



# Cascades Staff Tool

## Food Benefits by Participant Category



### Participant Category:

- Children
- Fully Breastfeeding
- Fully Breastfeeding + Pregnant
- Infant
- Postpartum
- Partially Breastfeeding > Half Package
- Partially Breastfeeding < Half Package
- Partially Breastfeeding ≤ Half Package (2+ infants)
- Fully Breastfeeding Multiples (2+ infants)
- Fully Breastfeeding Multiples (2+ infants) and Pregnant
- Partially Breastfeeding ≤ Half Package (2+ infants) + Pregnant
- Pregnant
- Pregnant (Multiples)

### Definitions:

**Full Nutrition Benefit (FNB):** Minimum amount of formula that must be provided to WIC participants.

**Maximum Monthly Allowance (MMA):** The upper limit of issuance for each of the physical forms of infant formula for food item that can be provided to WIC participants each month.

**Cash Value Benefit (CVB):** The monthly fresh and frozen fruit and vegetable benefit.



# Cascades Staff Tool

## Food Benefits by Participant Category



### Participant Category: Infant (0 through 11 months)

Feeding Method: Fully Breastfeeding					
Participant Age	Formula (FNB)	Infant Cereal	Infant Fruits and Vegetables	Fruit and Vegetable CVB	Infant Meats
0 through 5 months	None	None	None	None	None
6 through 8 months	None	24 oz	256 oz	None	77.5 oz
9 through 11 months (with CVB)	None	24 oz	128 oz	\$8.00	77.5 oz
9 through 11 months (without CVB)	None	24 oz	256 oz	None	77.5 oz

Feeding Method: Partially Breastfeeding ≤ Half Package					
Participant Age	Formula (FNB)	Infant Cereal	Infant Fruits and Vegetables	Fruit and Vegetable CVB	Infant Meats
0 to 1 month	104 fl oz	None	None	None	None
1 through 3 months	364 fl oz	None	None	None	None
4 through 5 months	442 fl oz	None	None	None	None
6 through 8 months	312 fl oz	24 oz	128 oz	None	None
9 through 11 months (with CVB)	312 fl oz	24 oz	64 oz	\$4.00	None
9 through 11 months (without CVB)	312 fl oz	24 oz	128 oz	None	None



# Cascades Staff Tool

## Food Benefits by Participant Category



<b>Feeding Method: Partially Breastfeeding &gt; Half Package</b>					
<b>Participant Age</b>	<b>Formula (FNB)</b>	<b>Infant Cereal</b>	<b>Infant Fruits and Vegetables</b>	<b>Fruit and Vegetable CVB</b>	<b>Infant Meats</b>
<b>0 through 3 months</b>	Up to 806 fl oz	None	None	None	None
<b>4 through 5 months</b>	Up to 884 fl oz	None	None	None	None
<b>6 through 8 months</b>	Up to 624 fl oz	24 oz	128 oz	None	None
<b>9 through 11 months (with CVB)</b>	Up to 624 fl oz	24 oz	64 oz	\$4.00	None
<b>9 through 11 months (without CVB)</b>	Up to 624 fl oz	24 oz	128 oz	None	None



# Cascades Staff Tool

## Food Benefits by Participant Category



<b>Feeding Method: Fully Formula Feeding</b>					
<b>Participant Age</b>	<b>Formula (FNB)</b>	<b>Infant Cereal</b>	<b>Infant Fruits and Vegetables</b>	<b>Fruit and Vegetable CVB</b>	<b>Infant Meats</b>
<b>0 through 3 months</b>	806 fl oz	None	None	None	None
<b>4 through 5 months</b>	884 fl oz	None	None	None	None
<b>6 through 11 months</b>	624 fl oz	24 oz	128 oz	None	None
<b>9 through 11 months (with CVB)</b>	624 fl oz	24 oz	64 oz	\$4.00	None
<b>9 through 11 months (without CVB)</b>	624 fl oz	24 oz	128 oz	None	None



# Cascades Staff Tool

## Food Benefits by Participant Category



### Participant Category: Children (1 to 5 years)

WIC Foods	Maximum Monthly Allowance (MMA)
Juice	2 containers- 64 oz each
Milk <sup>1,2,3</sup>	3.25 gallons (13 quarts)
Breakfast Cereal	36 oz
Cheese <sup>4</sup>	1 lb
Eggs	1 dozen
Fruits and Vegetables	\$26.00
Whole Grain Choices	32 oz
Dried or Canned Beans, Peas, Lentils or Peanut Butter	1 choice of: <ul style="list-style-type: none"><li>• 16 oz of dried beans or lentils</li><li>or</li><li>• 4 cans of beans</li><li>or</li><li>• 16 oz of peanut butter</li></ul>

1. No more than 4 quarts of milk can be substituted for a combination of cheese, yogurt, or tofu
2. 1 quart of milk can be substituted for 32 oz of yogurt
3. 1 quart of milk can be substituted for 16 oz of tofu
4. 3 quarts of milk are already substituted for 1 lb (16 oz) of cheese



# Cascades Staff Tool

## Food Benefits by Participant Category



### Participant Category: Pregnant

WIC Foods	Maximum Monthly Allowance (MMA)
Juice	3 containers of: <ul style="list-style-type: none"><li>• 11.5 or 12 oz frozen can</li><li>• 46 oz can/plastic bottle</li></ul>
Milk <sup>1,2, 3</sup>	4.75 gallons (19 quarts)
Breakfast Cereal	36 oz
Cheese <sup>4</sup>	1 lb
Eggs	1 dozen
Fruits and Vegetables	\$47.00
Whole Grain Choices	16 oz
Dried or Canned Beans, Peas, Lentils or Peanut Butter	2 choices of: <ul style="list-style-type: none"><li>• 16 oz of dried beans or lentils</li><li>or</li><li>• 4 cans of beans</li><li>or</li><li>• 16 oz of peanut butter</li></ul>

1. No more than 4 quarts of milk can be substituted for a combination of cheese, yogurt, or tofu
2. 1 quart of milk can be substituted for 32 oz of yogurt
3. 1 quart of milk can be substituted for 16 oz of tofu
4. 3 quarts of milk are already substituted for 1 lb (16 oz) of cheese



# Cascades Staff Tool

## Food Benefits by Participant Category



### Participant Category: Partially Breastfeeding > Half Package<sup>5</sup>

WIC Foods	Maximum Monthly Allowance (MMA)
Juice	2 containers of: <ul style="list-style-type: none"><li>• 11.5 or 12 oz frozen can</li><li>• 46 oz can/plastic bottle</li></ul>
Milk <sup>1,2,3</sup>	3.25 gallons (13 quarts)
Breakfast Cereal	36 oz
Cheese <sup>4</sup>	1 lb
Eggs	1 dozen
Fruits and Vegetables	\$52.00
Dried or Canned Beans, Peas, Lentils or Peanut Butter	1 choice of: <ul style="list-style-type: none"><li>• 16 oz of dried beans or lentils</li><li>or</li><li>• 4 cans of beans</li><li>or</li><li>• 16 oz of peanut butter</li></ul>

1. No more than 4 quarts of milk can be substituted for a combination of cheese, yogurt, or tofu
2. 1 quart of milk can be substituted for 32 oz of yogurt
3. 1 quart of milk can be substituted for 16 oz of tofu
4. 3 quarts of milk are already substituted for 1 lb (16 oz) of cheese
5. Participants receive this food package only until infant turns 6 months old



# Cascades Staff Tool

## Food Benefits by Participant Category



### Participant Category: Partially Breastfeeding ≤ Half Package

WIC Foods	Maximum Monthly Allowance (MMA)
Juice	3 containers of: <ul style="list-style-type: none"><li>• 11.5 or 12 oz frozen can</li><li>• 46 oz can/plastic bottle</li></ul>
Milk <sup>1,2, 3</sup>	4.75 gallons (19 quarts)
Breakfast Cereal	36 oz
Cheese <sup>4</sup>	1 lb
Eggs	1 dozen
Fruits and Vegetables	\$52.00
Whole Grain Choices	16 oz
Dried or Canned Beans, Peas, Lentils or Peanut Butter	2 choices of: <ul style="list-style-type: none"><li>• 16 oz of dried beans or lentils</li><li>or</li><li>• 4 cans of beans</li><li>or</li><li>• 16 oz of peanut butter</li></ul>

1. No more than 4 quarts of milk can be substituted for a combination of cheese, yogurt, or tofu
2. 1 quart of milk can be substituted for 32 oz of yogurt
3. 1 quart of milk can be substituted for 16 oz of tofu
4. 3 quarts of milk are already substituted for 1 lb (16 oz) of cheese





# Cascades Staff Tool

## Food Benefits by Participant Category



### Participant Category: Postpartum

WIC Foods	Maximum Monthly Allowance (MMA)
Juice	2 containers of: <ul style="list-style-type: none"><li>• 11.5 or 12 oz frozen can</li><li>• 46 oz can/plastic bottle</li></ul>
Milk <sup>1,2,3</sup>	3.25 gallons (13 quarts)
Breakfast Cereal	36 oz
Cheese <sup>4</sup>	1 lb
Eggs	1 dozen
Fruits and Vegetables	\$47.00
Dried or Canned Beans, Peas, Lentils or Peanut Butter	1 choice of: <ul style="list-style-type: none"><li>• 16 oz of dried beans or lentils</li><li>or</li><li>• 4 cans of beans</li><li>or</li><li>• 16 oz of peanut butter</li></ul>

1. No more than 4 quarts of milk can be substituted for a combination of cheese, yogurt, or tofu
2. 1 quart of milk can be substituted for 32 oz of yogurt
3. 1 quart of milk can be substituted for 16 oz of tofu
4. 3 quarts of milk are already substituted for 1 lb (16 oz) of cheese



# Cascades Staff Tool

## Food Benefits by Participant Category



**Participant Category:**

- Fully Breastfeeding**
- Pregnant (Multiples)**
- Fully Breastfeeding + Pregnant**

WIC Foods	Maximum Monthly Allowance (MMA)
Juice	3 containers of: <ul style="list-style-type: none"> <li>• 11.5 or 12 oz frozen can</li> <li>• 46 oz can/plastic bottle</li> </ul>
Milk <sup>1,2, 3</sup>	6 gallons (24 quarts)
Breakfast Cereal	36 oz
Cheese <sup>4</sup>	1 lb (Can't replace with milk)
Eggs	2 dozen
Fruits and Vegetables	\$52.00
Whole Grain Choices	16 oz
Fish- Canned/Pouch	30 oz
Dried or Canned Beans, Peas, Lentils or Peanut Butter	1 choice of: <ul style="list-style-type: none"> <li>• 16 oz of dried beans or lentils or</li> <li>• 4 cans of beans or</li> <li>• 16 oz of peanut butter</li> </ul>

1. No more that 6 quarts of milk can be substituted for a combination of cheese, yogurt, or tofu
2. 1 quart of milk can be substituted for 32 oz of yogurt
3. 1 quart of milk can be substituted for 16 oz of tofu
4. 3 quarts of milk can be substituted for 1 lb (16 oz) of cheese, no more than 2 additional pounds can be added



# Cascades Staff Tool

## Food Benefits by Participant Category



**Participant Category:**

- Partially Breastfeeding ≤ Half Package (2+ infants)
- Partially Breastfeeding ≤ Half Package (2+ infants) + Pregnant

WIC Foods	Maximum Monthly Allowance (MMA)
Juice	3 containers of: <ul style="list-style-type: none"> <li>• 11.5 or 12 oz frozen can</li> <li>• 46 oz can/plastic bottle</li> </ul>
Milk <sup>1,2, 3</sup>	6 gallons (24 quarts)
Breakfast Cereal	36 oz
Cheese <sup>4</sup>	1 lb (Can't replace with milk)
Eggs	2 dozen
Fruits and Vegetables	\$52.00
Whole Grain Choices	16 oz
Fish- Canned/Pouch	30 oz
Dried or Canned Beans, Peas, Lentils or Peanut Butter	1 choice of: <ul style="list-style-type: none"> <li>• 16 oz of dried beans or lentils or</li> <li>• 4 cans of beans or</li> <li>• 16 oz of peanut butter</li> </ul>

1. No more that 6 quarts of milk can be substituted for a combination of cheese, yogurt, or tofu
2. 1 quart of milk can be substituted for 32 oz of yogurt
3. 1 quart of milk can be substituted for 16 oz of tofu
4. 3 quarts of milk can be substituted for 1 lb (16 oz) of cheese, no more than 2 additional pounds can be added



# Cascades Staff Tool

## Food Benefits by Participant Category



### Participant Category:

- Fully Breastfeeding Multiples (2+ infants)
- Fully Breastfeeding Multiples (2+ infants) and Pregnant

WIC Foods	Maximum Monthly Allowance (MMA) (Even Months- February, April, June, August, October, December)	Maximum Monthly Allowance (MMA) (Odd Months- January, March, May, July, September, November)
Juice	6 containers of: <ul style="list-style-type: none"> <li>• 11.5 or 12 oz frozen can</li> <li>• 46 oz can/plastic bottle</li> </ul>	3 containers of: <ul style="list-style-type: none"> <li>• 11.5 or 12 oz frozen can</li> <li>• 46 oz can/plastic bottle</li> </ul>
Milk <sup>1,2,3</sup>	12 gallons (48 quarts)	6 gallons (24 quarts)
Breakfast Cereal	72 oz	36 oz
Cheese	1.5 lb (Can't replace with milk) *Up to 5 lbs of cheese can be issued	1.5 lb (Can't replace with milk) *Up to 4 lbs of cheese can be issued
Eggs	4 dozen	2 dozen
Fruits and Vegetables	\$73.50	\$78.00
Whole Grain Choices	32 oz	16 oz
Fish- Canned/Pouch	60 oz	30 oz
Dried or Canned Beans, Peas, Lentils or Peanut Butter	4 choices of: <ul style="list-style-type: none"> <li>• 16 oz of dried beans or lentils or</li> <li>• 4 cans of beans or</li> <li>• 16 oz of peanut butter</li> </ul>	2 choices of: <ul style="list-style-type: none"> <li>• 16 oz of dried beans or lentils or</li> <li>• 4 cans of beans or</li> <li>• 16 oz of peanut butter</li> </ul>

1. No more than 14 quarts (even months) or 6 quarts (odd months) of milk can be substituted for a combination of cheese, yogurt, or tofu
2. 1 quart of milk can be substituted for 32 oz of yogurt
3. 1 quart of milk can be substituted for 16 oz of tofu
4. 3 quarts of milk can be substituted for 1 lb (16 oz) of cheese



# Cascades Staff Tool

## Food Benefits by Participant Category



This institution is an equal opportunity provider.  
Washington WIC doesn't discriminate.

To request this document in another format, call 1-800-841-1410.  
Deaf or hard of hearing customers, please call 711 (Washington Relay)  
or email [wic@doh.wa.gov](mailto:wic@doh.wa.gov).



DOH 960-367 April 2024

