



4 FOOD PACKAGE/FI ISSUANCE

Effective: 3/1/98

4.12 Women and Children Food Packages (Regular)

Revised: 8/1/09

POLICY: Food packages for women and children (that do not qualify for prescription-required packages), shall be selected by a CPA according to the participant's age and nutritional needs.

BACKGROUND: The Interim Rule, Revisions to the WIC Food Packages was issued December 6, 2007. The Rule revises WIC food packages to be consistent with the recommendations made by the National Academies' Institute of Medicine (IOM) in its Report "WIC Food Packages-Time for a Change." New foods are added to the packages, maximum amounts of foods are revised, and food package types are revised in support of breastfeeding.

PROCEDURE:

A. CHILD model packages are for children age 12-23 months and 24-59 months that do not qualify for Prescription-Required Packages.

1. The maximum quantities and model food package available for children are:
 - 4 gallons whole milk only for children 12-23 months old
 - 4 gallons low fat (1%) or fat free (skim) milk for children 24 months and older
 - 36 or less ounces cereal
 - 128 ounces juice; 2 64 ounce bottles
 - 1 dozen eggs
 - 1 lb (16 oz) dry beans/peas **or** 4 cans (14-16 oz) beans/peas **or** 18 ounces or less peanut butter
 - \$6 fresh, frozen or canned fruits and vegetables
 - 2 16 ounce (two pounds) or less whole wheat/whole grain food
2. When an infant reaches one year of age, ROSIE automatically changes the infant package to a child food package with whole milk, unless the CPA prescribes otherwise (at food instrument issuance or at recertification). Infants at 11 ½ months of age (food instrument issuance is within 15 days of their birthday) may be issued a child food package (see Policy 4.30-5).
3. When a one year child turns two, ROSIE automatically changes the whole milk only package to the low fat/fat free milk package, unless the CPA prescribes otherwise (at food instrument issuance or at recertification).
4. The CPA prescribes allowable alternatives (see G. of this policy), and tailors the package according to additional participant needs.



B. PREGNANT WOMAN / MOSTLY BREASTFEEDING POSTPARTUM

WOMAN model packages are for women with singleton pregnancies, and women mostly breastfeeding (women whose breastfed infant receives no more than a half package of formula from WIC).

1. The maximum quantities and model food package available for women receiving this package are:
 - 5.5 gallons low fat (1%) or fat free (skim) milk
 - 36 ounces or less cereal
 - 144 ounces juice; 3 11.5 or 12 oz frozen or 46-48 oz containers
 - 1 dozen eggs
 - 1 lb (16 oz) dry beans/peas **or** 4 cans (14-16 oz) beans/peas
 - 18 ounces or less peanut butter
 - \$8 fresh, frozen or canned fruits and vegetables
 - 16 ounces (one pound) whole wheat/whole grain food
2. The CPA prescribes allowable alternatives (see G. of this policy), and tailors the package according to additional participant needs.

C. NON BREASTFEEDING POSTPARTUM WOMAN / SOME

BREASTFEEDING POSTPARTUM WOMAN packages are for women who are within 6 months postpartum and not breastfeeding, and women who are within 6 months postpartum and breastfeeding an infant who receives more than a half package of formula from WIC.

1. The maximum quantities and model food package available for women receiving this package are:
 - 4 gallons low fat (1%) or fat free (skim) milk
 - 36 ounces or less cereal
 - 96 ounces juice; 2 11.5 or 12 oz frozen or 46-48 oz containers
 - 1 dozen eggs
 - 1 lb (16 oz) dry beans/peas **or** 4 cans (14-16 oz) beans/peas **or** 18 ounces or less peanut butter
 - \$8 fresh, frozen or canned fruits and vegetables
2. The CPA selects the allowable alternatives (see G. of this policy), and tailors the package according to additional participant needs.

D. FULLY BREASTFEEDING POSTPARTUM WOMAN / PREGNANT WITH MULTIPLES / WOMAN MOSTLY BREASTFEEDING MULTIPLES includes women who are breastfeeding infants that receive no formula from WIC; women who



are pregnant with two or more fetuses; and women who are mostly breastfeeding all/both of the multiple infants (the infants receive less than a half package of formula from WIC).

1. The maximum quantities and model food package available for women receiving this package are:
 - 6 gallons low fat (1%) or fat free (skim) milk
 - 16 oz (1 pound) or less cheese
 - 36 ounces or less cereal
 - 144 ounces juice; 3 11.5 or 12 oz frozen or 46-48 oz containers
 - 2 dozen eggs
 - 30 ounces canned fish; 6 5-oz cans tuna or 2-14.75 oz cans pink salmon
 - 1 lb (16 oz) dry beans/peas **or** 4 cans (14-16 oz) beans/peas
 - 18 ounces or less peanut butter
 - \$10 fresh, frozen or canned fruits and vegetables
 - 16 ounces (1 pound) whole wheat/whole grain food
2. The CPA selects the allowable alternatives (see G. of this policy), and tailors the package according to additional participant needs.
3. See Policy 4.13 for policies and procedures pertaining to food package issuance to the Breastfeeding Dyad.

E. FULLY BREASTFEEDING POSTPARTUM WOMAN – BF ENHANCED FI includes women who just delivered, already have their Pregnancy food package, and are fully breastfeeding one or more infants. This will give the woman the extra fully breastfeeding foods for the month until they return for their breastfeeding certification visit.

1. The maximum quantities and model food package available for women receiving this package are:
 - 16 oz (1 pound) or less cheese
 - 1 dozen eggs
 - 30 ounces canned fish; 6 5-oz cans tuna or 2-14.75 oz cans pink salmon

F. FULLY BREASTFEEDING MULTIPLES includes women who are fully breastfeeding multiple infants that receive no formula from WIC. The monthly maximum for these women 1.5 times the maximum quantity in the Fully Breastfeeding Women. In order to provide maximum amounts given the authorized containers, ROSIE will provide two model packages (Fully Breastfeeding Woman with Multiples – Even Months, and Fully Breastfeeding Woman with Multiples –



Odd Months. Amounts of specific foods will vary between Even/Odd Models; other foods represent 1.5 times the maximum quantity for the Fully Breastfeeding Woman model. Staff will manually select the model packages; there is not an automatic progression between Even and Odd Months.

1. The maximum quantities for the month are listed, along with how the foods will be divided between even and odd month models, for women receiving this package are:
 - 9 gallons low fat (1%) or fat free (skim) milk
 - 1.5 pounds cheese (1 pound even months; 2 pounds odd months)
 - 54 ounces or less WIC approved cereal
 - 216 ounces juice monthly maximum; 11.5 or 12 oz frozen or 46-48 oz containers juice; FIs will print 5 cans on the Even Month Model; 4 cans on the Odd Month Model.
 - 3 dozen eggs
 - 45 ounce canned fish monthly maximum; 9 5-oz cans light tuna or 3 14.75-oz cans pink salmon
 - 14-16 oz cans Beans/Peas **or** 1 pound dried Beans/Peas. FIs will print 8 cans/2 pounds on the Even Month Model; 4 cans/1 pound on the Odd Month Model.
 - 27 ounces monthly maximum peanut butter; FIs will print 2 18-ounce containers on the Even Month Model; 1 container on Odd Month Model.
 - \$15 fresh, frozen or canned fruits and vegetables
 - 24 ounces monthly maximum whole wheat/whole grain food; FIs will print 16 ounces on the Even Month Model; 32 ounces on the Odd Month Model.
2. The CPA selects the allowable alternatives (see G. of this policy), and tailors the package according to additional participant needs.

G. THE CPA PRESCRIBES ALLOWABLE ALTERNATIVES.

1. Fluid Cow Milk alternatives. The model/default packages include whole milk for one year olds, and Low Fat (1%) and Fat Free (skim) for children 2 and older and women. Low Fat (1%) or Fat Free (Skim) milk packages are the model and default as a way to promote increased consumption of these milks, as recommended in the 2005 *Dietary Guidelines for Americans*. The Reduced Fat (2%), Low Fat (1%), or Fat Free Milk (Skim) FI message may be selected as a milk alternative. There are no longer FIs with a separate reduced fat (2%) option. The CPA should assess the nutritional need for 2% milk.
2. Soy beverage. Upon availability in Wisconsin stores, soy beverage may be substituted for milk at the rate of 1 quart for 1 quart up to the total maximum



monthly allowance for milk. Medical documentation is not needed for women; medical documentation for soy beverage is required for children. See Policy 4.15.

3. Whole milk is allowed for women and children 24 months of age and older only with medical documentation for specific conditions. See Policy 4.15.
4. Lactose-Free milk is available for participants who are lactose intolerant (though small quantities of regular milk are usually tolerated). No medical documentation is required.
5. Evaporated milk is available and appropriate if it is more feasible to encourage milk intake through the use of evaporated milk in cooking. Approximately half of the fluid milk should be substituted with evaporated milk (either 8 or 16 cans). The requirements for the type of milk (whole or low fat) must still be applied when selecting evaporated milk.
6. Powdered milk is available and may be appropriate for women or children over two years; powdered milk is typically unavailable as whole milk and therefore not allowed for one year old children. Powdered milk should be substituted for approximately half the fluid milk for pregnant women and mostly breastfeeding women; it should include 2-8 quart boxes of milk and 1.5 gallons fluid milk, in order to achieve the maximum food benefit. For all others, the package will contain all powdered milk.
7. Calcium-fortified juice (with either regular milk or with lactose-free milk) is available for children who, as determined through the dietary screening process, do not consume adequate dietary calcium (e.g., due to dislike of milk or cheese or lactose intolerance) and are otherwise unlikely to meet their calcium needs on a regular basis. Select the FI with 64 oz cartons calcium-added juice for children. This package is not available for women, so frozen orange juice fortified with calcium should be recommended.

H. TAILORING THE FOOD PRESCRIPTION. Once the CPA prescribes the model package with the allowable alternative, the CPA may further tailor the package under certain circumstances. See Policy 4.11 Tailoring for Participant Needs