

Section 7.10: Food Package 4 for Children 1 through 4 Years Old-Draft

6/2025

References: 7 CFR 246.10; [Final Rule: Revisions in the WIC Food Package](#)

Policy

- Food packages must be prescribed by CPAs, in consultation with the participant or parent/caregiver.
- The food package must be appropriate to the category of eligibility and must be specifically tailored to address the nutritional needs, circumstances, and preferences of the participant.

Purpose: To provide a food package that will best meet the participant's needs and will be used by the participant.

Procedures

Issuance requirements

Food Package 4 is for Children 1 through 4 years of age who do not have a qualifying condition for Food Package 3.

- Issue the food package as indicated in the table below.
- Do not provide a food if the child cannot consume or refuses the food. Examples include:
 - Food allergy
 - Medical condition for which the food is inappropriate
 - Vegan family who will not use the food

Milk options

Participants may choose from a variety of allowed milk options when using their benefits. At the store, the participant chooses which WIC allowed milk option(s) to purchase.

Issuance

- Assess which type(s) of milk the participant plans to purchase.
- Educate on:

- How to prepare and safely store that milk if appropriate (e.g., evaporated and powdered milk)
- How to identify the preferred milk option(s) when using benefits at the store.
- How purchase of the participant's preferred milk item will affect their benefit balance. For example:
 - .5 will be deducted for each half gallon
 - .75 will be deducted for a 96 oz container of Lactaid milk
 - .25 will be deducted for each quart of goat milk or soy beverage
 - .18 will be deducted for each can of evaporated milk
 - Powdered milk - deductions:
 - .75 for 9.6 oz package (makes 3 quarts)
 - 2.0 for 25.6 oz package (makes 8 quarts)
 - 5.0 for 64 oz package (makes 20 quarts)

Substitutions

There are three milk substitution items: yogurt, cheese, and tofu.

- Milk substitutions yogurt and cheese are included in the default food package since they are commonly requested.
 - Participants receiving these have less milk in their food package:
 - 1 quart yogurt replaces 1 quart milk
 - 1 pound cheese replaces 3 quarts milk
 - Assess whether the participant would prefer more milk rather than receive yogurt and/or cheese. Adjust the food package accordingly.
- Tofu may be substituted up to the full milk allowance.
 - 1 pound tofu = 1 quart milk
 - Assess whether participants who primarily use tofu in place of milk or soy beverage have a consistent source of vitamin D. A daily children's multivitamin with 400 IU is recommended for children.

Children 12-23 months

- Whole milk options are the standard for issuance to 1-year-old children (12 through 23 months).
- Fat-reduced milks (2%, 1%, and nonfat) may be issued to 1-year-old children for whom overweight or obesity is a concern. The need for fat-reduced milks for 1-year-old children must be based on an individual nutritional assessment by the CPA.

Tip: Due to information system functionality, soy beverage and goat milk are only included in the **Fat Free/Skim Milk or 1% (WIC-allowed)** category.

Use that food item for all participants who wish to purchase soy beverage or goat milk, including 1 year old participants. Explain this to the participant.

Children 24 months and older

- Low-fat (1%) or nonfat milks and lowfat yogurt are the standard for issuance to children ≥ 24 months of age.
- Whole and reduced fat (2%) milks are authorized only for participants with health conditions that also require a medical formula. See [Section 7.9: Food Package for Infants, Women, and Children with Qualifying Medical Conditions \(Food Package 3\)](#).

Homeless package

To better meet the needs of homeless participants, discuss options that may be helpful for their situation. See [Section 7.14: Homeless Food Package](#).

Guidance

Milk options

If a participant shares that they exclude a food item due to a health concern such as a possible allergy or food sensitivity, encourage them to discuss this with their health care provider if not already aware.

Goat milk

- WIC-allowed goat milk is pasteurized and fortified with vitamin D unlike raw goat milk.
- Goat milk is generally not recommended for these situations:
 - Cow's milk allergy: cross-reactivity of proteins may increase allergic potential to goat milk. For example, research has shown that most infants who are allergic to cow's milk may become allergic to goat's milk as well.
 - Lactose intolerance since the lactose content is comparable to cow's milk.

Evaporated milk

- Ensure that the evaporated milk is being reconstituted correctly: 1 part water to 1 part evaporated milk.

Bean and Peanut Butter options

Discuss which option the participant intends to buy and how to identify that item at the store.

Beans

- If canned beans are preferred, use visuals to explain that 4 cans of beans equal 1 option.
- For those who are culturally accustomed to buying large bags of dry beans, explain how the 1 pound WIC bag contains the same type of beans.

Peanut Butter

- **Allergy prevention:** current guidance supports early introduction of allergenic foods such as peanut products for healthy children. Refer to the health care provider if there are concerns.
- **Choking hazard:** peanut butter can pose a choking hazard for younger children and should be spread thinly on a firm surface such as toast or crackers. It should not be given to eat off a spoon.

See table on next page.

SECTION 7.10: FOOD PACKAGE 4

Children 1 through 4 Years Old (Food Package 4)

Food item	Maximum monthly allowances	Allowed substitutions and maximum allowances
Milk, Fluid * Cow's milk Lactose free milk Soy beverage	16 quarts = 4 gallons = 8 half gallons	Yogurt** 1 quart / 1 quart of milk Max: 1 quart
Powdered milk	Reconstituted amount equal to 16 quarts fluid milk	Cheese** 1 pound cheese / 3 quarts of milk Max: 1 pound
Evaporated milk Evaporated goat milk	16 fluid ounces evaporated milk/ 32 ounces fluid milk (1:2 ratio) 16 quarts = 22 cans	Tofu** 1 pound tofu / 1 quart of milk Max: 16 pounds
Juice, single variety	128 fluid ounces juice = 2 (64 oz) containers	Frozen juice 2 (11.5-12 oz) containers frozen juice [Juice boxes-homeless 5.5-6.0 oz six packs for the homeless]
Breakfast Cereal	36 ounces	NA
Eggs	1 dozen eggs	NA
Fruits and Vegetables	\$ 26.00 Cash Value benefit	NA
Whole Grains including: bread, tortillas, oats, and brown rice	2 pounds	NA
Peanut Butter or Dry/Canned beans	1 item: 18 ounces peanut butter or 1 pound dry beans or 64 ounces canned beans = 4 (15-16 oz) cans	NA

**Whole milk for children up to 2 years of age. Low-fat 1% or fat-free skim milk for children 2 years and older*

***Yogurt, cheese, and/or tofu may be substituted for any of the milk options.*

Reference – Complete Listing of Hyperlinks

Final Rule: Revisions in the WIC Food Package (<https://www.fns.usda.gov/wic/fr-041824>)

Section 7.9: Food Package for Infants, Women, and Children with Qualifying Medical Conditions (Food Package 3)

(https://www.health.state.mn.us/docs/people/wic/localagency/program/mom/chsctns/ch7/sctn7_9.pdf)

Section 7.14: Homeless Food Package

(https://www.health.state.mn.us/docs/people/wic/localagency/program/mom/chsctns/ch7/sctn7_14.pdf)

Minnesota Department of Health - WIC Program 625 Robert St N, PO BOX 64975, ST PAUL MN 55164-0975; 1-800-657-3942, health.wic@state.mn.us, www.health.state.mn.us. To obtain this information in a different format, call: 1-800-657-3942

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