

New Mexico WIC Program Food Package Changes 2009

New Food Package	Old Food Package	Changes
Child 1 year old - Standard	Child - Standard	
No Formula	No Formula	
Beans or Peas - 1 pound	Beans or Peas - 1 pound	
Cereal - 36 oz	Cereal - 36 oz	
Eggs - 1 dozen	Eggs - 2 dozen	One less dozen eggs
2 - 64 ounce Bottle Juice	6 – 12 ounce cans of Frozen Juice Concentrate or 6 – 46 ounce cans of pure fruit juice	2 - 64 ounce juice vs. 6 - 12 ounce frozen or 48 ounce cans
Cheese - 1 pound	Cheese - 2 pounds	One less pound of cheese
Milk - 3 gallons, Whole (3.25 gallons total)	Milk - 4 gallons, any type	One less gallon of milk, whole only
Milk-1 qt whole	Evaporated milk - 2 cans, 12 ounces each	One quart fresh whole milk
Whole Grains - 32 ounces		New - Whole Grains
Cash Value Fruits/Vegetables - \$6.00		New - Cash Value
New Food Package	Old Food Package	Changes
Child 2+ year olds - Standard	Child 2+ year olds - Standard	
No Formula	No Formula	
Beans or Peas - 1 pound	Beans or Peas - 1 pound	
Cereal - 36 oz	Cereal - 36 oz	
Eggs - 1 dozen	Eggs - 2 dozen	One less dozen eggs
2 - 64 ounce Bottle Juice	6 – 12 ounce cans of Frozen Juice Concentrate or 6 – 46 ounce cans of pure fruit juice	2 - 64 ounce juice vs. 6 - 12 ounce frozen or 48 ounce cans
Cheese - 1 pound	Cheese - 2 pounds	One less pound of cheese
Milk - 3 gallons, Lowfat only (3.25 gallons total)	Milk - 4 gallons, any type	One less gallon of milk, Lowfat only
Milk-1 qt lowfat only	Evaporated milk - 2 cans, 12 ounces each	One quart fresh whole milk
Whole Grains - 32 ounces		New - Whole Grains
Cash Value Fruits/Vegetables - \$6.00		New - Cash Value
New Food Package	Old Food Package	Changes
Formula Fed Infant Under 6 months - Standard	Formula Fed Infant Under 6 Months - Standard	
0-2 months		
Enfamil Lipil 9 Cans, 12.9 ounce	Enfamil Lipil - 10 Cans, 12.9 ounce	Decrease in the number of cans
3-5 months		
Enfamil Lipil 10 Cans, 12.9 ounce		
New Food Package	Old Food Package	Changes
Formula Fed Infant Over 6 months - Standard	Formula Fed Infant Over 6 months - Standard	
Enfamil Lipil 7 Cans, 12.9 ounce	Enfamil Lipil - 10Cans, 12 9 ounce	Decrease in the number of cans
Infant Cereal - 3 boxes, 8 ounces each	Infant Cereal - 3 boxes, 8 ounces each	
Baby Food Fruits/Vegetables - 128 ounces	2 – 12 ounce cans of Frozen Juice Concentrate or 2 – 46 ounce cans of pure fruit juice	No Juice - Baby foods instead

New Food Package	Old Food Package	Changes
Partial Breast Fed Infant Under 6 months	Partial Breast Fed Infant Under 6 months	
0-0 months		
Enfamil Lipil 1 Cans, 12.9 ounce each	Formula - 10 cans, or less, 12.9 ounce each	Decrease in the number of cans
1-3 months		
Enfamil Lipil 4 Cans, 12.9 ounce each		
4-5 months		
Enfamil Lipil 5 Cans, 12.9 ounce each		
New Food Package	Old Food Package	Changes
Partial Breast Fed infant Over 6 months	Partial Breast Fed infant Over 6 months	
6-12 months		
Enfamil Lipil 4 Cans, 12.9 ounce each	Enfamil Lipil - 10 Cans, or less, 12 9 ounce	Decrease in the number of cans
Infant Cereal - 3 boxes, 8 ounces each	Infant Cereal - 3 boxes, 8 oz	
Baby Food Fruits/Vegetables 128 oz	2 – 12 ounce cans of Frozen Juice Concentrate or 2 – 46 ounce cans of pure fruit juice	No Juice - Baby foods instead
New Food Package	Old Food Package	Changes
Fully Breast Fed Infant Under 6 months	Fully Breast Fed Infant Under 6 months	
no supplement	no supplement	
New Food Package	Old Food Package	Changes
Fully Breast Fed Infant Over 6 months	Fully Breast Fed Infant Over 6 months	
6-12 months		
Infant Cereal - 3 boxes, 8 ounces each	Infant cereal-3 boxes, 8 oz each	
Baby Food Meats 77.5 oz	2 – 12 ounce cans of Frozen Juice Concentrate or – 46 ounce cans of pure fruit juice	No Juice
Baby Food Fruits/Vegs 256 oz		New - Baby Food meats, fruits, vegetables
New Food Package	Old Food Package	Changes
Pregnant Woman - Standard	Pregnant Woman - Standard	
Beans or Peas - 1 pound	Beans or Peas - 1 pound	
Cereal - 36 ounces	Cereal - 36 ounces	
Eggs - 1 dozen	Eggs - 2 dozen	One less dozen eggs
Frozen Juice - 3 cans, 12 ounce	6 – 12 ounce cans of Frozen Juice Concentrate or – 46 ounce cans of pure fruit juice	3 less number of cans, frozen only
Cheese - 1 pound	Cheese - 2 pounds	One less pound of cheese
Milk - 5 gallons, Lowfat only (5.25 gallons total)	Milk - 5 gallons, any type	One half gallon less milk, Lowfat only
Milk 1 quart	Evaporated milk - 2 cans, 12 ounces each	One quart fresh milk, lowfat only
Peanut Butter - 1 each 16 to 18 ounce jar		New - Peanut Butter
Whole Grains - 16ounces		New - Whole Grains
Cash Value Fruits/Vegetables - \$8.00		New - Cash Value

New Food Package	Old Food Package	Changes
Post Partum Woman - Standard	Post Partum Woman - Standard	
Beans or Peas - 1 pound		New - Beans or peas
Cereal - 36 ounces	Cereal - 36 ounces	
Eggs -1 dozen	Eggs -2 dozen	One less dozen eggs
Frozen Juice - 2 cans, 12 ounces each	4 – 12 ounce cans of Frozen Juice Concentrate or 4 – 46 ounce cans of pure fruit juice	2 less number of cans, frozen only
Cheese - 1 pound	Cheese - 2 pounds	One less pound of cheese
Milk - 3 gallons, lowfat only (3.25 gallons total)	Milk - 4 gallons, any type	One less gallon of milk, Lowfat only
Milk-1 quart lowfat only	Evaporated milk - 2 cans, 12 ounces each	One quart fresh milk, lowfat only
Cash Value Fruits/Vegetables - \$8.00		New - Cash Value
New Food Package	Old Food Package	Changes
Woman	Woman	
none	none	none
New Food Package	Old Food Package	Changes
Breastfeeding Woman - Standard w/PBF infant<6 mo	Breastfeeding Woman - Standard	
Beans or Peas - 1 pound	Beans or Peas - 1 pound	
Cereal - 36 ounces	Cereal - 36 ounces	
Eggs - 1 dozen	Eggs - 2 dozen	One less dozen eggs
Frozen Juice - 3 cans, 12 ounces each	6 – 12 ounce cans of Frozen Juice Concentrate or 6 – 46 ounce cans of pure fruit juice	3 less number of cans, frozen only
Peanut Butter 1 16 to 18 oz		New Peanut butter 1-18 oz
Cheese - 1 pound	Cheese - 2 pounds	One less pound of cheese
Milk - 4 +1/2 gallon, lowfat only (4.75 gallons total)	Milk - 5 gallons, any type	One half gallon less milk, Lowfat only
Milk-1 quart lowfat only	Evaporated milk - 2 cans, 12 ounces each	One quart fresh milk, lowfat only
Whole Grains - 16 oz		New - Whole Grains
Cash Value Fruits/Vegetables - \$8.00		New - Cash Value
New Food Package	Old Food Package	Changes
Breastfeeding Woman - Standard w/ PBF infant>6 mo	Breastfeeding Woman - Standard	
Beans or Peas - 1 pound	Beans or Peas - 1 pound	
Cereal - 36 ounces	Cereal - 36 ounces	
Eggs - 1 dozen	Eggs - 2 dozen	One less dozen eggs
Frozen Juice - 3 cans, 12 ounces each	6 – 12 ounce cans of Frozen Juice Concentrate or 6 – 46 ounce cans of pure fruit juice	3 less number of cans, frozen only
Peanut Butter-1 16 to 18 oz		New- Peanut Butter
Cheese - 1 pound	Cheese - 2 pounds	One less pound of cheese
Milk - 4 +1/2 gallon, lowfat only (4.75 gal.)	Milk - 5 gallons, any type	One half gallon less milk, Lowfat only
Milk - 1 quart lowfat only	Evaporated milk - 2 cans, 12 ounces each	One quart fresh milk, lowfat only
Whole Grains 16 oz		New - Whole Grains
Cash Value Fruits/Vegetables \$8.00		New - Cash Value

New Food Package	Old Food Package	Changes
Breastfeeding Woman - Enhanced w/FBF infant <6 mo	Breastfeeding Woman - Enhanced	
Beans or Peas - 1 pound	Beans or Peas - 2 pound	One pound beans
Cereal - 36 ounces	Cereal - 36 ounces	
Eggs - 2 dozen	Eggs - 2 dozen	
Frozen Juice - 3 cans, 12 ounce	6 – 12 ounce cans of Frozen Juice Concentrate or 6 – 46 ounce cans of pure fruit juice	3 less number of cans, frozen only
Peanut Butter- 1-16 to 18 oz		Peanut Butter- 1-16 to 18 oz
Cheese - 2 pounds	3 pounds of Cheese (1 pound packages)	One less pound of cheese
Milk - 5 gallons, low fat milk only (5.25 gal.)	Milk - 5 gallons, any type	Same amount of milk, Lowfat only
Milk-1 quart lowfat only	Evaporated milk - 2 cans, 12 ounces each	One quart fresh milk, lowfat only
Fish - 30 ounces	4 – 6 ounce cans of Chunk Light Tuna	Fish - Tuna, salmon, sardines, 30 ounces
Whole Grains -16 ounces		New - Whole Grains
Cash Value Fruits/Vegetables - \$10.00	2 – 1 pound packages of carrots	New - Cash Value, carrots now part of CVB
New Food Package	Old Food Package	Changes
Breastfeeding Woman - Enhanced w/FBF infant >6 mo	Breastfeeding Woman - Enhanced	
Beans or Peas - 1 pound	Beans or Peas - 2 pound may sub 1-18 oz peanut butter	One pound beans
Cereal - 36 ounces	Cereal - 36 ounces	
Eggs - 2 dozen	Eggs - 2 dozen	
Frozen Juice - 3 cans, 12 ounce	6 – 12 ounce cans of Frozen Juice Concentrate or – 46 ounce cans of pure fruit juice	3 less number of cans, frozen only
Cheese - 2 pounds	3 pounds of Cheese (1 pound packages)	One less pound of cheese
Peanut Butter- 1 16 to 18 oz		One 16-18 oz peanut butter
Milk - 5 gallons, low fat milk only (5.25 gal.)	Milk - 5 gallons, any type	Same amount of milk, lowfat only
Milk-1 quart lowfat only	Evaporated milk - 2 cans, 12 ounce	One quart fresh milk, lowfat only
Fish - 30 ounces	4 – 6 ounce cans of Chunk Light Tuna	Fish - Tuna, salmon, sardines, 30 ounces
Whole Grains -16 ounces		New - Whole Grains
Cash Value Fruits/Vegetables - \$10.00	2 – 1 pound packages of carrots	New - Cash Value, carrots now part of CVB
Child (Both 1 year and 2+), Pregnant Woman, Breast Feeding Woman, Enhanced Breast Feeding Woman, Post Partum Woman, Fully Breast Fed Infant (Under and Over 6 months), Partially Breast Fed Infant (Under and Over 6 months) (1 full food package each category)	Number of packages, gallons or ounces needed to fill one each of the food packages listed to the left.	Equivalents
Beans and Peas packages	10	
Cereal ounces	288	16 - 18 ounce boxes
Eggs dozen	10	
Juice 64 ounce bottles	4	
Juice Frozen cans	17	
Cheese ounces	208	13 - 16 ounce packages
Milk Lowfat gallons	28	
Milk Whole gallons	3	
Milk Lowfat half gallons	To be determined	
Milk Lowfat quarts	To be determined	
Milk Whole half gallons	To be determined	

Milk Whole quarts.	To be determined	
Evaporated milk cans	0	Will be eliminated entirely
Infant Cereal boxes	9	
Peanut Butter	1	
Fish ounces	60	12 - 5 ounce cans
Baby Fruit/Vegetable ounces	512	73 - 7 ounce packages
Baby Meats Ounces	77.5	31 - 2.5 ounce packages
CVV- Fruits and Vegetables \$	\$ 64.00	Dollars