



PROGRAM BOOKLET

EFFECTIVE OCTOBER 1, 2021



WIC offers nutrition information, breastfeeding support, healthy food, and a community of experts and peers to income-eligible pregnant and post-partum women, infants, and children up to 5 years old.

MONTANA WIC PROGRAM

PARTICIPANT RIGHTS AND RESPONSIBILITIES FORM

INSTRUCTIONS: Please read this form. If you do not understand any part of it, please ask for help.

I AGREE TO:

- Attend and be on time for all appointments.
- Let WIC staff know in advance if I cannot keep an appointment.
- Provide accurate and correct information to WIC.
- Let the WIC staff know if my address, phone number or income changes, if I am going to move away, or if I no longer have custody of the child.
- Handle my eWIC card carefully as replacing the card can take several days.
- Report eWIC Cards that are lost, stolen or destroyed.
- Follow the shopping guidelines for using WIC benefits as specified in the Program Booklet.
- Treat WIC staff and retail staff with respect and courtesy.
- Train my authorized representatives and proxies on WIC and eWIC Card procedures and policies. I am accountable for their actions.

I UNDERSTAND THAT:

- WIC will give me benefits to buy certain supplemental foods from WIC authorized retailers each month and it is important that the benefits are picked up on time. If benefits are not picked up for two months in a row, I may be removed from the Program.
- The local WIC program will make nutrition education and referrals to health and social services available to me or my child. I am encouraged to use these services.
- My WIC information may be released to other programs to determine eligibility, conduct outreach, enhance health education, streamline administrative procedures or access and evaluate participant health care needs and outcomes. For a list of programs that may receive your information, please ask WIC staff.
- Receiving benefits from more than one WIC state program at a time is illegal and is considered dual participation.
- I, or my authorized representative/proxy, may not verbally and/or physically abuse WIC or retail staff.
- I may lose my WIC benefits if I or an authorized individual sell my eWIC card; return WIC foods for cash or non-WIC foods; sell or trade, or give away WIC foods; use an unauthorized retailer; or verbally or physically abuse WIC or retailer staff. I also may be required to repay benefits.
- Standards for eligibility and participation in the WIC Program are the same for everyone, regardless of race, color, national origin, sex, disability, age, or reprisal or

retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

- I have 60 days to appeal any decision made by the local agency regarding my eligibility for the Program. A fair hearing will be conducted by a fair and impartial official according to 246.18 and applicable portions of Title 2, Chapter 4 Montana Code Annotated, whose decision will rest solely on the evidence presented at the hearing and statutory and regulatory provisions governing the WIC Program in Montana.

I have been advised of my rights and responsibilities under the Program. I certify that the information I have provided for my eligibility determination is correct, to the best of my knowledge. This certification form is being submitted in connection with the receipt of Federal assistance. Program officials may verify information on this form. I understand that intentionally making a false or misleading statement or intentionally misrepresenting, concealing, or withholding facts may result in paying the State agency, in cash, the value of food benefits improperly issued to me and may subject me to civil or criminal prosecution under State and Federal law.



NEED HELP WITH YOUR eWIC CARD OR ACCOUNT?

Go online www.myBNFT.com or

Call Customer Service 1-844-583-3237.

- To set or change your PIN.
- To report your card lost or stolen. This can take 8-10 days to receive a replacement card. Try contacting your local WIC clinic for faster replacement.
- To put your card on hold if it has been misplaced or to remove the hold status when it is found.
- To ask questions or report problems with your card.

HOW TO CHECK YOUR BALANCE

- Keep your last receipt
- Use WIC Shopper App
- Review shopping list from Clinic
- Ask a cashier for the balance inquiry
- Access myBNFT.com or call Customer Service 1-844-583-3237

SHOPPING WITH WIC

- You may purchase WIC items as needed throughout the month.
- Tell the cashier you have a WIC purchase.
- Your eWIC card is always the first form of payment.
- The cashier will give you a receipt with your remaining balance.
- Food benefits will expire on the last day of the month at midnight.
- If an item doesn't charge to WIC another form of payment is required.

USING YOUR eWIC CARD

- Keep your card for continued use.
- Keep your card clean.
- Keep your card away from magnets and electronics.
- Buying, selling, donating or otherwise misusing WIC benefits can result in disqualification from the program, repayment or prosecution under State and Federal laws.



FREQUENTLY ASKED QUESTIONS

HOW MANY eWIC CARDS CAN A FAMILY HAVE?

- 1 per "household"
- However, if you are shopping for multiple "households" (for example you are a foster parent with multiple children on WIC) you may be shopping with multiple cards.

CAN I GIVE MY CARD TO A FRIEND TO SHOP FOR ME?

- Yes! The person who is issued the card, and identified as the primary authorized representative, is in charge of the card. You may ask someone else to shop for you by simply giving them the card, the PIN and instructions on how to use it and what to buy. Be aware that you are responsible for their actions when you provide this information.

CAN I USE THE SELF-CHECKOUT LINE?

- Maybe. Some stores can handle this. Check with your local WIC clinic to see if stores in your area are allowing self-checkouts.

IF I NOTICE A FOOD ITEM THAT I THINK SHOULD BE CHARGED TO MY eWIC CARD AND IS NOT, HOW DO I SEND THAT INFORMATION TO WIC?

- If you have the WIC Shopper App on your smartphone, you can submit the product code ("UPC"), product information, and pictures (front and back labels) to the WIC State Office right there in the store. You may also go to our website at www.wic.mt.gov and submit your pictures and the product information via a fillable form that can be submitted electronically. It will be reviewed and either approved or denied within 3-5 business days. If you would like to follow up on the status, you may do so by calling 800-433-4298 or emailing wicupc@mt.gov.

WHAT IF WIC DOES NOT PROVIDE ENOUGH FOOD FOR THE MONTH?

- WIC is only a supplemental program. For other food resources ask your WIC staff about where to apply for SNAP or what other resources, like a food bank or summer feeding program, are in your community.

IS THERE ON-LINE EDUCATION?

- Yes, but check with the staff at your local WIC agency.

MONTANA WIC PROGRAM

APPROVED FOOD LIST

This food list may be updated as needed. The most current list may be reviewed online at WIC.MT.GOV, in the WIC Shopper app, or by contacting your local WIC clinic. Some stores may not carry every WIC approved food because of cost or availability.

No organic unless specified.

MILK - PASTEURIZED AND FORTIFIED

good source of calcium, protein, vitamin A and vitamin D

No flavor added or enhanced milk

STANDARD MILK ISSUANCE

Children 1 Year of Age - Whole Milk

You may choose either regular cow's milk, lactose-free cow's milk or Meyenberg goat's milk. The milk may be available for you to choose as fresh fluid milk, evaporated (canned) milk or powdered (dry) milk.

Children 2-5 Years and Women - Skim (non-fat) and 1% Milk (low-fat)

You may choose either regular cow's milk, lactose-free cow's milk or Meyenberg goat's milk. The milk may be available for you to choose as fresh fluid milk, evaporated (canned) milk or powdered (dry) milk.

Organic milk approved in these brands only:

Full Circle Market, Great Value Organic, Horizon, Simple Truth Organic, O Organics, Organic Valley

Organic milks allowed

No "grass-fed" or "high-protein" style



Note: Reduced Fat (2%) Milk is only available for qualifying conditions with WIC staff approval. Must be assigned on your benefit to purchase.

MILK CHOICES

1 gallon of milk	=	1 gallon
1/2 gallon of milk	=	.5 gallons
1 quart of milk	=	.25 gallons

12 ounces evaporated milk	=	.18 gallons
9.6 ounces powdered milk	=	.75 gallons
25.6 ounces powdered milk	=	2 gallons

12 ounces powdered goat's milk = 0.75 gallons (4 cans for 3 gallons)

ASK YOUR WIC STAFF ABOUT SUBSTITUTIONS FOR MILK

- 1 pound of cheese reduces milk by 3 quarts (0.75 gallons).
- 1 quart of yogurt reduces milk by 1 quart (0.25 gallons).
- 1 pound tofu reduces milk by 1 quart (0.25 gallons).

CHEESE - DOMESTIC

good source of calcium and protein

Block, Shredded, Sliced or String Cheese: regular, low-fat or reduced fat

8, 16 or 32 oz. packages

Store Brand, Cache Valley, Crystal Farms, Darigold, Dutch Farms, Frigo, Joseph Farms, Kraft, Premium (Idaho), Sargento, Springfield or Tillamook

Colby-Monterey Jack	Cheddar
Monterey Jack	Colby
Mozzarella	Swiss



May choose any combination of the choices listed above (i.e. Cheddar Jack)

No cheese foods, products, spread, cubed, flavor added (i.e. Pepper Jack), imported, service deli, or imitation cheese products

MILK

CHEESE

YOGURT

SOY BEVERAGE

TOFU

EGGS

YOGURT

good source of calcium and protein

Buy only the fat type specified on benefit
32 oz. containers (quart)

Chobani, Dannon, Darigold, Essential Everyday, Food Club, Great Value, Kroger, Lucerne, Mountain High, Open Nature, Our Family, Stonyfield, Tillamook, WinCo, Yami, Yoplait or Zoi

Plain, Strawberry, Vanilla, French Vanilla or Vanilla Bean

May be organic

Greek-style approved

No other flavors



SOY BEVERAGE

good source of calcium, protein, vitamin A and vitamin D

Quart or half gallon or aseptic container

8th Continent or Silk Soymilk Beverage

- Original flavor only

Pacific Natural Foods Ultra Soy Beverage

- Original flavor only



TOFU

good source of calcium and protein

Azumaya (extra firm, firm and silken)
House Foods (medium, firm, extra-firm)
16 oz. calcium set blocks



EGGS

good source of protein and vitamin D

Large - One dozen white "AA" or "A"

Any Brand

No brown eggs



BREAKFAST CEREALS FOR WOMEN AND CHILDREN

these choices are a good source of iron and if whole grain, fiber

COLD CEREAL

8-68 oz

Specified Brands Only

Regular flavor unless specified

No dried fruit

No fruit filled or flavored frosting

No plain shredded wheat biscuits

No individual servings



Essential Everyday

Bran Flakes*, Corn Flakes, Corn Squares, Crispy Rice, Frosted Shredded Wheat*, Rice Squares, or Toasted Oats*

Food Club

Bran Flakes*, Corn Flakes, Corn Squares, Crisp Rice, Frosted Shredded Wheat*, Rice Squares, Toasted Oats*, or Wheat Squares

General Mills

Cheerios* (Plain or Multigrain), Cinnamon Chex, Corn Chex, Kix*, Rice Chex, Total Original*, Wheat Chex*, or Wheaties Original*

Great Value

Bran Flakes*, Crunchy Honey Oats, Frosted Mini-Wheats*, or Rice Crispers

IGA

Bran Flakes*, Corn Flakes, Corn Squares, Crispy Rice, Frosted Shredded Wheat* or Tasteos*

Kellogg's

All Bran Complete Wheat Bran Flakes*, Corn Flakes, Corn Flakes Cinnamon, Crispix, Rice Krispies, Frosted Mini Wheats* or Special K Original

Kroger

Corn Flakes, Crispy Rice, or Toasted Oats*

Malt-O-Meal

Crispy Rice, Frosted Mini Spooners, or Oat Blenders*

Our Family

Corn Flakes, Crispy Rice, or Frosted Shredded Wheat*

Post

Grape Nuts* or Honey Bunches of Oats (Honey Roasted)

Quaker

Life Cereal and Oatmeal Squares (Brown Sugar, Honey Nut, Cinnamon)

Signature Select

Bran Flakes*, Corn Flakes, Corn Pockets, Crispy Rice, Frosted Mini Wheats*, Nutty Nuggets*, Rice Pockets, or Toasted Oats*

WinCo

Bran Flakes*, Corn Flakes, Crispy Rice, Frosted Shredded Wheat*, or Toasted Oats*

*Whole grain cereals

Many cereals are gluten free, please refer to the label to verify.

HOT CEREAL

Specified Brands Only
12-28 oz containers (except instant oatmeal)



Instant oatmeal*- Food Club, IGA, Our Family, Kroger, Quaker, Signature Select, or WinCo
Regular or plain
11-12 oz. box of individual packets only

Cream of Rice
Cream of Wheat Regular
Cream of Wheat Whole Grain*

*Whole grain cereals
Many cereals are gluten free, please refer to the label to verify.

WAYS TO BUY UP TO 36 OUNCES OF CEREAL

12 ounces + 12 ounces + 12 ounces = 36 ounces

12 ounces + 24 ounces = 36 ounces

13 ounces + 23 ounces = 36 ounces

14 ounces + 22 ounces = 36 ounces

15 ounces + 21 ounces = 36 ounces

16 ounces + 20 ounces = 36 ounces

17 ounces + 19 ounces = 36 ounces

18 ounces + 18 ounces = 36 ounces



WHOLE GRAIN CHOICES

good source of fiber

100% WHOLE WHEAT BREAD

16, 20, 24 oz. loaf

Essential Everyday, Franz, Great Value, Kroger, Montana's Sweetheart, Our Family, Private Selection, Signature Select, Sara Lee Classic, Smiths, Village Hearth, Wheat Montana, or WinCo



WHOLE GRAIN BREAD

Only the choices listed below may be purchased

16, 20, or 24 oz. loaf

Montana's Sweetheart: 12-Grain Bread, Multigrain with Flax Bread, or Whole Grain Bread

Sara Lee Classic: Delightful Healthy Multi-Grain Bread

Wheat Montana: Big Sky 12-Grain, Big Sky Cracked Wheat, Big Sky Honey Wheat, Healthy Loaf Cracked 9-Grain, Healthy Loaf High Fiber Flax and Sunflower, Healthy Loaf, Montana Multigrain, or Healthy Loaf Seed Lovers

BROWN RICE

Plain, box or bag

Regular cooking: 16 or 32 oz.

Quick or instant cooking: 14-16 oz.

Any brand



TORTILLAS - SOFT

8, 16, 20, 24, or 32 oz.

Yellow Corn – Mission, La Burreita, Our Family

White Corn – Don Pancho, Guerrero, Kroger, or Our Family

Whole Wheat – Don Pancho, Essential Everyday, Guerrero, IGA, Kroger, Mission or Our Family



WHOLE WHEAT PASTA

100% Whole Wheat-16 oz. only

Barilla, Essential Everyday, Food Club, Gia Russa, Great Value, Hodgson Mill, Italian Chef, Kroger, Our Family, Ronzoni, Signature Select, or WinCo

All shapes allowed

No enhancements like DHA or omega-3 added



100% JUICE

these choices are a good source vitamin C

Children-64 oz. containers or 16 oz. frozen concentrate

Women-11.5 - 12 oz. frozen concentrate

Any flavor or blend

Apple and Eve, Campbell's, Essential Everyday, Food Club, Great Value, IGA, Juicy Juice, Kroger, Langers, Minute Maid, Motts, Northland, Old Orchard, Our Family, Ocean Spray, Signature Select, Tree Top, V-8, Welch's or WinCo

These brands and their products have been found to meet required levels of vitamin C
Must contain at least 80% vitamin C or 30 mg of vitamin C per milliliter

No sugar added (this includes other forms of sugars and syrups)

No juice drinks, cocktails or lite juice

No Fusion (for example V-8)

No DHA added

**LEGUME CHOICES**

good source of protein, iron and fiber

PEANUT BUTTER

Unflavored regular or natural – smooth or chunky; salted or unsalted (low sodium)

16 – 18 oz. jar

Store Brand, Adams, Peter Pan, Jif or Skippy only

No jelly, honey, honey roasted, chocolate or marshmallow crème added

No peanut butter spread

No enhanced

**BEANS, PEAS, AND LENTILS**

Canned: 15- 16 oz.

Dry: 16 or 32 oz packages or bags

Any brand

Includes split peas and lentils

No soup mixes, flavorings or meat added (pork & beans, refried)

No cans of green or yellow beans

**LEGUME CHOICES**

For legume choices, you may choose at the store among dry or canned beans, split peas and lentils and peanut butter.

16 ounces or 1 pound of dry legumes	=	1 choice
32 ounces or 2 pounds of dry legumes	=	2 choices
(1) 16-18 ounce jar of peanut butter	=	1 choice
(4) 15-16 ounce cans of legumes	=	1 choice
(1) 15-16 ounce can of legumes	=	.25 choice

INFANT FORMULA

Only brand, type and size specified on benefit

No substitutions at store

INFANT CEREAL

good source of iron and fiber

Oatmeal, Rice, Whole Wheat, Mixed/Multi Grain

8 and 16 oz. containers

Beech-nut, Earth's Best, or Gerber

Plain varieties

May be organic

No formula, flavoring, or fruit

No squeezes, pouches, jars or packs

No enhancements like DHA, prebiotics or probiotics

INFANT VEGETABLES AND FRUITS

good source of vitamins, minerals and fiber

Beech-nut, Earth's Best, Gerber, Happy Baby, or Wild Harvest

2, 2.5, 4 or 5 oz. containers, jars or twin packs or bulk packaging of acceptable size containers or jars

Vegetable and Fruit – single or mixed varieties, all stages

May be organic

No squeezes or pouches

No dinners, desserts, or added cereals

INFANT MEATS

good source of iron and zinc

Available to fully breastfed infants only

Beech-nut, Earth's Best or Gerber only

2.5 oz. jars

Single variety meats only

May have added broth or gravy

May be organic

No squeezes or pouches

No dinners, desserts or DHA added

WAYS TO BUY UP TO 64 OUNCES OF BABY FOOD

You can mix and match different sizes

(16) - 4 ounce jars

(12) - 2.5 ounce 2 packs + (1) - 4 ounce jar

(6) - 5 ounce 2 packs + (1) - 4 ounce jar

WAYS TO BUY UP TO 128 OUNCES OF BABY FOOD

You can mix and match different sizes

(32) - 4 ounce jars

(24) - 2.5 ounce 2 packs + (2) - 4 ounce jars

(12) - 5 ounce 2 packs + (2) - 4 ounce jars

WAYS TO BUY UP TO 256 OUNCES OF BABY FOOD

(64) - 4 ounce jars

(48) - 2.5 ounce 2 packs + (4) - 4 ounce jars

(24) - 5 ounce 2 packs + (4) - 4 ounce jars

CANNED FISH

good source of protein

Available to fully breastfeeding women only

Light Tuna – water packed only, light (solid or chunk)

Pink Salmon – water packed, may contain bones & skin

5–6, 7.5, 12, 14.75, and 20 oz. cans

Any brand

Plain only

No “diet” pack

No white, albacore, yellow fin tuna

No red salmon

No “vacuum-sealed” packs



FISH IS AVAILABLE IN A VARIETY OF SIZES

Ways to buy up to 30 ounces of fish:

- (6) - 5 ounces cans
- (5) - 6 ounces cans
- (4) - 7.5 ounces cans
- (2) - 12 ounces cans + (1) - 6 ounces can
- (3) - 6 ounces cans + (1) - 12 ounces can
- (3) - 5 ounces cans + (2) - 7.5 ounces cans

Ways to buy up to 45 ounces of fish:

- (9) - 5 ounce cans
- (5) - 6 ounce cans + (3) - 5 ounce cans
- (6) - 7.5 ounce cans
- (3) - 6 ounce cans + (3) - 5 ounce cans + (1) - 12 ounce can



VEGETABLE AND FRUIT BENEFIT

good source of vitamins, minerals and fiber

May be any brand, size or variety

May be organic

May be packaged, pre-cut, sliced, or chopped

Garlic and Sprouts are okay

No added fats, oils, or sugars (including syrups, sucrose, fructose and dextrose)

No dried vegetables or fruits

No sauces (like cheese), coatings, or packets of sauces and dressings

No herbs (like basil, cilantro, parsley)

No spices (like vanilla beans or cinnamon sticks)

Cannot be mixed with non-fruit/vegetable items (like nuts, peanuts, pasta, rice, croutons, or wonton strips)

No added salts to fruits

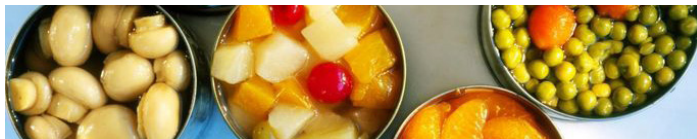


FRESH VEGETABLES AND FRUITS

Available to women, children and as a substitute for 9-11 month old infants only

No fresh salsa or guacamole

No party trays, fruit baskets, decorative vegetables and fruits, or items from the salad bar



CANNED VEGETABLES AND FRUITS

Available to women and children only

May be water or juice packed

May be regular or low sodium

Plain tomatoes may be diced, whole, crushed, puree, paste

Applesauce and Fruit Blends of Applesauce may be in glass jar or plastic container

No tubes, squeezes, pouches, boxes, bags, cartons, glass or plastic (except applesauce)

No legumes (beans, peas, and lentils)*

No vegetables mixed with legumes

***Canned or dry legumes can only be purchased as part of the Legume Choices benefit**

TIPS TO MAXIMIZE YOUR VEGETABLE AND FRUIT BENEFIT

- Buy items that have not been pre-cut (sliced melon costs more than a whole one you slice and peel at home)
- Use coupons to lower the price of items and shop sales
- Purchase "in season" for the lowest produce prices.



FROZEN VEGETABLES AND FRUITS

Available to women and children only

May be any package type

Vegetables may be regular or low sodium

Vegetables may be mixed with legumes

SEASONAL PRODUCE AVAILABILITY				
Vegetables	Spring	Summer	Fall	Winter
Asparagus	✓			
Bell Peppers		✓		
Cabbage			✓	✓
Carrots	✓	✓	✓	✓
Cauliflower			✓	
Corn		✓		
Cucumbers		✓	✓	
Green Beans	✓			
Lettuce	✓	✓		
Peas	✓	✓		
Peppers		✓	✓	✓
Tomatoes			✓	
Sweet Potatoes			✓	✓
Zucchini		✓		
Fruit	Spring	Summer	Fall	Winter
Apples			✓	✓
Apricots			✓	
Blueberries		✓		
Cantaloupe	✓	✓		
Cherries		✓	✓	
Grapes	✓	✓	✓	
Honey Dew		✓		
Oranges				✓
Pears		✓	✓	
Pineapple	✓			
Plums		✓	✓	
Raspberries		✓		
Strawberries	✓	✓		
Watermelon		✓		



BREASTFEEDING IS A VERY SPECIAL GIFT FOR YOUR BABY

QUESTIONS ABOUT BREASTFEEDING?

WIC can help you! Call your local WIC Office today.



MONTANA LAW PROTECTS:

- A baby's right to be breastfed
- A woman's right to breastfeed in public
- Breastfeeding employees in our public schools; colleges and university; and in state, county and city government
- Breastfeeding mothers' exemption from jury duty
- Breastfeeding employees in the private sector

MT Code Ann. § 50-19-501, § 39-2-215, § 39-2-216, § 39-2-217, and § 3-15-313 FLSA Section 4207, P. L. 111-148

For more information contact the Montana Department of Labor and Industry Human Rights Bureau at 1-800-542-0807.

For more information on the Fair Labor Standards Act (FLSA) law or to file a complaint, contact the Federal Department of Labor, Wage and Hour Division at 1-866-487-9243.

THE BENEFITS OF BREASTFEEDING HAVE LONG-TERM IMPACTS FOR EVERYONE THAT TOUCH HEALTH (PHYSICAL AND MENTAL), THE ENVIRONMENT AND FINANCIAL SECURITY.

FOR THE INFANT

Breastfeeding decreases the risk that the infant may develop infectious diseases, ear infections, diarrhea, and more in early life. It reduces the risk of developing certain chronic diseases in later life.

FOR THE MOTHER

Breastfeeding mothers may return to their pre-pregnancy weight faster, and have a reduced risk of breast and ovarian cancer. It helps reduce postpartum bleeding and helps the uterus to return to normal size quicker.

FOR THE FAMILY

Breastfeeding facilitates bonding. It helps develop a psychological connection between mother and infant.

FOR THE COMMUNITY

Breastfeeding is less expensive than formula. Breastfeeding is better for the environment with less energy and water use, along with less garbage produced. Better health for mother and infant reduces the financial burden on the community.



HOW TO FILE A COMPLAINT

- Fill out the WIC program complaint form on the WIC website: <https://dphhs.mt.gov/publichealth/wic>; or
- Call your local WIC clinic or State WIC Office
- 1-800-433-4298
- Detailed description of the incident will be required
- The person filing the complaint can remain anonymous if requested
- All complaints are treated with privacy and the confidentiality of the parties involved is maintained unless otherwise required by an investigation or proceeding

IMPORTANT RESOURCES

Tobacco Quit Line

1-800-QUIT-NOW
(1-800-784-8669)

Substance Abuse

recovery.org
1-888-631-5245

Office of Public Assistance

Apply.mt.gov
1-888-706-1535

Montana's Early Periodic Screening Diagnosis & Treatment (EPSDT)

Services are provided through Medicaid for all qualifying children from birth to age 21
dphhs.mt.gov/montanahealthcareprograms/wellchild
1-800-362-8312



INFANT FEEDING TIPS

AGE 0-6 MONTHS

In the early days, expect lots of wet and dirty diapers. As your infant gets older, these will become less in number.

MOTHER'S MILK

If concerned about your infant's intake, contact your WIC clinic for a breastfeeding expert.

OR CHECK THESE RESOURCES:

- **La Leche League International:** A non-profit organization that provides information and support to nursing mothers. www.llli.org
- **Kelly mom:** Breastfeeding information and more from a mom who is also a lactation consultant. www.kellymom.com
- **WIC Breastfeeding:** Breastfeeding Tips and Resources. <https://wicbreastfeeding.fns.usda.gov/>
- **Infant Risk Center:** Call for expert advice about breastfeeding and medications. www.infantrisk.com
- **Medications & More:** Dr. Thomas Hale's website focusing on lactation, medications and breast milk. www.breastfeedingonline.com/meds.shtml
- **Breastfeeding Made Simple:** A lactation consultant offers guidelines to make breastfeeding easier. www.breastfeedingmadesimple.com

FORMULA

- First month: 1-3 oz. about 8-12 times/24 hrs
- 1-3 months: 24-32 oz/ 24 hours
- 4-6 months: 28-45 oz/24 hrs

NUTRITION TIPS FOR AGE RANGE

- Feeding on demand is ideal.
- Signs of hunger are rooting, hand to mouth activity, small fussing sounds, and smacking lips.
- Infants taking in less than 32 oz/day of formula or those breastfeeding, should take a vitamin D supplement of 400 IU/day.
- Waking up throughout the night is normal and doesn't mean that feedings are not going well.
- After feedings, wipe baby's gums with a clean cloth to prevent future dental problems.
- When babies are growing, appetites increase which causes more frequent feedings.

AGE 6-12 MONTHS

MOTHER'S MILK

- At least 4-5 times/day, more if desired

FORMULA

- 6-8 months: 28-35 oz/24 hrs
- 8-10 months: 24-32 oz/24 hrs
- 10-12 months: 16-24 oz/24 hrs

NUTRITION TIPS FOR AGE RANGE

- Breastfeed before offering foods.
- Some signs of readiness include: supported sitting and can hold head up by their self; up and down munching movement and tongue is able to move food around and to the back of the mouth.
- Start with one new food every 3-5 days.
- Signs of allergy may include wheezing, rash or diarrhea. See baby's healthcare provider if this happens.
- Advance in thickness and textures as able to handle.
- Choking hazards include grapes, nuts, candy, hot dogs and peanut butter.
- Avoid cow milk (or other milks) and honey for the first year. Water is best if your infant needs more to drink than formula.
- Allow self-feeding as your baby is ready.





**Montana WIC Program
Approved Food List October 1, 2021
1-800-433-4298**

This institution is an equal opportunity provider.

Your local WIC clinic contact information is:

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