

# Basic Model Food Packages

## Toddler & Child

Cereal – 36 ounces

Eggs – 1 dozen  
(medium or large)

Juice – 2 containers  
(64 oz plastic bottle)

At the store – PICK 1

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

At the store – PICK 2

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**

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

Training Center – 11.1.18

## FBF Woman – full breastfeeding

Cereal – 36 ounces

Eggs – 2 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**

**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

## Pregnant / Part BF IN

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 Breastfeeding/Part BF Out

Cereal – 36 ounces

Eggs – 1 dozen  
(medium or large)

Juice – 2 containers  
(frozen)

At the store – PICK 1

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

**\$11 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

\*Milk: Skim or 1%  
\*Yogurt: Non-fat or Low-fat

NE WIC 5.26.2020

# Toddler & Child Model Food Package



Cereal – 36 ounces



Eggs – 1 dozen  
(medium or large)



Juice – 2 containers  
(64 oz plastic bottle)

At the store – PICK 1



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

At the store – PICK 2



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



## 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

# 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 1/2 gallons

## Standard Cheese Package



\*Milk – 4 1/2 gallons  
Cheese – 1 lb  
Evaporated milk – 1 can

## Standard Cheese + Yogurt



\*Milk – 4 1/2 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)

At the store – PICK 1



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

\$11 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

\*Milk: Skim or 1%

\*Yogurt: Non-fat or Low-fat

Rectangular

# FBF Woman – full breastfeeding Model Food Package



Cereal – 36 ounces



Eggs – 2 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**



**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