



# California WIC Program

## Food Changes for Participants

### Fact Sheet

## Infants and Breastfeeding Mothers

The WIC foods are changing to better meet the nutritional needs of our WIC participants. The new foods align with the Dietary Guidelines for Americans and infant feeding practice guidelines of the American Academy of Pediatrics (AAP). In addition, changes to the breastfeeding foods will better promote and support the establishment of successful long-term breastfeeding.

### Major changes to the Infant Foods

#### Formula Amounts

- tied to feeding practice and age of infant
- partially breastfed infants get less formula to allow mothers to breastfeed more

#### Introduction of Solids

- delayed to 6 months of age

#### Juice

- no juice for infants

#### Baby Food

- fruits and vegetables added
- baby food meat added for fully breastfed babies

### Major changes to the Breastfeeding Women Foods

Fully breastfeeding mothers receive more variety and a larger quantity of food compared to women who are partially breastfeeding or fully formula feeding. The cash-value voucher for fruits and vegetables is larger for women who are fully breastfeeding. The increased food amount is tied to the increased nutritional needs of the breastfeeding woman.

### Partially Breastfeeding (0-1 month postpartum)

States have the option of providing up to one can of powdered formula to a woman who is partially breastfeeding during the first month. Issuance would require a complete assessment and instruction on the amount of formula to feed during this time.

### Breastfeeding Support

Adequate support for mothers is important for successful breastfeeding. Currently, WIC agencies designate a Breastfeeding Coordinator and provide a range of breastfeeding support services including peer counseling, breastfeeding education classes, mother-to-mother support groups, consultations with lactation specialists, access to breastpumps, and dedicated phone lines for breastfeeding assistance. The new food package will enhance opportunities for WIC agencies and their community partners to work together to improve breastfeeding support and services for mothers in California.

**Families grow healthy with WIC**

## WIC Food Benefits for Mothers and Babies

	Fully Breastfeeding	Partially Breastfeeding	Fully Formula Feeding		
<b>Foods for Babies</b>					
Formula	None	Age of baby	Approx. amt	Age of baby	Approx. amt
		0 - 1 mo.	1 can powdered	0 - 3 mos.	806 fl oz reconstituted
		1 - 3 mos.	364 fl oz reconstituted		
		4 - 5 mos.	442 fl oz reconstituted	4 - 5 mos.	884 fl oz reconstituted
		6 - 11 mos.	312 fl oz reconstituted	6 - 11 mos.	624 fl oz reconstituted
<b>Infant fruits &amp; vegetables</b>	256 oz	128 oz	128 oz		
<b>Infant cereals</b>	24 oz	24 oz	24 oz		
<b>Infant meats</b>	77.5 oz	None	None		
<b>Foods for Mothers</b>					
Participation	Up to 1 year postpartum		Up to 6 mos. postpartum		
<b>Breakfast cereal</b>	36 oz	36 oz	36 oz		
<b>Cash-value voucher for fruits and vegetables</b>	\$10	\$8	\$8		
<b>Canned Fish</b>	30 oz.	None	None		
<b>Eggs</b>	2 dozen	1 dozen	1 dozen		
<b>Cheese</b>	1 lb	None	None		
<b>Milk</b>	24 quarts	22 quarts	16 quarts		
<b>Juice</b>	144 fl oz	144 fl oz	96 fl oz		
<b>Whole grain bread (or substitutes)</b>	1 lb.	1 lb.	None		
<b>Dried Legumes and/or peanut butter</b>	1 lb and 18 oz	1 lb and 18 oz	1 lb or 18 oz		