

**Virginia WIC Program - Woman's Standard Food Package  
Retailer Advisory Committee Handout (1/21/2009) – Discussion Purposes**

Milk	4 gallons, 3 quarts
Cheese	1 pound
Juice	Three (3) 12 ounce frozen juice
Cereal	36 ounces
Eggs	1 dozen
Whole Grain	1 pound
Dry Beans	1 pound
Peanut Butter	One (1) 18 ounce jar
Fruits & Vegetables	\$8.00
Fish	30 ounces

**Child's Standard Food Package**

Milk	3 gallons, 1 quart
Cheese	1 pound
Juice	Two (2) 64 ounce bottles
Cereal	36 ounces
Eggs	1 dozen
Whole Grain	2 pounds
Dry Beans	1 pound
Peanut Butter	One (1) 18 ounce jar
Fruits & Vegetables	\$6.00

**Virginia WIC Program - Minimum Stocking Comparison Profile  
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	<b>One Family</b>			<b>Two Families</b>			<b>Three Families</b>		
<b>Food</b>	<b>Quantity</b>	<b>Form</b>	<b>Variety</b>	<b>Quantity</b>	<b>Form</b>	<b>Variety</b>	<b>Quantity</b>	<b>Form</b>	<b>Variety</b>
Milk	2	gallons	Whole	4	gallons	Whole	6	gallons	Whole
	5		Reduced Fat	10		Reduced Fat	15		Reduced Fat
	1	quarts	Whole	2	quarts	Whole	3	quarts	Whole
	3		Reduced Fat	6		Reduced Fat	9		Reduced Fat
Cheese	1	pounds	Regular	2	pounds	Regular	3	pounds	Regular
	1		Reduced Fat	2		Reduced Fat	3		Reduced Fat
Juice	3	12 oz frozen	Orange, Apple (may change)	6	12 oz frozen	Orange, Apple (may change)	9	12 oz frozen	Orange, Apple (may change)
	2	64 oz bottle	Orange, Apple (may change)	4	64 oz bottle	Orange, Apple (may change)	6	64 oz bottle	Orange, Apple (may change)
Cereal	72	ounces	Corn, Rice, Oats & Oatmeal	144	ounces	Corn, Rice, Oats & Oatmeal	216	ounces	Corn, Rice, Oats & Oatmeal
Eggs	2	dozen	N/A	4	dozen	N/A	6	dozen	n/a
Whole Grain	3	pounds	Whole wheat bread, brown rice, or corn tortillas	6	pounds	Whole wheat bread, brown rice, or corn tortillas	9	pounds	Whole wheat bread, brown rice, or corn tortillas
Dry Beans	2	pounds	Beans, peas or lentils	4	pounds	Beans, peas, or lentils	6	pound	Beans, peas, or lentils
Peanut Butter	2	18 oz jars	Smooth, Crunchy	4	18 oz jars	Smooth, Crunchy	6	18 oz jars	Smooth, Crunchy
Fruits & Vegetables	\$14.00	Fresh	2 types fruits & 2 types vegetables	\$28.00	Fresh	2 types fruits & 2 types vegetables	\$42.00	Fresh	2 types fruits & 2 types vegetables
		Canned	2 types fruits & 2 types vegetables		Canned	2 types fruits & 2 types vegetables		Canned	2 types fruits & 2 types vegetables
Fish	30 ounces	Canned	Tuna and Salmon	60 ounces	Canned	Tuna and Salmon	90 ounces	Canned	Tuna and Salmon

Family is defined as 1 woman, 1 child and 1 infant

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**Virginia WIC Program - Infant Standard Package**

Food	Quantity	Form	Variety
Infant Formula	30 cans (average)	Conc.	Similac Advance/Early Shield or Isomil Advance
	9 containers (average)	Powder	
	25 containers (average)	Ready to Feed	
Baby Cereal	24 ounces		2 including Rice and Other
Baby Food	256 ounces		2 fruits & 2 vegetables

**Minimum Stocking Comparison Profile – Infant Products/Formula**

Food	One Family (1 infant)			Two Families (2 infants)			Three Families (3 infants)		
	Quantity	Form	Variety	Quantity	Form	Variety	Quantity	Form	Variety
Similac Advance	21 cans	Conc.	N/A	42 cans	Conc.	N/A	62 cans	Conc.	N/A
“ “	6 containers	Powder	N/A	12 containers	Powder	N/A	18 containers	Powder	N/A
Isomil Advance	9 containers	Conc.	N/A	18 containers	Concent rate	N/A	27 containers	Conc.	N/A
“ “	3 containers	Powder	N/A	6 containers	Powder	N/A	9 containers	Powder	N/A
Baby Cereal	24 ounces	TBD	Rice, Other	48 ounces	TBD	Rice, Other	72 ounces	TBD	Rice, Other
Baby Food	256 ounces	TBD	2 fruits & 2 vegetables	512 ounces	TBD	2 fruits & 2 vegetables	768 ounces	TBD	2 fruits & 2 vegetables