



**4 FOOD PACKAGE/FI ISSUANCE**

*Effective: 3/1/98*

**4.13 Breastfeeding Dyad Model Food Packages**

*Revised: 8/1/09*

**POLICY:** Food benefits shall be issued as appropriate to breastfeeding women and infants. The use of supplemental formula for breastfed infants, particularly in the early postpartum period, should be kept to a minimum as it interferes with the establishment of lactation and is associated with early termination of breastfeeding.

**NOTES:** Women and Children must be provided the maximum benefits as allowed by federal regulation. The goal for the Breastfed Infant, however, is to provide the minimum amount of supplemental formula, while offering counseling and support to ensure breastfeeding success.

**PROCEDURE:**

**A. PROMOTING BREASTFEEDING**

1. Provide breastfeeding education and support to all pregnant women and provide breastfeeding support throughout lactation, especially during the early postpartum period. Breastfeeding should be presented as the norm for infant feeding in all conversations.
2. Assume substantial, rather than minimal, breastfeeding as the norm when making decisions regarding model food prescriptions. Do not ask questions such as "Do you think you will need more formula this month?" Educate all pregnant and breastfeeding women that WIC is a supplemental program; it does not provide all the formula an infant will need.
3. The CPA determines the Fully Breastfeeding (no formula), the Mostly Breastfeeding  $\leq$  ½ package of formula, and the Some Breastfeeding  $>$  ½ package of formula model based on the participant's needs. The CPA should encourage the Fully Breastfeeding model and provide breastfeeding support to help mothers feed only breast milk to their babies.

**B. FULLY BREASTFEEDING DYAD. Provide the Fully Breastfeeding model food package to women whose infant receives no formula from WIC.**

1. At the Breastfeeding Postpartum certification appointment or the FI first pick-up after delivery, if the mother has already received a food benefit for this month as a pregnant participant type and she is Fully Breastfeeding and not getting any formula, issue the additional Breastfeeding Enhanced FI. Per Policy 4.10, the project may allow program support staff to issue this FI, as long as an immediate referral is made to the breastfeeding specialist.



2. If the mother has not received a food benefit for this month, either 1) certify the mother and baby and issue the Fully Breastfeeding model food package or if not certifying until 6 weeks, 2) keep the participant type as P, enter birth outcome on the Pregnancy tab, set the Infant Feeding Category on the benefits tab to Fully Breastfeeding and issue Fully Breastfeeding model food package.
3. If the mother has received a food benefit for this month then the Fully Breastfeeding – Breastfeeding Enhanced FI should be issued in the situations noted in B.2.
4. If the mother later requests formula:
  - a) It is recommended to avoid any supplemental formula in the first 4 weeks of an infant(s) life to protect the mother's milk supply and to ensure success at continued breastfeeding. If the infant is < 1 month old and based upon assessment the CPA determines that supplemental formula is considered necessary, one can powder formula may be issued for the infant 0-1 month of age. For exempt formulas, see Policy 4.15. The formula FI should be dated for the current month's first date to use. Change the woman's model food prescription to Mostly Breastfeeding for future FI issuance.
  - b) If the infant is 1 through 11 months old and receives  $\leq$  half a formula package, change the woman's model food package to Mostly Breastfeeding.
  - c) If the infant is 1-6 months old and the infant is receiving more than a half package formula, change the woman's package to the Some Breastfeeding for the subsequent months.
  - d) If the infant is over six months old, still breastfeeding some, and receiving more than a half package formula, the participant type stays B and "currently breastfeeding" in ROSIE as long as she is breastfeeding. When/if the woman reports she quit breastfeeding, terminate the mother as a participant on the Members tab. Change the Breastfeeding tab for the infant to reflect the date breastfeeding was terminated and at least one reason for breastfeeding termination.

### **C. BREASTFEEDING DYAD USING FORMULA**

1. Breastfeeding Woman's Model Food Package. The caloric needs of the fully breastfeeding woman exceed those of the non-breastfeeding postpartum woman. A woman's food benefits will decrease based on the amount of formula she is providing her infant:
  - a) Fully Breastfeeding Model Food Package. The breastfeeding woman, accepting no formula from WIC, will receive the Fully Breastfeeding food



package with the Breastfeeding Enhanced FI (for the interim issuance between delivery and recertification). Subsequent packages will incorporate the “enhanced” foods into the other FIs.

- b) **Mostly Breastfeeding Model Food Package.** The breastfeeding woman, receiving 1 can of powder formula for the infant < 1 month old or receiving ≤ half a full formula package for the infant 1 through 11 months old will receive the Mostly Breastfeeding food package. If the mother later decides to fully breastfeed, update the Breastfeeding tab to “fully breastfeeding” and issue a fully breastfeeding package for the mother.
- c) **Postpartum Model Food Package.** The non-breastfeeding woman or some breastfeeding woman (accepting more than 1 can of powder formula for the infant < 1 month old or > half a formula package for the infant 1 through 5 months old will receive the Postpartum food package. Note: a partially breastfeeding woman who receives, after the sixth month postpartum, more than a half formula package would no longer receive a food package but would continue to be counted as a WIC participant.
- d) The participant type stays B and “currently breastfeeding” in ROSIE as long as she is breastfeeding. When/if the woman reports she quit breastfeeding, terminate the mother as a participant on the Members tab. Change the Breastfeeding tab for the infant to reflect the date breastfeeding was terminated and at least one reason for breastfeeding termination.

## 2. Breastfed Infant’s Model Food Packages

- a) If formula is requested by the breastfeeding mother, CPAs must:
  - (1) Assess reason for the request,
  - (2) Provide counseling to address concerns,
  - (3) Educate on the impact of supplemental formula on milk supply,
  - (4) Explore options for breastfeeding, hand expressing, pumping more often to build and/or maintain milk supply, and
  - (5) Encourage exclusive breastfeeding in the first month.
- b) If after discussion, the mother still plans to use formula, the CPA will tailor the amount based on the assessed need of the individual breastfeeding infant. This means that mothers of partially breastfed infants should not “automatically” be provided a can of formula in the first month of life. If, after a careful assessment, the CPA determines that some formula is needed for the infant in the first month, the mother should be advised on the appropriate amount of that one can of formula to feed the infant. The goal is to provide the minimal amount of supplemental formula needed, while offering counseling and support, in order to help the mother establish a successful milk



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supply. Proper formula preparation and storage information must also be provided.

c) Food package guidelines are illustrated below:

SITUATION	FOOD BENEFIT EXAMPLES
Infant is fully breastfed or receives no formula from WIC.	Mother – Fully Breastfeeding model food package.
Multiple infants are each fully breastfed or receive no formula from WIC.	Mother – 1.5 times the Fully Breastfeeding model food package.
Multiple infants are each mostly breastfed (receive $\leq$ one half a full formula package).	Mother – Fully Breastfeeding package Infants - If infants are < 1 month old, a maximum of 1 can powder formula may be issued for each infant 0-1 month of age (after assessment.) Infants 1-3 months 1 -5 cans powder Infants 4-5 months <u>1</u> - 6 cans powder Infants 6-12 months 1 - 4 cans powder (number of cans based on 12 oz. standard milk based powder formula – numbers will vary with other formulas)
Infant was fully breastfed. Mid-month, the mother notifies the project that she now wants to supplement with formula. CPA must assess reason for request; provide counseling, referrals for BF support, as needed.	Mother - no change in ROSIE for current month, change in ROSIE for subsequent months. Infant - 1 can of formula for the infant < 1 month old or not more than half a full formula prescription for the infant 1-12 months of age
Half a full formula package or less is issued to replace some breastfeedings. CPA must assess the reason for the request; provide counseling, referrals for BF support, as needed.	Mother – Mostly Breastfeeding package Infant - If the infant is < 1 month old, a maximum of 1 can powder formula may be issued for infant 0-1 month of age (after assessment.) Infant 1-4 months $\leq$ 5 cans powder Infant 4-6 months $\leq$ 6 cans powder Infant 6-12 months $\leq$ 4 cans powder
Greater than half a full formula package is issued to replace breastfeedings. CPA must assess reason for request; provide counseling, referrals for breastfeeding support, as needed.	Mother – Some Breastfeeding package 1-6 months postpartum. Infant 1-4 months – 6-10 cans powder Infant 4-6 months – 7-11 cans powder Infant 6-12 months – 5-8 cans powder
Mother says she quit nursing 2 weeks ago.	Mother –Postpartum model food package if less than 6 months postpartum; if 6 or more months postpartum, she is ineligible for WIC benefits. Infant - full formula model package.