ND WIC Food Package Summary Sheet

Food Item	Children (Food Package IV)	Pregnant Mostly BF Women (Food Package V)	Some BF/Not BF Women (Food Package VI)	Fully Breastfeeding Also Pregnant with Multiples, Mostly Breastfeeding Multiples, Pregnant and Currently Breastfeeding (Food Package VII)
Juice	**2 containers (64 oz. plastic)**	**3 cans (12 oz. frozen)**	**2 cans (12 oz. frozen)**	**3 cans (12 oz. frozen)**
Milk	**4 gallons** (1-2 year olds - whole only) (2-5 year olds - 1% or skim only)	**5 ½ gallons** (1% or skim only)	**4 gallons** (1% or skim only)	**6 gallons** (1% or skim only)
Cheese	**NA**	**NA**	**NA**	**1 pound**
Milk Substitute Cheese Evaporated Milk	**3 gallons milk**	**4½ gallons milk**	**3 gallons milk**	**5 gallons milk**
	1 pound max **1 can (12 oz.)** (1-2 year olds – whole only) (2-5 year olds – fat free only)	**1 pound max** **1 can (12 oz., fat free only)**	**1 pound max** **1 can (12 oz., fat free only)**	**1 pound max** **1 can (12 oz., fat free only)**
Milk Substitute Soy Beverage	**8 half gallons**	**11 half gallons**	**8 half gallons**	**12 half gallons**
Cereal	**36 ounces**	**36 ounces**	**36 ounces**	**36 ounces**
Eggs	**1 dozen**	**1 dozen**	**1 dozen**	**2 dozen**
Fruits & Veggies	**$8 cash value voucher**	**$11 cash value voucher**	**$11 cash value voucher**	**$11 cash value voucher**
Whole Grains	**2 lbs. bread, brown rice, or whole wheat/soft corn tortillas** • 1 lb. bread & 1 lb. rice • 1 lb. bread & 1 lb. tortillas • 1 lb. rice & 1 lb. tortillas	**1 lb. bread, brown rice, or whole wheat/soft corn tortillas**	**NA**	**1 lb. bread, brown rice, or whole wheat/soft corn tortillas**
Beans	**1 lb. dry beans <u>OR</u> 4 cans**	**1 lb. dry beans <u>OR</u> 4 cans** • 2 lbs. dry beans, no PB • 8 cans beans, no PB	**1 lb. dry beans <u>OR</u> 4 cans**	**1 lb. dry beans <u>OR</u> 4 cans** • 2 lbs. dry beans, no PB • 8 cans beans, no PB
	<u>OR</u>	**<u>AND</u>**	**<u>OR</u>**	**<u>AND</u>**
Peanut Butter	**16 - 18 ounces (1 jar)**	**16 - 18 ounces (1 jar)** • 2 jars, no beans	**16 - 18 ounces (1 jar)**	**16 - 18 ounces (1 jar)** • 2 jars, no beans
Canned Fish	**NA**	**NA**	**NA**	**6 cans (5 oz.) tuna = MAX** **<u>OR</u>** **6 cans (5 oz.) pink salmon = MAX** (A combination of the above is also allowed, ex. 3 cans tuna and 3 cans pink salmon.) <u>OR</u> 2 cans (14.75 oz.) pink salmon

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