

Illinois WIC Food Package Tables

WIC food packages and nutrition education are the primary means by which WIC affects the dietary quality and habits of participants. Food packages are developed based on the deficiencies in the diets of low-income pregnant women, infants, and children to improve the nutritional balance of the WIC population. The Illinois WIC foods have been selected based on nutrient content criteria established by Federal Regulation and Department specification. Refer to IL WIC PPM SFD 4.1 for minimum standards each food must meet to be included on the Authorized Food List. Food packages are designed with the following principles:

- Reduce the prevalence of inadequate or excessive nutrient intake by WIC participants.
- Help participants achieve dietary patterns consistent with the Dietary Guidelines for Americans.
- Bring the diets of infants and children under the age of two into closer conformity with accepted recommendations, encouraging and supporting breastfeeding.
- Include foods in the packages that are commonly consumed and widely available, accommodate cultural preferences, and encourage WIC participation.

Education on Food and Formula Benefits

Providing education on shopping for and the use of WIC benefits is essential for participants to be successful in their shopping experience and obtaining full nutrition benefit. WIC staff must follow policies to provide the required education, referrals, and related materials.

Staff should be familiar with the following educational points regarding WIC Medically Prescribed Formulas and Foods:

- Educate on the issued formula by reviewing the Family Shopping List Description, product form, container size and the description on receipt (EBT Receipt Description); refer to page 2 of this addendum.
- Where to shop for WIC formulas (WIC Grocery or Pharmacy Vendors):
 - Inform to go to Pharmacy to inquire about obtaining formula
 - Take Shopping List to get correct product, specialized formulas most likely will need to be ordered and take at least 24 hours for the pharmacy to obtain
 - If the formula is new to participant, ask if the pharmacy can only order 1 or 2 containers to ensure tolerance, WIC cannot replace redeemed benefits
 - Ask Pharmacy about how to obtain future months benefits (i.e. how and when to order)
- Provide with appointment reminder when another prescription form is needed to issue more benefits.
- Review Core Food Package tables and footnotes (for CPA guidance) to address with education on WIC allowed foods; items such as: review Family Shopping List; type of milk; use of Cash Value Benefit (CVB) for fruits and vegetables; issuance of Ready-to-Feed; and other allowed options.

Medically Prescribed Formulas for Infant and Children and WIC MIS

When a completed Illinois WIC Medical Nutritional Prescriptions form is received, the CPA is to follow policy requirements for issuance and assign the food package in the WIC MIS system as prescribed:

- Food Prescription screen, for an Infant or Child, check either the Prescription or Contract Formula checkbox to assign the appropriate prescribed formula or Infant contract formula (when prescribed to a Child). The food package tables provided in this document indicate the amounts provided for an Infant who is Partially Breastfeeding or Fully Formula feeding using a contract or medically prescribed formula.
- Infants six months and older, unable to tolerate solid foods and are receiving formula may continue to receive quantities at the 4-5-month age group if prescribed by the physician. The infant must have the medical condition entered on the Health screen which will allow the CPA to mark the 4-5-month food package checkbox on the Food Prescription screen.
- Children will be assigned a Child's Core Food package with a placeholder for the CPA to select the prescribe formula.

- Tailor the amount of formula if indicated on the prescription form, for example, if only prescribe 1-2 cans per day. In doing so, ensure the amount provided is adequate for maximum number of days each month and if the product comes in 6 packs, make sure the amount provided is a purchasable amount divisible by 6.

Formula	Form	Size	Reconst. fl oz	Shopping List Description	EBT Receipt Description
Enfamil Infant	Powder	12.5 oz	90 fl oz	Enfamil Infant Powder-12.5oz Container	Enfamil Infant Pdr
	Conc.	13 oz	26 fl oz	Enfamil Infant Concentrate-13oz Container	Enfamil Infant Conc
	RTF ¹	32 oz	32 fl oz	Enfamil Infant Ready To Feed-32oz Container	Enfamil Infant RTF
Enfamil Gentlease	Powder	12.4 oz	90 fl oz	Enfamil Gentlease Powder-12.4oz Container	Enfamil Gentlease
Enfamil Reguline	Powder	12.4 oz	90 fl oz	Enfamil Reguline Powder-12.4oz Container	Enfamil Reguline Pdr
Enfamil ProSobee	Powder	12.9 oz	93 fl oz	Enfamil ProSobee Powder-12.9oz Container	Enfamil ProSobee Pdr
	Conc.	13 oz	26 fl oz	Enfamil ProSobee Concentrate- 13oz Container	Enfamil ProSobee Con
	RTF ¹	32 oz	32 fl oz	Enfamil ProSobee Ready To Feed-32oz Container	Enfamil ProSobee RTF
Enfamil AR	Powder	12.9 oz	91 fl oz	Enfamil AR Powder- 12.9oz Container	Enfamil AR Powder
Enfamil NeuroPro EnfaCare	Powder	13.6 oz	87 fl oz	Enfamil NeuroPro EnfaCare Powder- 13.6oz Container	Enf NProEnfaCare Pdr
Similac NeoSure	Powder	13.1 oz	87 fl oz	Similac NeoSure Powder-13.1oz Container	Similac NeoSure Pdr
	RTF ¹	32 oz	32 fl oz	Similac NeoSure Ready To Feed- 32oz Container	Similac NeoSure RTF
Similac Alimentum	Powder	12.1 oz	87 fl oz	Similac Alimentum Powder-12.1oz Container	Similac Alimentum Pdr
	RTF ¹	32 oz	32 fl oz	Similac Alimentum Ready To Feed-32oz Container	Similac Alimentum RTF
Pregestimil	Powder	16 oz	112 fl oz	Pregestimil Powder-16oz Container	Pregestimil Powder
Nutramigen with Prebiotic LGG	Powder	12.6 oz	87 fl oz	Nutramigen with Prebiotic LGG Powder-12.6oz Container	NutramigenPrebLGG
Similac PM 60/40	Powder	14.1 oz	102 fl oz	Similac PM 60/40 Powder-14.1oz Container	Similac PM 60/40 Pdr
Peptamen Junior - No Fiber	RTF	8.45 oz	8.45 fl oz	Peptamen Junior (Any Flavor)-8.45oz Container	Peptamen Jr RTF
Peptamen Junior -With Prebio	RTF	8.45 oz	8.45 fl oz	Peptamen Junior With Prebio (Any Flavor)-8.45oz Container	Peptamen Jr Prebio
Peptamen Junior -With Fiber	RTF	8.45 oz	8.45 fl oz	Peptamen Junior with Fiber-8.45oz Container	Peptamen Jr FiberRTF
PediaSure Peptide 1.0 Cal	RTF	8 oz	8 fl oz	PediaSure Peptide 1.0 Cal (Any Flavor)-8oz Container	PedSur Peptide 1.0 Cal
Elecare DHA/ARA	Powder	14.1 oz	95 fl oz	Elecare DHA/ARA Powder-14.1oz Container	EleCare DHA/ARA Pdr
Neocate Infant DHA/ARA	Powder	14.1 oz	97 fl oz	Neocate Infant DHA/ARA Powder-14.1oz Container	Neocate Infant Pdr
Neocate Syneo Infant	Powder	14.1 oz	95 fl oz	Neocate Syneo Infant Powder-14.1oz Container	Neocate Syneo Infant
PurAmino DHA/ARA	Powder	14.1 oz	98 fl oz	PurAmino DHA/ARA Powder-14.1oz Container	PurAmino DHA/ARA Pdr
EleCare Jr - Unflavored	Powder	14.1 oz	62 fl oz	EleCare Jr.Powder (Unflavored)-14.1oz Container	EleCare Jr Unflavor
EleCare Jr - Flavored	Powder	14.1 oz	62 fl oz	EleCare Jr.Powder (Any Flavor)-14.1oz Container	EleCare Jr Flavor Pdr
Neocate Junior	Powder	14.1 oz	63 fl oz	Neocate Junior Powder (Any Flavor)-14.1oz Container	Neocate Junior
Neocate Junior with Prebiotics	Powder	14.1 oz	63 fl oz	Neocate Junior with Prebiotics Powder (Unflavored)-14.1oz Container	Neocate JR Prebio
Neocate Splash	RTF	8 oz	8 fl oz	Neocate Splash (Any Flavor)-8oz Container	Neocate Splash RTF
PediaSure - No Fiber	RTF	8 oz (6 pk)	8 fl oz (6 pk)	PediaSure (Any Flavor)-Pack-6-8oz Containers	PediaSure RTF 6Pack
PediaSure - With Fiber	RTF	8 oz (6 pk)	8 fl oz (6 pk)	PediaSure with Fiber (Any Flavor)-Pack-6-8oz Containers	PediaSure Fiber 6Pk
Nutren Junior - No Fiber	RTF	8.45 oz	8.45 fl oz	Nutren Junior-8.45oz Containers	Nutren Junior RTF
Nutren Junior - With Fiber	RTF	8.45 oz	8.45 fl oz	Nutren Junior with Fiber-8.45oz-Container	Nutren Junior Fiber
PediaSure 1.5 Cal -No Fiber	RTF	8 oz	8 fl oz	PediaSure 1.5 Cal-8oz Container	PedSure 1.5Cal RTF
PediaSure 1 Cal -With Fiber		8 oz	8 fl oz	PediaSure 1.5 Cal with Fiber-8oz Container	PedSure 1.5 Cal Fiber

Core Food Packages – Women & Children

	Woman, Mostly BF one infant <u>or</u> PG single fetus (FP V ²)	Woman, Fully BF one infant ¹ <u>or</u> PG multiples <u>or</u> PG Fully/Mostly BF one infant (FP VII ²)	Woman, Limited BF 0-5 months <u>or</u> Postpartum Non-BF (FP VI ²) Woman, Limited BF beyond 6 months (No FP)	Child, 12-23 months (FP IV ²) and Child, 24-60 months (FP IV ²)
Milk Group (Cow’s Milk, Milk Alternatives, and substitutions for milk^{2,3}):				
Milk (Cow’s milk) (GAL, HGL)	5 1/2 gallons	6 gallons	4 gallons	4 gallons
Lactose Free milk (HGL)	11 half-gallons	12 half-gallons	8 half-gallons	8 half-gallons
Soy-based beverage (HGL)	11 half-gallons	12 half-gallons	8 half-gallons	8 half-gallons
UHT milk (HGL)	11 half-gallons	12 half-gallons	8 half-gallons	8 half-gallons
Cheese (LB)	NA ²	1-pound cheese	NA	NA
Protein Group (Beans, Eggs, Peanut Butter, Fish):				
Peanut Butter (JAR)	1 (16-18 oz) jar	1 (16-18 oz) jar	1 (16-18 oz) jar <u>OR</u> 1 (16 oz) container <u>OR</u> 4 (15.5-16 oz) container	1 (16-18 oz) jar
Dry Beans <u>OR</u> (CTR)	1 (16 oz) container <u>OR</u>	1 (16 oz) container <u>OR</u>		1 (16 oz) container <u>OR</u>
Canned Beans (CTR)	4 (15.5-16 oz) container	4 (15.5-16 oz) container		4 (15.5-16 oz) container
Eggs (DOZ)	1 dozen	2 dozen	1 dozen	1 dozen
Canned Fish (OZ)	N/A	6 (5 oz) cans	N/A	N/A
Grain Group (Whole Grains, Cereal):				
Whole Grains (OZ) 100% whole wheat bread, buns, pasta, or tortillas; brown rice; bulgur; soft corn tortillas; or oatmeal	16 ounces	16 ounces	N/A	32 ounces
Cereals (OZ)	36 ounces	36 ounces	36 ounces	36 ounces
Fruit & Vegetables (Fruit & Vegetables, Juice):				
Fruits & Vegetables ⁴ Fresh, Canned and/or Frozen (\$)	\$11.00	\$11.00	\$11.00	\$9.00
100% Juice (CTR)	3 (48 oz)	3 (48 oz)	2 (48 oz)	2 (64 oz)
¹ Breastfeeding Multiples will be issued one and one-half times the amount of foods listed for FP VII. .				
² Allowed to substitute up to 4 quarts of milk/alternatives and FPGVII is allowed to substitute up to 6 quarts as follows: 3 quarts = 1-pound (lb.) Cheese 1 quart = 32 ounces (oz) Yogurt 1 quart = 16 ounces (oz) Tofu Note: Whole milk and whole milk yogurt is provided to Child category 12-23 months, all other categories will be provided non- or low-fat milk and yogurt.				
³ Milk is issued only by ½ gallons (HGL) or gallons (GAL); thereby, any benefits with a ‘dangling quart’ that quantity of milk is rounded up to ½ gallon every other month.				
⁴ Medically fragile children, if prescribed, may substitute 128 ounces of infant fruits & vegetables in lieu of the Cash Value Benefit (CVB)				

Core Food Packages for Infants – Breastfeeding or Fully Formula with Contract Formulas

Breastfeeding and/or with Contract Formula - Amounts per Infant Age								Infant Foods <i>(offered 6-11 months)</i>		
Exclusive Breastfeeding										
			0-5 months		6-8 months	9-11 months	Infant Cereal	Infant Fruits & Vegetables	Infant Meats	
WIC provides No formula			0		0	0	24 oz	64-4 oz containers ¹	31-2.5 oz containers	
Partial Breastfeeding (Mostly)										
Contract Formula:	Form	Size (oz)	0-1 month	1-3 months	4-5 months	6-8 months	9-11 months	Infant Cereal	Infant Fruit & Vegetables	Infant Meats
Enfamil Infant	powder	12.5 oz	1	up to 4	up to 5	up to 4	up to 4	24 oz	32-4 oz containers ¹	0
	concentrate	13 oz	4	up to 14	up to 17	up to 12	up to 12			
	RTF ²	32 oz	3	up to 12	up to 14	up to 10	up to 10			
Enfamil Gentlease	powder	12.4 oz	1	up to 4	up to 5	up to 4	up to 4			
Enfamil Reguline	powder	12.4 oz	1	up to 4	up to 5	up to 4	up to 4			
Enfamil ProSobee	powder	12.9 oz	1	up to 4	up to 5	up to 4	up to 4			
	concentrate	13 oz	4	up to 14	up to 17	up to 12	up to 12			
	RTF ²	32 oz	3	up to 12	up to 14	up to 10	up to 10			
Enfamil AR	powder	12.9 oz	1	up to 4	up to 5	up to 4	up to 4			
Breastfeeding Some/Limited or Fully Formula Feeding										
Contract Formula:	Form	Size (oz)	0-3 months		4-5 months	6-8 months	9-11 months	Infant Cereal	Infant Fruits & Vegetables	Infant Meats
Enfamil Infant	powder	12.5 oz	9		10	7	7	24 oz	32-4 oz containers ¹	0
	concentrate	13 oz	31		34	24	24			
	RTF ²	32 oz	26		28	20	20			
Enfamil Gentlease	powder	12.4 oz	9		10	7	7			
Enfamil Reguline	powder	12.4 oz	9		10	7	7			
Enfamil ProSobee	powder	12.9 oz	9		10	7	7			
	concentrate	13 oz	31		34	24	24			
	RTF ²	32 oz	26		28	20	20			
Enfamil AR	powder	12.9 oz	9		10	7	7			

¹ Infants 9-11 months option: replace a portion of the jarred infant fruits and vegetables (FV) with a cash-value benefit (CVB) towards fresh fruits/vegetables. Exclusive breastfeeding portion replaced with \$8 CVB plus 128 oz of jarred infant FV; Partially breastfeeding and Fully Formula fed replaced with \$4 CVB plus 64 ounces of jarred infant FV.

² RTF/RTU formula must meet policy requirements to be issued, refer to policy and document need.

Core Food Packages for Infants – Partial Breastfeeding (Mostly) with Medically Prescribed Formulas

Partial Breastfeeding (Mostly) with Medically Prescribed Formulas - Amounts per Infant Age								Infant Foods <i>(offered 6-11 months)</i>		
Medically Prescribed Formula:	Form	Size (oz)	0-1 month	1-3 months	4-5 months	6-8 months	9-11 months	Infant Cereal	Infant Fruits & Vegetables	Infant Meats
Premature & Transitional										
Enfamil NeuroPro EnfaCare	powder	13.6 oz	1	up to 5	up to 6	up to 4	up to 4	24 oz	32-4 oz containers ¹	0
Similac NeoSure	powder	13.1 oz	1	up to 5	up to 6	up to 4	up to 4			
	RTF ²	32 oz	3	up to 12	up to 14	up to 10	up to 10			
Casein Hydrolysates										
Similac Alimentum	powder	12.1 oz	1	up to 5	up to 6	up to 4	up to 4	24 oz	32-4 oz containers ¹	0
	RTF ²	32 oz	3	up to 12	up to 14	up to 10	up to 10			
Pregestimil	powder	16 oz	---	up to 3	up to 4	up to 3	up to 3			
Nutramigen with Prebiotic LGG	powder	12.6 oz	1	up to 5	up to 6	up to 4	up to 4			
Other Specialized										
Similac PM 60/40	powder	14.1 oz	1	up to 4	up to 5	up to 3	up to 3	24 oz	32-4 oz containers ¹	0
Amino Acid Based										
PurAmino DHA/ARA	Powder	14.1 oz	1	up to 4	up to 5	up to 3	up to 3	24 oz	32-4 oz containers ¹	0
Elecare DHA/ARA	powder	14.1 oz	1	up to 4	up to 5	up to 4	up to 4			
Neocate Infant DHA/ARA	Powder	14.1 oz	1	up to 4	up to 5	up to 3	up to 3			
Neocate Syneo Infant	powder	14.1 oz	1	up to 4	up to 5	up to 4	up to 4			

¹ Infants 9-11 months option: replace a portion of the jarred infant fruits and vegetables (FV) with a cash-value benefit (CVB) towards fresh fruits/vegetables. Exclusive breastfeeding portion replaced with \$8 CVB plus 128 oz of jarred infant FV; Partially breastfeeding and Fully Formula fed replaced with \$4 CVB plus 64 ounces of jarred infant FV.

² RTF/RTU formula must meet policy requirements to be issued, refer to policy and document need.

Core Food Packages for Infants – Breastfeeding Some/Limited & Fully Formula Fed with Medically Prescribed Formulas

Fully Formula Fed Infant Medically Prescribed Formula Amounts per Infant Age							Infant Foods (offered 6-11 months)		
Medically Prescribed Formula:	Form	Size (oz)	0-3 months	4-5 months	6-8 months	9-11 months	Infant Cereal	Infant Fruits & Vegetables	Infant Meats
Premature & Transitional									
Enfamil NeuroPro EnfaCare	powder	13.6 oz	10	11	8	8	24 oz	32-4 oz containers ¹	0
Similac NeoSure	powder	13.1 oz	10	11	8	8			
	RTF ²	32 oz	26	28	20	20			
Casein Hydrolysates									
Similac Alimentum	powder	12.1 oz	10	11	8	8	24 oz	32-4 oz containers ¹	0
	RTF ²	32 oz	26	28	20	20			
Pregestimil	powder	16 oz	7	8	6	6			
Nutramigen with Prebiotic LGG	powder	12.6 oz	10	11	8	8			
Other Specialized									
Similac PM 60/40	Powder	14.1 oz	8	9	6	6	24 oz	32-4 oz containers ¹	0
Amino Acid Based									
PurAmino DHA/ARA	powder	14.1 oz	8	9	7	7	24 oz	32-4 oz containers ¹	0
Elecare DHA/ARA	powder	14.1 oz	9	10	7	7			
Neocate Infant DHA/ARA	powder	14.1 oz	8	9	7	7			
Neocate Syneo Infant	powder	14.1 oz	9	10	7	7			

¹ Infants 9-11 months option: replace a portion of the jarred infant fruits and vegetables (FV) with a cash-value benefit (CVB) towards fresh fruits/vegetables. Exclusive breastfeeding portion replaced with \$8 CVB plus 128 oz of jarred infant FV; Partially breastfeeding and Fully Formula fed replaced with \$4 CVB plus 64 ounces of jarred infant FV.

² RTF/RTU formula must meet policy requirements to be issued, refer to policy and document need.

Child with Medically Prescribed Formulas
(offered as part of a Child Core Food Package when prescribed with Foods)

Formula	Form	Quantity	Size	Reconstituted fluid oz
Contract Infant				
Enfamil Infant	Powder	10	12.5 oz	90 fl oz
	Concentrate	35	13 oz	26 fl oz
	RTF ¹	28	32 oz	32 fl oz
Enfamil Gentlease	Powder	10	12.4 oz	90 fl oz
Enfamil Reguline	Powder	10	12.4 oz	90 fl oz
Enfamil ProSobee	Powder	9	12.9 oz	93 fl oz
	Concentrate	35	13 oz	26 fl oz
	RTF ¹	28	32 oz	32 fl oz
Enfamil AR	Powder	10	12.9 oz	91 fl oz
Casein Hydrolysates				
Similac Alimentum	Powder	10	12.1 oz	87 fl oz
	RTF ¹	28	32 oz	32 fl oz
Pregestimil	Powder	8	16 oz	112 fl oz
Nutramigen with Prebiotic LGG	Powder	10	12.6 oz	87 fl oz
Other Specialized				
Peptamen Junior -No Fiber	RTF	107	8.45 oz	8.45 fl oz
-With Prebio	RTF	107	8.45 oz	8.45 fl oz
-With Fiber	RTF	107	8.45 oz	8.45 fl oz
PediaSure Peptide 1.0 Cal	RTF	113	8 oz	8 fl oz
Amino Acid Based				
PurAmino DHA/ARA	Powder	9	14.1 oz	98 fl oz
EleCare Jr -Unflavored	Powder	15	14.1 oz	62 fl oz
EleCare Jr-Flavored	Powder	15	14.1 oz	62 fl oz
Neocate Junior	Powder	14	14.1 oz	63 fl oz
Neocate Junior with Prebiotics	Powder	14	14.1 oz	63 fl oz
Neocate Splash	RTF	113	8 oz	8 fl oz
Nutrient Dense				
PediaSure -No Fiber	RTF	18	8 oz (6 pk)	8 fl oz (6 pk)
-With Fiber	RTF	18	8 oz (6 pk)	8 fl oz (6 pk)
Nutren Junior -No Fiber	RTF	107	8.45 oz	8.45 fl oz
-With Fiber	RTF	107	8.45 oz	8.45 fl oz
PediaSure 1.5 Cal -No Fiber	RTF	113	8 oz	8 fl oz
-With Fiber	RTF	113	8 oz	8 fl oz