

---

---

**Purpose** To assist WIC staff in assigning appropriate foods to WIC client's based on their status.

---

**Food Package I-  
Infants 0-3 months** Breastfeeding should be encouraged as the best way to feed the infant.

Formula-fed infants should receive powdered formula. To reduce waste only mix the amount of formula needed for that feeding. Ready-to-use formula may be issued in certain circumstances (See the policy found in Section C of this volume).

---

**Food Package II-  
Infants 4-12 months** Formula-fed infants should receive powdered formula. To reduce waste formula should only be mixed in the amount needed for the feeding. Ready-to-use formula may be issued in certain circumstances (See policy found in section C of this volume).

Infant cereal may be issued when the infant turns 4 months old, but can also be delayed until the infant is 6 months old. This decision should be left up to the parent or guardian.

Juice may be issued to infants at six months of age. Nebraska WIC uses the same concentrated or full strength juices as provided in all other food packages for infants.

---

**Food Package III-  
Children/Women  
with Special Needs** Determine if the child/woman can tolerate the cereal and juice that are allowed in the Special Needs food package. Only assign these foods if they will be consumed by the WIC client.

---

**Food Package IV-  
Children 1 to 5** Up to two pounds of cheese may be issued to the 1 to 2 year old child as part of the milk allowance.

Cheese should be limited to 1 or 2 pounds each month for children ages 3-5 as an administrative adjustment to the food package.

**Food Package IV-  
Children 1 to 5  
(cont.)** Additional cheese may be added on an individual basis in cases of lactose intolerance. A CPA must document the reason for the addition to the food package in the client's file.

Peanut butter may be assigned starting at age one.  
Tailor food packages to best meet the needs of clients.

---

Cereal, eggs, milk and juice should be given in the amount that best fits the child's eating patterns and does not exceed the maximum amount of food allowed. See Section A for a chart containing maximum allowable WIC foods.

---

**Food Package V-  
Pregnant and  
Breastfeeding  
Woman**

A maximum of two pounds of cheese may be substituted for milk in this group's food package as an administrative adjustment to the food package.

Additional cheese may be added on an individual basis in cases of lactose intolerance. A CPA must document the reason for the addition to the food package in the client's file.

---

**Food Package VI-  
Postpartum Woman**

Postpartum women receive less food than they did when they were pregnant, due to the fact that pregnant and breastfeeding women require more calories than a postpartum woman.

A maximum of two pounds of cheese may be substituted for milk in this group's food package as an administrative adjustment to the food package.

Additional cheese may be added on an individual basis in cases of lactose intolerance. A CPA must document the reason for the addition to the food package in the client's file.

---

**Food Package VII-  
Breastfeeding  
Woman (Enhanced)**

A maximum of three pounds of cheese may be substituted for milk in this group's food package as an administrative adjustment to the food package.

Additional cheese may be added on an individual basis in cases of lactose intolerance. A CPA must document the reason for the addition to the food package in the client's file.

Carrots and tuna are available to exclusively breastfeeding mothers.

Ensure that when a woman is no longer exclusively breastfeeding, that her food package is changed to the standard breastfeeding package.

---