

BREASTFEEDING FOOD PACKAGES

- WIC food packages have changed to better meet WIC participant nutritional needs, strengthen breastfeeding promotional efforts, and support the establishment of long-term breastfeeding.
- WIC provides incentives for initiation and continuation of fully breastfeeding mothers and infants:
 - Larger quantities of food and a \$10 voucher for fresh fruits and vegetables for breastfeeding mothers.
 - Baby food meats and larger quantities of baby food fruits and vegetables for breastfeeding infants.



BREASTFEEDING FOOD PACKAGES CONT.

Food Packages For Breastfeeding Mothers			
	Fully Breastfeeding	Mostly Breastfeeding	Some Breastfeeding
Cheese		NONE	NONE
Canned salmon or tuna		NONE	NONE
Whole Grain Bread or Brown Rice			NONE
Eggs			
Beans & Peanut Butter			
Juice			
Milk			
Cereal			
Fruit & Vegetables	 \$10	 \$10	 \$10
Duration	Up to <u>1 year</u> postpartum	Up to <u>1 year</u> postpartum	Up to <u>6 months</u> postpartum

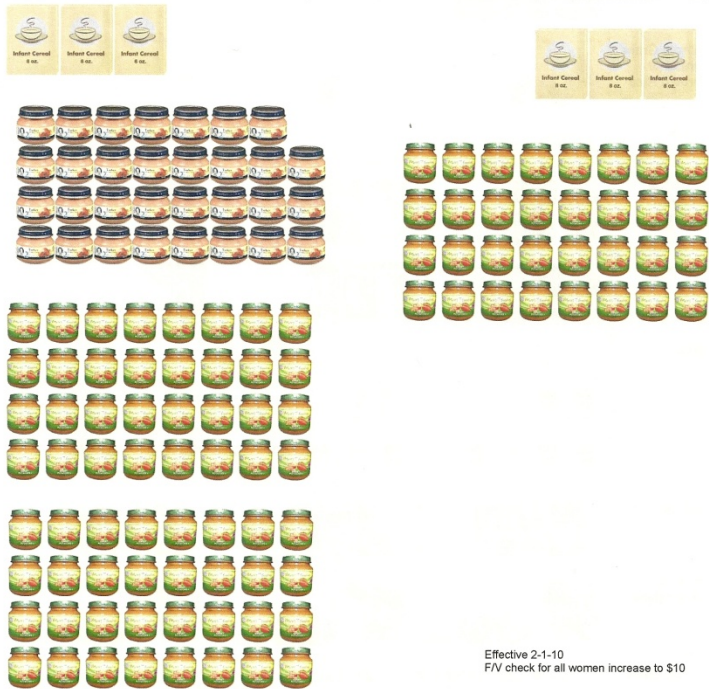
- Fully/exclusively breastfeeding moms get the most food and stay on the WIC program for as long as she is fully breastfeeding up to 1 year postpartum.
- If mom is only breastfeeding some or not breastfeeding, she is ineligible for the WIC program at 6 months postpartum.

* If you breastfeed less, your amount of food will be less



BREASTFEEDING FOOD PACKAGES CONT.

Fully/Exclusively Breastfeeding Package



Any Formula Package

