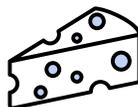


# Maine WIC Visual Food Packages: A Guide for WIC Participants



# CONVERSIONS



**32 fl. oz.  
(liquid)**

=

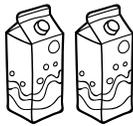


**1 quart**

=



**950 mL**



**2 quarts**

=

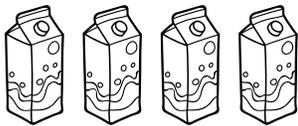


**½ gallon**

=



**1.9 L**



**4 quarts**

=

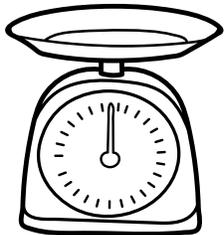


**1 gallon**

=



**3.8 L**



**16 oz. (dry) = 1 lb. = 454 g**

# Food Package 1A: Infants 0-3 months

## Partially Breastfed



Powder Formula

**4 cans  
(435 fl oz)**

OR



Concentrate Formula

**388 fl oz**

OR



Ready-To-Use Formula

**384 fl oz**

## Fully Formula Fed



Powder Formula

**9 cans  
(870 fl oz)**

OR



Concentrate Formula

**823 fl oz**

OR



Ready-To-Use Formula

**832 fl oz**

# Food Package 1B: Infants 4-5 months

## Partially Breastfed



Powder Formula

**5 cans  
(522 fl oz)**

OR



Concentrate Formula

**460 fl oz**

OR



Ready-To-Use Formula

**474 fl oz**

## Fully Formula Fed



Powder Formula

**10 cans  
(960 fl oz)**

OR



Concentrate Formula

**896 fl oz**

OR



Ready-To-Use Formula

**913 fl oz**

# Food Package 2: Infants 6-11 months

Fully Breastfed



Infant Cereal

**16 oz**



Infant Meats

**40 oz**



PICK **ONE** OF THE FOLLOWING:



Fruit and Vegetables

**\$22 CVB**

OR



Infant Fruit and Vegetables

**128 oz**

OR



Infant Fruit and Vegetables

**64 oz**

&



Fruit & Vegetables

**\$11 CVB**

# Food Package 2: Infants 6-11 months

Partially Breastfed



Powder Formula

**4 cans  
(384 fl oz)**

OR



Concentrate Formula

**315 fl oz**

OR



Ready-To-Use Formula

**338 fl oz**



Infant Cereal

**8 oz**



PICK **ONE** OF THE FOLLOWING:



Fruit and Vegetables

**\$22 CVB**

OR



Infant Fruit and Vegetables

**128 oz**

OR



Infant Fruit and Vegetables

**64 oz**

&



Fruit & Vegetables

**\$11 CVB**

# Food Package 2: Infants 6-11 months

Fully Formula Fed



Powder Formula

**7 cans  
(696 fl oz)**

OR



Concentrate Formula

**630 fl oz**

OR



Ready-To-Use Formula

**643 fl oz**



Infant Cereal

**8 oz**

PICK **ONE** OF THE FOLLOWING:



Fruit and Vegetables

**\$22 CVB**

OR



Infant Fruit and Vegetables

**128 oz**

OR



Infant Fruit and Vegetables

**64 oz**

&



Fruit & Vegetables

**\$11 CVB**

# Food Package 4A: Children 12-23 Months



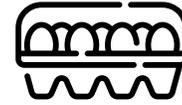
Milk/Substitute

**8 qts**



Breakfast Cereal

**36 oz**



Eggs

**1 doz**



Juice

**64 fl oz**



Fruit & Vegetables

**\$26 CVB**



Whole Grains

**24 oz**

PICK 1



Canned Legumes

**64 oz**



Dry Legumes

**1 lb**



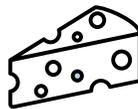
Peanut Butter

**16-18 oz**



Canned Fish

**6 oz**



Cheese

**1 lb**



Yogurt

**32 oz**

# Food Package 4B: Children 24-60 Months



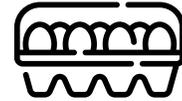
Milk/Substitute

**10 qts**



Breakfast Cereal

**36 oz**



Eggs

**1 doz**



Juice

**64 fl oz**



Fruit & Vegetables

**\$26 CVB**



Whole Grains

**24 oz**

PICK 1



Canned Legumes

**64 oz**



Dry Legumes

**1 lb**



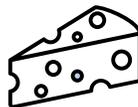
Peanut Butter

**16-18 oz**



Canned Fish

**6 oz**



Cheese

**1 lb**



Yogurt

**32 oz**

# Food Package 5A: Pregnant



Milk/Substitute

**12 qts**



Breakfast Cereal

**36 oz**



Eggs

**1 doz**



Juice

**64 fl oz**



Fruit & Vegetables

**\$47 CVB**



Whole Grains

**48 oz**

PICK 2



Canned Legumes

**64 oz**



Dry Legumes

**1 lb**



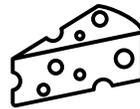
Peanut Butter

**16-18 oz**



Canned Fish

**10 oz**



Cheese

**1 lb**



Yogurt

**32 oz**

# Food Package 5B: Partially Breastfeeding

## Partially Breastfeeding



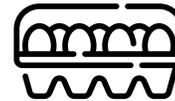
Milk/Substitute

**12 qts**



Breakfast Cereal

**36 oz**



Eggs

**1 doz**



Juice

**64 fl oz**



Fruit & Vegetables

**\$52 CVB**



Whole Grains

**48 oz**

PICK 2



Canned Legumes

**64 oz**



Dry Legumes

**1 lb**



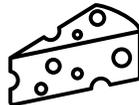
Peanut Butter

**16-18 oz**



Canned Fish

**15 oz**



Cheese

**1 lb**



Yogurt

**32 oz**

# Food Package 6: Non Breastfeeding

## Non Breastfeeding



Milk/Substitute

**12 qts**



Breakfast Cereal

**36 oz**



Eggs

**1 doz**



Juice

**64 fl oz**



Fruit & Vegetables

**\$47 CVB**



Whole Grains

**48 oz**

PICK 2



Canned Legumes

**64 oz**



Dry Legumes

**1 lb**



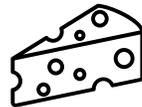
Peanut Butter

**16-18 oz**



Canned Fish

**10 oz**



Cheese

**1 lb**



Yogurt

**32 oz**

# Food Package 7: Fully Breastfeeding

## Fully Breastfeeding



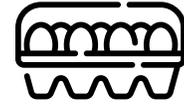
Milk/Substitute

**9 qts**



Breakfast Cereal

**36 oz**



Eggs

**2 doz**



Juice

**64 fl oz**



Fruit & Vegetables

**\$52 CVB**



Whole Grains

**48 oz**

### PICK 2



Canned Legumes

**64 oz**



Dry Legumes

**1 lb**



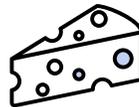
Peanut Butter

**16-18 oz**



Canned Fish

**20 oz**



Cheese

**2 lbs**



Yogurt

**32 oz**

# Food Package 7: Fully Breastfeeding Multiples

Exclusively Breastfeeding Multiples (x1.5)



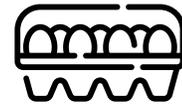
Milk/Substitute

**17 qts**



Breakfast Cereal

**54 oz**



Eggs

**3 doz**



Juice

**96 fl oz**



Fruit & Vegetables

**\$78 CVB**



Whole Grains

**72 oz**

PICK 3



Canned Legumes

**96 oz**



Dry Legumes

**1-2 lbs**



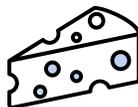
Peanut Butter

**16-18 oz**



Canned Fish

**30 oz**



Cheese

**2 lbs**



Yogurt

**32 oz**