Basic Model Food Packages

Toddler & Child

- Cereal – 36 ounces
- Eggs – 1 dozen (medium or large)
- Juice – 3 containers (64 oz plastic bottle)
- Peanut Butter: 16-18 oz jar
- Canned Beans: 4 cans

$0 Fruit & Vegetable Check

- Standard Milk Package
  - *Milk – 4 gallons
- Standard Cheese Package
  - *Milk – 3 gallons Cheese – 1 lb
  - *Evaporated Milk – 1 can
- Standard Cheese + Yogurt
  - *Milk – 3 gallons Cheese – 1 lb
  - *Yogurt – 32 oz

*Age 12-23 months: Whole milk, Evaporated milk, Whole Fat Yogurt
*Age 2-4 years: Skim or 1% milk, Fat-free Evaporated, Nonfat or Low-fat Yogurt

FBF Woman – full breastfeeding

- Cereal – 36 ounces
- Eggs – 2 dozen (medium or large)
- Juice – 5 containers (frozen)
- Peanut Butter: 16-18 oz jar
- Canned Beans: 4 cans
- 100% Whole Wheat Bread: 16 oz loaf
- Whole Wheat Pasta: 16 oz
- Brown Rice: 14-16 oz bag or box
- Whole Wheat or Corn Tortillas: 16 oz

$0 Fruit & Vegetable Check

- Tuna or Salmon 30 oz

Pregnant / Part BF IN

- Cereal – 36 ounces
- Eggs – 1 dozen (medium or large)
- Juice – 3 containers (frozen)
- Peanut Butter: 16-18 oz jar
- Canned Beans: 4 cans

$0 Fruit & Vegetable Check

- Standard Milk Package
  - *Milk – 4½ gallons
- Standard Cheese Package
  - *Milk – 4½ gallons Cheese – 1 lb
- Standard Cheese + Yogurt
  - *Milk – 4½ gallons Cheese – 1 lb
  - *Yogurt – 32 oz

*Milk: Skim or 1%
*Yogurt: Nonfat or Low-fat

Not Breastfeeding/Part BF Out

- Cereal – 36 ounces
- Eggs – 1 dozen (medium or large)
- Juice – 2 containers (frozen)
- Peanut Butter: 16-18 oz jar
- Canned Beans: 4 cans

$0 Fruit & Vegetable Check

- Standard Milk Package
  - *Milk – 3 gallons
- Standard Cheese Package
  - *Milk – 3 gallons Cheese – 1 lb
- Standard Cheese + Yogurt
  - *Milk – 3 gallons Cheese – 1 lb
  - *Yogurt – 32 oz

*Milk: Skim or 1%
*Yogurt: Nonfat or Low-fat

NE WIC S.28.2020
Toddler & Child Model Food Package

Cereal – 36 ounces
Eggs – 1 dozen (medium or large)
Juice – 2 containers (64 oz plastic bottle)

Peanut Butter: 16-18 oz jar
Dried Beans: 1 lb
Canned Beans: 4 cans

100% Whole Wheat Bread: 16 oz loaf
Whole Wheat Pasta: 16 oz
Brown Rice: (14-16 oz bag or box)
Whole Wheat or Corn Tortillas: 16 oz

$9 Fruit & Vegetable Check

At the store – PICK 1
Standard Milk Package
*Milk – 4 gallons

At the store – PICK 2
Standard Cheese Package
*Milk – 3 gallons
Cheese – 1 lb
*Evaporated Milk – 1 can

Standard Cheese + Yogurt
*Milk – 3 gallons
Cheese – 1 lb
*Yogurt – 32 oz

* Age 12–23 months: Whole milk; Evaporated Milk; Whole Fat Yogurt
* Age 2–4 years: Skim or 1% milk; Fat-free Evaporated; Nonfat or Low-fat Yogurt
Pregnant / Part BF IN
Model Food Package

Cereal – 36 ounces
Eggs – 1 dozen (medium or large)
Juice – 3 containers (frozen)

At the store – PICK 2
Peanut Butter: 16-18 oz jar
Dried Beans: 1 lb
Canned Beans: 4 cans

At the store – PICK 1
100% Whole Wheat Bread: 16 oz loaf
Whole Wheat Pasta: 16 oz
Brown Rice: (14-16 oz bag or box)
Whole Wheat or Corn Tortillas: 16 oz

$11 Fruit & Vegetable Check

Standard Milk Package
* Milk - 5 ½ gallons

Standard Cheese Package
* Milk – 4 ½ gallons
Cheese – 1 lb
Evaporated milk – 1 can

Standard Cheese + Yogurt
* Milk – 4 ½ gallons
Cheese – 1 lb
* Yogurt – 32 oz

* Milk: Skim or 1% * Yogurt: Nonfat or Low-fat

NE WIC 5.26.2020
Not BF/Part BF Out
Model Food Package

Cereal – 36 ounces
Eggs – 1 dozen (medium or large)
Juice – 2 containers (frozen)

Peanut Butter: 16-18 oz jar
Dried Beans: 1 lb
Canned Beans: 4 cans

$11 Fruit & Vegetable Check

Standard Milk Package
* Milk – 4 gallons
* Milk: Skim or 1%
* Yogurt: Non-fat or Low-fat

Standard Cheese Package
*Milk – 3 gallons
Cheese – 1 lb
Evaporated Milk – 1 can

Standard Cheese + Yogurt
*Milk – 3 gallons
Cheese – 1 lb
*Yogurt – 32 oz

NE WIC 5.26.2020
FBF Woman – full breastfeeding
Model Food Package

Cereal – 36 ounces
Eggs – 2 dozen (medium or large)
Juice – 3 containers (frozen)

Peanut Butter: 16-18 oz jar
Dried Beans: 1 lb
Canned Beans: 4 cans

100% Whole Wheat Bread: 16 oz loaf
Whole Wheat Pasta: 16 oz
Brown Rice: (14-16 oz bag or box)
Whole Wheat or Corn Tortillas: 16 oz

$11 Fruit & Vegetable Check
Tuna or Salmon 30 oz

Standard Milk Package
*Milk – 6 gallon
Cheese – 1 lb

Standard Cheese Package
*Milk – 5 gallons
Cheese – 2 lb
Evaporated Milk – 1 can

Standard Cheese + Yogurt
*Milk – 5 gallons
Cheese – 2 lb
Yogurt – 32 oz

*Milk – skim or 1%
Yogurt – Nonfat or Low fat

NE WIC 5.26.2020