried beans or lentils or • 4 cans of beans or • 16 oz of peanut butter

1. No more that 6 quarts of milk can be substituted for a combination of cheese, yogurt, or tofu
2. 1 quart of milk can be substituted for 32 oz of yogurt
3. 1 quart of milk can be substituted for 16 oz of tofu
4. 3 quarts of milk can be substituted for 1 lb (16 oz) of cheese, no more than 2 lb total can be added



Cascades Staff Tool

Food Benefits by Participant Category



Participant Category:

- **Partially Breastfeeding ≤ Half Package (2+ infants)**
- **Partially Breastfeeding ≤ Half Package + Pregnant**

WIC Foods	Maximum Monthly Allowance (MMA)
Juice	3 containers of: <ul style="list-style-type: none"> • 11.5 or 12 oz frozen can • 46 oz can/plastic bottle
Milk ^{1,2, 3}	6 gallons (24 quarts)
Breakfast Cereal	36 oz
Cheese ⁴	1 lb (Can't replace with milk)
Eggs	2 dozen
Fruits and Vegetables	\$52.00
Whole Grain Choices	16 oz
Fish- Canned/Pouch	30 oz
Dried or Canned Beans, Peas, Lentils or Peanut Butter	2 choices of: <ul style="list-style-type: none"> • 16 oz of dried beans or lentils or • 4 cans of beans or • 16 oz of peanut butter

1. No more that 6 quarts of milk can be substituted for a combination of cheese, yogurt, or tofu
2. 1 quart of milk can be substituted for 32 oz of yogurt
3. 1 quart of milk can be substituted for 16 oz of tofu
4. 3 quarts of milk can be substituted for 1 lb (16 oz) of cheese, no more than 2 lb total can be added



Cascades Staff Tool

Food Benefits by Participant Category



Participant Category:

- Fully Breastfeeding Multiples (2+ infants)
- Fully Breastfeeding Multiples (2+ infants) and Pregnant

WIC Foods	Maximum Monthly Allowance (MMA) (Even Months- February, April, June, August, October, December)	Maximum Monthly Allowance (MMA) (Odd Months- January, March, May, July, September, November)
Juice	6 containers of: <ul style="list-style-type: none"> • 11.5 or 12 oz frozen can • 46 oz can/plastic bottle 	3 containers of: <ul style="list-style-type: none"> • 11.5 or 12 oz frozen can • 46 oz can/plastic bottle
Milk ^{1,2,3}	12 gallons (48 quarts)	6 gallons (24 quarts)
Breakfast Cereal	72 oz	36 oz
Cheese	1.5 lb (Can't replace with milk) *Up to 5 lb of cheese can be issued	1.5 lb (Can't replace with milk) *Up to 4 lb of cheese can be issued
Eggs	4 dozen	2 dozen
Fruits and Vegetables	\$78.00	\$78.00
Whole Grain Choices	32 oz	16 oz
Fish- Canned/Pouch	60 oz	30 oz
Dried or Canned Beans, Peas, Lentils or Peanut Butter	4 choices of: <ul style="list-style-type: none"> • 16 oz of dried beans or lentils or • 4 cans of beans or • 16 oz of peanut butter 	2 choices of: <ul style="list-style-type: none"> • 16 oz of dried beans or lentils or • 4 cans of beans or • 16 oz of peanut butter

1. No more than 14 quarts (even months) or 6 quarts (odd months) of milk can be substituted for a combination of cheese, yogurt, or tofu
2. 1 quart of milk can be substituted for 32 oz of yogurt
3. 1 quart of milk can be substituted for 16 oz of tofu
4. 3 quarts of milk can be substituted for 1 lb (16 oz) of cheese



Cascades Staff Tool

Food Benefits by Participant Category



This institution is an equal opportunity provider.
Washington WIC doesn't discriminate.

To request this document in another format, call 1-800-841-1410.
Deaf or hard of hearing customers, please call 711 (Washington Relay)
or email wic@doh.wa.gov.



DOH 960-367 August 2024

