# Toddler – (12 to 23 months)
# Model Food Package

Effective 1.1.2027






Cereal – 36 ounces



Eggs – 1 dozen
or *1 bean choice
or *1 lb. of tofu



Juice – 64 oz
or *$3 CVB (no juice)




Canned Fish – 6 oz

## Beans and Peanut Butter – Pick 1




Peanut Butter (even mos): 16-18 oz jar
Beans, dried (odd mos): 1 lb.
Beans, canned (odd mos): 4 cans

## Whole Grains: 24 Ounces




Bread (100% whole wheat): 8-32 oz
Pasta (whole wheat): 16 oz
Brown Rice (regular): 16 or 32 oz
Brown Rice (quick cooking): 14 or 28 oz
Tortillas (whole wheat): 16 oz
Tortillas (corn}: 8-32 oz
Oats: 16 to 32 oz

## $27 Fruits & Vegetables: fresh, frozen, canned








### Milk



Milk – 4 gallons

### Milk + Yogurt



Milk – 3 ½ gallons
*Yogurt – 64 oz

### Milk + Cheese + Yogurt



Milk – 3 gallons
*Yogurt – 32 oz
Cheese – 1 lb.
(2- 8 oz or 1-16 oz)

Whole milk; Evaporated Milk; Whole Fat Yogurt; *Low Fat Yogurt
*Category tailoring options

# Child – (2 to 4 years) Model Food Package

Effective 1.1.2027






Cereal – 36 ounces



Eggs – 1 dozen
or *1 bean choice
or *1 lb. of tofu



Juice – 64 oz
or *$3 CVB (no juice)




Canned Fish – 6 oz

## Beans and Peanut Butter – Pick 1




Peanut Butter (even mos): 16-18 oz jar
Beans, dried (odd mos): 1 lb.
Beans, canned (odd mos): 4 cans

## Whole Grain – 24 Ounces




Bread (100% whole wheat): 8-32 oz
Pasta (whole wheat): 16 oz
Brown Rice (regular): 16 or 32 oz
Brown Rice (quick cooking): 14 or 28 oz
Tortillas (whole wheat): 16 oz
Tortillas (corn}: 8-32 oz
Oats: 16 to 32 oz

## $27 Fruits & Vegetables: fresh, frozen, canned











### Milk



Milk – 4 gallons

### Milk + Yogurt




Milk – 3 1/2 gallons
Yogurt – 64 oz

### Milk + Cheese + Yogurt




Milk – 3 gallons
Yogurt – 32 oz
Cheese – 1 lb.
(2- 8 oz or 1-16 oz)

Milk: Skim or 1%; Yogurt: Nonfat or Low-fat;
*Category tailoring options

Version 10.1.26

# Pregnant
# Model Food Package

Effective 1.1.2027






Cereal – 36 ounces



Eggs – 1 dozen
or *1 bean choice
or *1 lb. of Tofu




Juice – 64 oz
or $3 CVB , no juice




Canned Fish – 10 oz

## Beans, Peanut Butter – Pick 2




Peanut Butter (even mos): 16-18 oz jar
Beans, dried (odd mos): 1 lb.
Beans, canned (odd mos): 4 cans

## Whole Grain – 48 Ounces




Bread (100% whole wheat): 8-32 oz
Pasta (whole wheat): 16 oz
Brown Rice (regular): 16 or 32 oz
Brown Rice (quick cooking): 14 or 28 oz
Tortillas (whole wheat): 16 oz
Tortillas (corn}: 8-32 oz
Oats: 16 to 32 oz

## $48 Fruits & Vegetables









## Standard Dairy Package Choices:

### Milk




*Milk – 5 1/2 gallons

### Milk & Yogurt



*Milk – 5 gallons
*Yogurt – 64 oz

### Milk & Cheese




*Milk –4 1/2 gallons
Cheese – 1 lb.: (8oz or 16 oz)
Yogurt – 32 oz

Milk: Skim or 1%, *Yogurt: Nonfat or Low-fat
*Category tailoring options

Version 10.1.26

# Postpartum
# Model Food Package

Effective 1.1.2027






Cereal – 36 ounces



Eggs – 1 dozen
or *1 bean choice
or *1 lb. of Tofu



Juice – 64 oz
or *$3 CVB , no juice




Canned Fish – 10 oz

## Beans, Peanut Butter– Pick 1



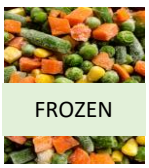

Peanut Butter (even mos): 16-18 oz jar
Beans, dried (odd mos): 1 lb.
Beans, canned (odd mos): 4 cans

## Whole Grain – 48 Ounces




Bread (100% whole wheat): 8-32 oz
Pasta (whole wheat): 16 oz
Brown Rice (regular): 16 or 32 oz
Brown Rice (quick cooking): 14 or 28 oz
Tortillas (whole wheat): 16 oz
Tortillas (corn): 8-32 oz
Oats: 16 to 32 oz

## $48 Fruits & Vegetables (Fresh, frozen, or canned)









Standard Dairy Package Choices:

### Milk



*Milk – 4 gallons

### Milk & Yogurt






*Milk – 3 ½ gallons
*Yogurt – 64 oz

### Milk & Cheese & Yogurt




*Milk –3 gallons
Cheese – 1 lb.:
(8oz or 16 oz)
Yogurt – 32 oz

Milk: Skim or 1%, *Yogurt: Nonfat or Low-fat
*Category tailoring options

Version 10.1.26

# Partial Mostly Breastfeeding and Pregnant with Multiples Model Food Package

WIC NEBRASKA

Effective 1.1.2027






Cereal – 36 ounces



Eggs – 1 dozen
or *1 bean choice or
or *1 lb. of Tofu




Juice – 64 oz
or $3 CVB , no juice




Canned Fish – 15 oz

## Beans, Peanut Butter – Pick 2




Peanut Butter (even mos): 16-18 oz jar
Beans, dried (odd mos): 1 lb.
Beans, canned (odd mos): 4 cans

## Whole Grain – 48 Ounces




Bread (100% whole wheat): 8-32 oz
Pasta (whole wheat): 16 oz
Brown Rice (regular): 16 or 32 oz
Brown Rice (quick cooking): 14 or 28 oz
Tortillas (whole wheat): 16 oz
Tortillas (corn}: 8-32 oz
Oats: 16 to 32 oz

## $53 Fruits & Vegetables Fresh, frozen, or canned




Standard Dairy Package Choices:

### Milk




*Milk – 5 1/2 gallons

### Milk & Yogurt



*Milk – 5 gallons
*Yogurt – 64 oz

### Milk & Cheese




*Milk –4 1/2 gallons
Cheese – 1 lb.: (8oz or 16 oz)
Yogurt – 32 oz

Milk: Skim or 1%, *Yogurt: Nonfat or Low-fat
*Category tailoring options

Version 10.1.26

Effective 1.1.2027

# Exclusive Breastfeeding

- Partially BF multiples (same pregnancy)
- Pregnant & fully or mostly BF one infant

# Model Food Package






Cereal – 36 ounces



Eggs – 2 dozen
or *2 bean choices
or *2 lbs. of Tofu



Juice – 64 oz
or $3 CVB , no juice




Canned Fish – 20 oz

## Beans, Peanut Butter – Pick 2




Peanut Butter (even mos): 16-18 oz jar
Beans, dried (odd mos): 1 lb.
Beans, canned (odd mos): 4 cans

## Whole Grain – 48 Ounces

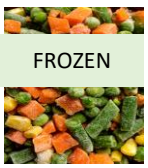



Bread (100% whole wheat): 8-32 oz
Pasta (whole wheat): 16 oz
Brown Rice (regular): 16 or 32 oz
Brown Rice (quick cooking): 14 or 28 oz
Tortillas (whole wheat): 16 oz
Tortillas (corn): 8-32 oz
Oats: 16 to 32 oz

## $53 Fruits & Vegetables Fresh, frozen, or canned






## Standard Dairy Package Choices:

### Milk



Milk – 6 gallons

### Milk & Yogurt




Milk – 5 ½ gallons
*Yogurt – 64 oz

### Milk, Cheese & Yogurt




Milk –5 gallons
Cheese – 1 lb.: (8oz or 16 oz)
Yogurt – 32 oz

### Double Milk, Cheese & Yogurt




*Milk –4 gallons
Cheese – 2 lbs.: (8oz or 16 oz)
Yogurt – 64 oz

Milk: Skim or 1%, *Yogurt: Nonfat or Low-fat
*Category tailoring options

Version 10.1.26

Effective 1.1.2027

# Exclusive/Fully Breastfeeding Multiples Model Food Package






Cereal – 54 ounces



Eggs – 3 dozen
or *3 bean choices
or *3 lbs of Tofu



Juice –
Odd months - 64 oz
Even months – 128 oz
Or $4.50 CVB (no juice)




Canned Fish – 30 oz

## Beans, Peanut Butter – Pick 3




Peanut Butter (even mos): 16-18 oz jar
Beans, dried (odd mos): 1 lb.
Beans, canned (odd mos): 4 cans

## Whole Grain – 72 ounces




Bread (100% whole wheat): 8-32 oz
Pasta (whole wheat): 16 oz
Brown Rice (regular): 16 or 32 oz
Brown Rice (quick cooking): 14 or 28 oz
Tortillas (whole wheat): 16 oz
Tortillas (corn}: 8-32 oz
Oats: 16 to 32 oz

## $79.50 Fruits & Vegetables Fresh, frozen, or canned




## Standard Dairy Package Choices:

### Milk



*Milk – 9 gallons

### Milk & Yogurt




Milk – 8.5 gallons
*Yogurt – 64 oz

### Milk + Cheese + Yogurt



Milk - 8 gallons
Cheese – 1 lb.: (8oz or 16 oz)
Yogurt – 32 oz

### Milk +2 Cheese + 2 Yogurt



Milk - 7 gallons
Cheese – 2 lbs.: (8oz or 16 oz)
Yogurt – 64 oz

Milk: Skim or 1%, *Yogurt: Nonfat or Low-fat
*Category tailoring options

Version 10.1.26