



Food Package Guide Full and Prorated Food Packages



The chart below shows examples of food packages a participant may receive based on their participant type. Note that the quantity of food in the package changes based on and whether the participant is receiving a full, 2/3 or 1/3 food package.

Please see the Iowa WIC Formula Product Guide for more information on specific formulas.

Participant Type	Full Food Package	2/3 Food Package	1/3 Food Package
Infant (Fully formula fed 0-3 months of age)	Formula: 12.4 oz Powder Similac Advance - 9 cans	Formula: 12.4 oz Powder Similac Advance - 6 cans	Formula: 12.4 oz Powder Similac Advance - 3 cans
Infant (Fully formula fed 4-5 months of age)	Formula: 12.4 oz Powder Similac Advance - 10 cans	Formula: 12.4 oz Powder Similac Advance - 7 cans	Formula: 12.4 oz Powder Similac Advance - 3 cans
Infant (Fully formula fed over 6 months of age)	Infant Cereal: 24 oz Infant Fruits & Vegetables: 128 oz Formula: 12.4 oz Powder Similac Advance - 7 cans	Infant Cereal: 16 oz Infant Fruits & Vegetables: 84 oz Formula: 12.4 oz Powder Similac Advance - 5 cans	Infant Cereal: 8 oz Infant Fruits & Vegetables: 44 oz Formula: 12.4 oz Powder Similac Advance - 2 cans
Infant (Fully Breastfed over 6 months)	Infant Cereal: 24 oz Infant Fruits & Vegetables: 256 oz Infant Meats: 77.5 oz	Infant Cereal: 16 oz Infant Fruits & Vegetables: 172 oz Infant Meats: 52.5 oz	Infant Cereal: 8 oz Infant Fruits & Vegetables: 25 oz Infant Meats: 25 oz
Child	Eggs: 1 Dozen Cereal: 36 oz Peanut Butter/Beans: 1 Container Whole Grains: 32 oz CVB: \$9.00 Milk: 4 gallons Juice: 2-64 oz Containers	Eggs: 1 Dozen Cereal: 24 oz Peanut Butter/Beans: 1 Container Whole Grains: 24 oz CVB: \$9.00 Milk: 3 Gallons Juice: 1- 64 oz Container	Eggs: 1 Dozen Cereal: 12 oz Peanut Butter/Beans: 1 Container Whole Grains: 16 oz CBV: \$9.00 Milk: 2 Gallons Juice: 1-64 oz Container

Child with cheese and yogurt	Cheese: 1 lb. Eggs: 1 Dozen Cereal: 36 oz Peanut Butter/Beans: 1 Container Whole Grains: 32 oz CVB: \$9.00 Yogurt: 32 oz Milk: 3 gallons Juice: 2-64 oz Containers	Cheese: 1 lb. Eggs: 1 Dozen Cereal: 24 oz Peanut Butter/Beans: 1 Container Whole Grains: 24 oz CVB: \$9.00 Yogurt: 32 oz Milk: 2 Gallons Juice: 1- 64 oz Container	Cheese: 1 lb. Eggs: 1 Dozen Cereal: 12 oz Peanut Butter/Beans: 1 Container Whole Grains: 16 oz CBV: \$9.00 Yogurt: 32 oz Milk: 1 Gallons Juice: 1-64 oz Container
Pregnant or Breastfeeding (Part In)	Eggs: 1 Dozen Cereal: 36 oz Peanut Butter/Beans: 2 Containers Whole Grains: 16 oz CVB: \$11.00 Milk: 5.5 gallons Juice: 3-48 oz Frozen Containers	Eggs: 1 Dozen Cereal: 24 oz Peanut Butter/Beans: 2 Container Whole Grains: 16 oz CVB: \$11.00 Milk: 4 Gallons Juice: 2- 48 oz Frozen Containers	Eggs: 1 Dozen Cereal: 12 oz Peanut Butter/Beans: 1 Container Whole Grains: 16 oz CBV: \$11.00 Milk: 2 Gallons Juice: 1-48 oz Frozen Container
Not Breastfeeding or Breastfeeding (Part Out)	Eggs: 1 Dozen Cereal: 36 oz Peanut Butter/Beans: 1 Container CVB: \$11.00 Milk: 4 gallons Juice: 2-48 oz Frozen Containers	Eggs: 1 Dozen Cereal: 24 oz Peanut Butter/Beans: 1 Container CVB: \$11.00 Milk: 3 Gallons Juice: 1- 48 oz Frozen Containers	Eggs: 1 Dozen Cereal: 12 oz Peanut Butter/Beans: 1 Container CBV: \$11.00 Milk: 2 Gallon Juice: 1-48 oz Frozen Container
Food Pkg VII (i.e. exclusively BF, BF multiples Part In, pregnant with multiples, Pregnant and fully or Part In BF)	Cheese: 1 lb. Eggs: 2 Dozen Cereal: 36 oz Peanut Butter/Beans: 2 Containers Fish: 30 oz Whole Grains: 16 oz. CVB: \$11.00 Milk: 6 gallons Juice: 3-48 oz Frozen Containers	Cheese: 1 lb. Eggs: 2 Dozen Cereal: 24 oz Peanut Butter/Beans: 2 Container Fish: 20 oz Whole Grains: 16 oz CVB: \$11.00 Milk: 4 gallons Juice: 2-48 oz Frozen Containers	Cheese: 1 lb. Eggs: 1 Dozen Cereal: 12 oz Peanut Butter/Beans: 1 Container Fish: 10 oz Whole Grains: 16 oz CVB: \$11.00 Milk: 2 gallons Juice: 1-48 oz Frozen Container

Food Pkg VII with additional cheese and yogurt	Cheese: 2 lb. Eggs: 2 Dozen Cereal: 36 oz Peanut Butter/Beans: 2 Containers Fish: 30 oz Whole Grains: 16 oz. CVB: \$11.00 Yogurt: 32 oz Milk: 5 gallons Juice: 3-48 oz Frozen Containers	Cheese: 1.5 lb. Eggs: 2 Dozen Cereal: 24 oz Peanut Butter/Beans: 2 Container Fish: 20 oz Whole Grains: 16 oz CVB: \$11.00 Yogurt: 32 oz Milk: 3.25 gallons Juice: 2-48 oz Frozen Containers	Cheese: 1 lb. Eggs: 1 Dozen Cereal: 12 oz Peanut Butter/Beans: 1 Container Fish: 10 oz Whole Grains: 16 oz CVB: \$11.00 Yogurt: 32 oz Milk: 1.75 gallons Juice: 1-48 oz Frozen Container
Fully BF Multiples	Cheese: 1.5 lb. Eggs: 3 Dozen Cereal: 54 oz Peanut Butter/Beans: 3 Containers Fish: 45 oz Whole Grains: 24 oz CVB: \$16.50 Milk: 9 gallons Juice: 4-48 oz Convenient Pack	Cheese: 1 lb. Eggs: 2 Dozen Cereal: 36 oz Peanut Butter/Beans: 2 Container Fish: 30 oz Whole Grains: 24 oz CVB: \$16.50 Milk: 6 gallons Juice: 2-48 oz Convenient Pack	Cheese: 0.5 lb. Eggs: 1 Dozen Cereal: 18 oz Peanut Butter/Beans: 1 Container Fish: 15 oz Whole Grains: 16 oz CVB: \$16.50 Milk: 3 gallons Juice: 2-48 oz Convenient Pack