

Snapshot of WIC Food Packages for Infants, Children and Women

Maximum Monthly Allowances of Supplemental Foods¹

Foods	Children	Women		
	Food Package IV: 1 through 4 years	Food Package V: Pregnant and Partially (Mostly) Breastfeeding (up to 1 year postpartum)	Food Package VI: Postpartum (up to 6 months postpartum)	Food Package VII: Fully Breastfeeding (up to 1 year postpartum)
Juice, single strength	128 fl. oz.	144 fl. oz.	96 fl. oz.	144 fl. oz.
Milk ²	16 qt.	22 qt.	16 qt.	24 qt.
Breakfast cereal ³	36 oz.	36 oz.	36 oz.	36 oz.
Cheese	N/A	N/A	N/A	1 lb.
Eggs	1 dozen	1 dozen	1 dozen	2 dozen
Fruits and vegetables ⁴	\$9.00 in CVV	\$11.00 in CVV	\$11.00 in CVV	\$11.00 in CVV
Whole wheat or whole grain bread ⁵	2 lb.	1 lb.	N/A	1 lb.
Fish (canned) ⁶	N/A	N/A	N/A	30 oz.
Legumes (dry or canned) and/or Peanut butter	1 lb. (64 oz. canned) Or 18 oz.	1 lb. (64 oz. canned) And 18 oz.	1 lb. (64 oz. canned) Or 18 oz.	1 lb. (64 oz. canned) And 18 oz.

¹Refer to the full regulation at e-CFR for the complete provisions and requirements for WIC foods.

²Allowable fluid milk substitution options: yogurt, cheese, soy beverage, and tofu.

³At least one half of the total number of breakfast cereals on State agency food list must be whole grain.

⁴Fruits and vegetables are issued via a cash-value voucher (CVV) or benefit (CVB).

The temporary increase in CVV amounts - \$25 for children, \$44 for pregnant and postpartum participants, and \$49 for fully and partially breastfeeding participants - runs through September 30, 2023.

⁵Allowable whole grain options: brown rice, bulgur, oatmeal, whole-grain barley, whole wheat macaroni products, or soft corn or whole wheat tortillas.

⁶Allowable canned fish options: light tuna, salmon, sardines, and mackerel.

Food Package I: Infants (Birth – 5 Months)

Foods	Fully Breastfed	Partially (Mostly) Breastfed	Fully Formula Fed
WIC Breastfeeding Support Services are available to all WIC participants.			
WIC Formula	n/a	A: 0 - 3 months up to 364 fl. oz. B: 4 - 5 months up to 442 fl. oz.	A: 0 - 3 months up to 806 fl. oz. B: 4 - 5 months up to 884 fl. oz.

Food Package II: Infants (6 – 11 Months)

Foods	Fully Breastfed	Partially (Mostly) Breastfed	Fully Formula Fed
WIC Breastfeeding Support Services are available to all WIC participants.			
WIC Formula	n/a	up to 312 fl. oz.	up to 624 fl. oz.
Infant Cereal	16 oz.	8 oz.	8 oz.
Infant Food: Fruits and Vegetables	128 oz.	128 oz.	128 oz.
Infant Food: Meat	40 oz.	n/a	n/a

For more information, please contact Ashley Johnson at 701.265.4764.

ND WIC Income Eligibility Guidelines May 1, 2025 to June 30, 2026					
Income Before Taxes					
Household #	Annual	Monthly	2x-Monthly	Bi-Weekly	Weekly
1	\$28,953	\$2,413	\$1,207	\$1,114	\$557
2	\$39,128	\$3,261	\$1,631	\$1,505	\$753
3	\$49,303	\$4,109	\$2,055	\$1,897	\$949
4	\$59,478	\$4,957	\$2,479	\$2,288	\$1,144
5	\$69,653	\$5,805	\$2,903	\$2,679	\$1,340
6	\$79,828	\$6,653	\$3,327	\$3,071	\$1,536
7	\$90,003	\$7,501	\$3,751	\$3,462	\$1,731
8	\$100,178	\$8,349	\$4,175	\$3,853	\$1,927
9	\$110,353	\$9,197	\$4,599	\$4,245	\$2,123
10	\$120,528	\$10,044	\$5,022	\$4,636	\$2,318
11	\$130,703	\$10,892	\$5,446	\$5,028	\$2,514
12	\$140,878	\$11,740	\$5,870	\$5,419	\$2,710
13	\$151,053	\$12,588	\$6,294	\$5,810	\$2,905
14	\$161,228	\$13,436	\$6,718	\$6,202	\$3,101
For each add'l member	\$10,175	\$848	\$424	\$392	\$196