

Section 7.8: Food Package for Infants 6-11 Months (Food Package 2)

8/2026

Reference: CFR 246.10

Policy

- Food packages must be prescribed by CPAs, in consultation with the participant or parent/caregiver, and must be prescribed to minimize any adverse impact on breastfeeding.
- 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 2 is issued to infants 6 through 11 months of age. There are three feeding options in this Food Package. The feeding options reflect the amount of breastfeeding. The amount of breastfeeding determines the infant's Food Package. The infant's Food Package determines mom's Food Package.
 - **Fully Breastfed** Infants receiving no formula from WIC -- this is the ideal. (Mother is eligible for [Food Package 7](#))
 - **Mostly-Breastfed** Infants receiving limited amount of formula (Mother is eligible for [Food Package 5](#), or [Food Package 7](#)- if breastfeeding multiples)
 - **Some-Breastfed/Fully Formula Fed** Infants (Mother is not eligible for a Food Package, beginning at 6 months after delivery)
- Breastfeeding is the normal method for feeding infants; therefore, breastfeeding must be considered the first and preferred method to feed infants. Every mother must be encouraged to breastfeed. See [Section 6.5: Breastfeeding Education for Pregnant Women](#)
 - For breastfed infants receiving formula, CPAs must evaluate current feeding practices and issue the *minimum* amount of formula that is necessary.
 - CPAs **are not** required to issue the maximum amount of formula allowed in the food package.

SECTION 7.8: FOOD PACKAGE FOR INFANTS 6-11 MONTHS (FOOD PACKAGE 2)

- Food packages for the breastfeeding mother and infant dyad are closely tied and must match except when the mother is breastfeeding multiple infants with differing breastfeeding statuses.
- If the mother is breastfeeding multiple infants with differing breastfeeding statuses, the mother's food package corresponds to the food package of the infant with the **most** breastfeeding.
- For all infants receiving formula, the maximum formula amounts decrease when the infant turns 6 months old. CPAs must adjust the food package accordingly.
- Only contract formulas are available in this Food Package. Standard *non-contract* formulas are not allowed.
- Infants on medically prescribed formulas receive [Food Package 3](#).
- Issue the food package as indicated in the table below. Maximum amounts of formula vary by breastfeeding status.

Food Package 2: Infants 6-11 months

Available range of cans of formula or amount of food/month based on breastfeeding status
Maximum number of ounces in ()

Food item	Fully Breastfed	Mostly-Breastfed	Some-Breastfed/ Fully Formula Fed
Powdered Formula/Month <i>(a 12.5-oz can of Enfamil Infant yields approximately 90 fl. oz. reconstituted)</i>	None	1-4 cans	5-7 cans
Concentrate Formula/Month	None	1-12 cans	13-24 cans
Ready-To- Use Formula/Month (RTF)	None	1-10 quarts	11-20 quarts
Infant Cereal	16 ounces	8 ounces	8 ounces
Infant Fruits and Vegetables	128 oz 32 (4 oz) jars or 16 (4oz) jars + \$ 11 CVB or \$ 22 CVB + 0 jars	128 oz 32 (4 oz) jars or 16 (4oz) jars + \$ 11 CVB or \$ 22 CVB + 0 jars	128 oz 32 (4 oz) jars or 16 (4oz) jars + \$ 11 CVB or \$ 22 CVB + 0 jars
Infant Meats	16 (2.5 oz) jars / 40 oz	None	None

Tailoring

- Assess developmental readiness and provide foods if appropriate. Individualize and tailor the food package.
- Do not provide foods that participant will not consume or refuse. Examples include:
 - Food allergy to a WIC food
 - Exclusive tube feeding
 - Vegan family that does not wish to give meat to their child
 - Premature or developmentally delayed infant not yet ready for solids

Counseling

- CPAs must counsel on infant feeding practices. See *Guidance* below.
- If formula is provided, CPAs must instruct participants on safe and appropriate formula preparation and handling. See additional information in Chapter 4 of the [Infant Nutrition and Feeding Guide](#).

Guidance

- Check the participant's Transaction History in the WIC Information System to understand what foods are not purchased.
 - Assess for difficulties in identifying or purchasing WIC foods.
 - Discuss foods the participant does not purchase to provide ideas for ways they could use the foods.
- Additional Food Package information is available on the [WIC Local Agency website](#). CPA tools and participant educational resources may be downloaded.
- For information on introduction of complementary foods, refer to Chapter 5 of the [Infant Nutrition and Feeding Guide](#).

Frequently asked questions about Food Package 2

Are CPAs required to issue the maximum amount of formula to breastfed infants?

- No, CPAs **are not** required to issue the maximum amount of formula.
- For example, a 7 month old, breastfed infant receiving 8 ounces of formula a day (248 ounces a month) does not need the maximum quantity of 384 ounces of reconstituted powdered formula from the Mostly-Breastfed Infant Food Package. Tailor the Food Package to the appropriate amount of formula needed.

Why do maximum amounts of formula in the food package decrease at 6 months?

- Fruits, vegetables and cereal are added to the food package, replacing calories from formula. Formula needs decrease as an infant starts complementary foods.
- Fruits, vegetables and cereal enhance the nutritional value of the food package and introduce variety to the infant's diet.
- Decreased amounts of formula better promote and support breastfeeding.
- Reduction of formula helps keep the food package cost neutral.

What are typical nutrition education and counseling topics for this age?

- Signs of developmental readiness and feeding cues
- How to introduce solids
- How to use jarred infant foods and infant cereal
- Introduction of allergenic foods
- Progression of solids, variety, and incorporating appropriate table foods
- Formula needs at this age
- Introduction of an open cup at 6 months
- Avoidance of sugar and salty foods
- For additional information, see Chapter 5-Complementary Foods, [*Infant Nutrition and Feeding*](#).

How do I assess for and counsel on Vitamin D adequacy?

- All infants need a source of Vitamin D. Refer to the American Academy of Pediatrics: [*Vitamin D for Babies, Children & Adolescents*](#).
- Mostly-Breastfeeding and Fully Breastfeeding infants need a daily Vitamin D supplement of 400 IU to ensure adequacy.
- Infant formula is fortified with Vitamin D, but the infant's Vitamin D adequacy depends on how much formula is consumed. AAP recommends Vitamin D supplementation for partially breastfed and non-breastfed infants ingesting less than 1 quart (or 1 liter) per day of Vitamin D-fortified formula.
- If there are questions, refer to the Health Care Provider.

Why do Fully Breastfed infants receive larger quantities of infant foods?

- The amounts are more generous to encourage and promote full breastfeeding.

Why do Fully Breastfed infants receive meat?

- Fully breastfed infants require additional sources of iron and zinc beginning at 6 months. Infant food meat provides added iron and zinc in a highly bioavailable form.

Reference – complete listing of hyperlinks

SECTION 7.8: FOOD PACKAGE FOR INFANTS 6-11 MONTHS (FOOD PACKAGE 2)

Section 7.13: Food Package 7 Fully Breastfeeding Women

(https://www.health.state.mn.us/docs/people/wic/localagency/program/mom/chsctns/ch7/sctn7_13.pdf)

Section 7.11: Food Package for Pregnant Women and Mostly-Breastfeeding Women (Food Package 5)

(https://www.health.state.mn.us/docs/people/wic/localagency/program/mom/chsctns/ch7/sctn7_11.pdf)

Section 6.5: Breastfeeding Education for Pregnant Women

(https://www.health.state.mn.us/docs/people/wic/localagency/program/mom/chsctns/ch6/sctn6_5.pdf)

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)

Infant Nutrition and Feeding Guide

(<https://wicworks.fns.usda.gov/sites/default/files/media/document/infant-feeding-guide.pdf>)

WIC Local Agency website

(<https://www.health.state.mn.us/people/wic/localagency/index.html#foodpackage>)

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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