WIC BASIC TRAINING:
The North Carolina WIC Food Package

Module 5

Session Agenda

- WIC Supplemental Foods
- Food Packages
  - Infants
  - Children
  - Women
- Tailoring the WIC Food Package
  - Breastfeeding
  - Medical Documentation
  - Substitutions

WIC Supplemental Foods

- Good sources of protein, iron, calcium, fiber, vitamin C
- Prescribed to meet individual needs
- Maximum Monthly Allowances (MMA)
BREASTFEEDING SUPPORT

FOOD PACKAGES

Food Package Categories

- Food Packages I and II are for infants
- Food Package III is for any participant category with medical documentation
- Food Package IV is for children
- Food Packages V, VI, VII, and VII+ are for pregnant, breastfeeding and postpartum women.

Note: A woman who is fully breastfeeding multiple infants is eligible for 1.5 times the foods available in Food Package VII.
IMPORTANT TERMINOLOGY

**Maximum Monthly Allowance (MMA):** A specific amount of formula that may be provided to an infant in an age category with a particular breastfeeding status.

**Category Max Quantity:** The maximum quantity of supplemental food allowed.

HOW DOES CROSSROADS ASSIGN FOOD PACKAGES?

<table>
<thead>
<tr>
<th>WIC Category</th>
<th>Age Category</th>
<th>Breastfeeding Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pregnant Woman</td>
<td>Infant 0 months</td>
<td>Fully Breastfeeding</td>
</tr>
<tr>
<td>Breastfeeding Woman</td>
<td>Infant 1-3 months</td>
<td>Partially Breastfeeding ≤ MMA</td>
</tr>
<tr>
<td>Postpartum Woman</td>
<td>Infant 4-5 months</td>
<td>Partially Breastfeeding &gt; MMA</td>
</tr>
<tr>
<td>Infant</td>
<td>Infant 6-11 months</td>
<td>Fully Formula Feeding</td>
</tr>
<tr>
<td>Child</td>
<td>Child 12-23 months</td>
<td></td>
</tr>
<tr>
<td>Adult</td>
<td>Child 2-5 years</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Adult</td>
<td></td>
</tr>
</tbody>
</table>

FOOD PACKAGES: INFANTS

- Infant Food Packages (I, II) 0-11 months
  
  **Food Package I: Infants 0-5 months**
  - Authorized supplemental food: foods for the breastfeeding mother and/or contract formula
  - Quantity driven by:
    - Breastfeeding status
    - Infant age

  **Food Package II: Infants 6-11 months**
  - Authorized supplemental food: foods for the breastfeeding mother and/or contract formula, infant fruits, infant vegetables, infant cereals, infant meats
FULLY BREASTFEEDING INFANT

- Food package I: foods for the breastfeeding mother, no WIC supplemental food
- Food package II: foods for the breastfeeding mother, WIC supplemental foods including:
  - Infant Cereal [24 ounces]
  - Infant Fruits and Vegetables [256 ounces]
  - Infant Meats [77.5 ounces]

PARTIALLY BREASTFEEDING INFANT

- Partially breastfeeding < MMA
- Partially breastfeeding ≥ MMA

- Food package I: foods for the breastfeeding mother, contract formula*
- Food package II: foods for the breastfeeding mother, contract formula, supplemental foods including:
  - Infant Cereal [24 ounces]
  - Infant Fruits and Vegetables [128 ounces]
  - The quantity of formula must be prescribed with intention and is driven by the nutrition assessment with each age category.

*Note: up to 1 month of age, a partially breastfeeding infant ≤ MMA can receive no more than one can of powdered formula.

FULLY FORMULA FEEDING INFANT

- Food package I: contract formula
- Food package II: contract formula and supplemental foods including:
  - Infant Cereal [24 ounces]
  - Infant Fruits and Vegetables [128 ounces]

NO INFANT MEAT!
CONTRACT INFANT FORMULA

- Milk and soy-based formulas available
  - Powder and/or liquid concentrate
  - Ready-to-feed (if criteria are met)
- Default contract formula included in food package for infant participants
  - No medical prescription required
- If any formula is indicated, the amount of formula prescribed may vary by age of infant and feeding option.

FOOD PACKAGES: CHILDREN

Food Package IV: Children ages 1 - 4 years old
- Juice (128 fluid ounces)
- Milk (4 gallons)
  - 12 - 23 months old: Whole milk
  - 2 - 4 years old: Skim / 1% milk
- Breakfast Cereal (36 ounces)
- Eggs (1 dozen)
- Fruits and Vegetables (66.00 Cal)
- Whole Wheat Bread/Whole Grain (16 ounces)
- Dry or Canned Beans, Peas or Lentils (16-ounce bag or (4) 15-16-ounce cans) OR Peanut Butter (16-18-ounce container)

FOOD PACKAGES: WOMEN

Food Package V:
- Juice (16 oz)
- Milk (3.5 gallons)
- Breakfast Cereal (36 ounces)
- Eggs (1 dozen)
- Fruits and Vegetables (90.00 Cal)
- Whole Wheat Bread/Whole Grain (16 ounces)
- Peanut Butter (16-18-ounce container)
- Dry or Canned Beans, Peas, or Lentils (16-ounce bag or
  Dry or Canned Beans, Peas, or Lentils (16-ounce bag or
FOOD PACKAGES: WOMEN

Non-breastfeeding postpartum
Partially breastfeeding > MMA

Food Package VI:
- Juice [96 fl oz]
- Milk [4 gallons]
- Breakfast Cereal [16 ounces]
- Eggs [1 dozen]
- Fruits and Vegetables [$11.00 in CVB]
- Dry or Canned Beans, Peas or Lentils [16-ounce bag or (4) 15-16-ounce cans]
- Peanut Butter [16-18-ounce container]

Fully breastfeeding
Partially breastfeeding multiple infants who receive formula < MMA
Pregnant + Fully breastfeeding
Pregnant + Partially breastfeeding < MMA
Pregnant with multiples + Fully breastfeeding, or partially breastfeeding < MMA, or fully formula feeding
Pregnant with multiples

Food Package VII:
- Juice [144 fl oz]
- Milk [6 gallons]
- Breakfast Cereal [36 ounces]
- Cheese [1 pound]
- Eggs [2 dozen]
- Fruits and Vegetables [$11.00 CVB]
- Whole Wheat Bread/Whole Grains [24 ounces]
- Fish [60 ounces]
- Dry or Canned Beans, Peas or Lentils [40-ounce bag or (8) 15-16-ounce cans]
- Peanut Butter [(1.5) 16-18-ounce container]
- Whole Wheat Bread/Whole Grains [48 ounces]

Fully breastfeeding multiple infants
FOOD PACKAGES: ALL PARTICIPANT CATEGORIES

Food Package III: all participant age or category
- Applies to participant with qualifying condition with medical documentation to receive an infant formula (IF), exempt infant formula (EXIT), or WIC-Eligible Nutritional (WEN)
- MMA for infants matches that of age category
- Infants 6-11 months may receive formula at the amounts of an infant age 4-5 months if no infant foods are provided
- The MMA available for IF/EXIT/WEN for children and women:
  - 910 Reconstituted Fluid Ounces (RFO)
  - 1,365 RFO for a fully breastfeeding woman with multiple infants

TAILORING THE FOOD PACKAGE

At certification:
- the appropriate default food package is created by Crossroads upon certification
- CPA must review, prescribe, and save a participant food prescription at every certification (at minimum)

A CPA can tailor the default food package based on participant need or request at any time during certification.
TAILORING THE FOOD PACKAGE

Tailoring the food package to accommodate:
- Mother-infant dyad feeding practices
- Medical documentation
- Food Allergy or Intolerance
- Homelessness
- Limited or no refrigeration
- Individual or Cultural food preferences

<table>
<thead>
<tr>
<th>Dyad</th>
<th>Food Package</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fully Breastfeeding</td>
<td>Fully-breastfeeding Woman</td>
</tr>
<tr>
<td>Partially Breastfeeding ≤ MMA</td>
<td>Partially-breastfeeding ≤ MMA Woman</td>
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<td>Partially-breastfeeding &gt; MMA Woman</td>
</tr>
<tr>
<td>Fully Formula Feeding</td>
<td>Postpartum Woman</td>
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</table>

WPM Chapter 7, Section 4

BREASTFEEDING ASSESSMENT

- The breastfeeding assessment and the mother's plans for breastfeeding serve as the basis for determining food package issuance and the counseling and support provided to the mother
- Any formula issued must be based on an assessment of the individual situation
- The local agency must not develop a standard food package for breastfed infants that receive formula
BREASTFEEDING DYADS: MANAGING FORMULA REQUESTS

- Assess the reason for the request
- Provide appropriate support, counseling, and referrals
- If after an assessment and counseling, assign the minimum amount to meet the identified need

REMEMBER!

Breastfeeding status on the Prescribe Food page might not correspond with the dyad’s actual feeding practice!

TAILORING THE FOOD PACKAGE: MEDICAL DOCUMENTATION
EXEMPT INFANT FORMULAS AND WIC-ELIGIBLE NUTRITIONALS

Exempt Infant Formulas*
- Product necessary to meet nutritional needs for managing a qualified condition in an infant
- Examples: prematurity, food allergy, metabolic disorder

WIC-Eligible Nutritionals*
- Product necessary to meet nutritional needs for managing a qualified condition in a child or adult
- Specialized medical need
- Provided to children or women

*Medical documentation required!

READY TO FEED INFANT FORMULA

Requirements for Issuance:
- CPA Justification
- AND
- One or more reasons outlined in Chapter 7 of the WIC Program Manual

Default formula provided is powder with an option to prescribe concentrate as needed

MEDICAL DOCUMENTATION

- Who can prescribe?
  - Physician, Physician Assistant, Nurse Practitioner, or Certified Midwife

- Required content:
  - Participant name and date of birth
  - Qualifying medical condition
  - Prescribed product name and amount
  - Supplemental foods guidance
  - Duration of the prescription
  - Infants: not to exceed 12 months of age
  - Children/Women: not to exceed 12 months
  - Provider information
    - Provider signature and date
**MEDICAL DOCUMENTATION REQUIREMENTS**

- Verbal verification from prescribing provider
- Document in participant Crossroads record
- Include date and contact information of prescribing individual plus required additional data elements
- Written follow-up within two weeks

**Medical Documentation is required for:**

- Exempt infant formulas for an infant
- Contral infant formula for infant > 6 months old at the time
- Standard or exempt infant formula or WIC-eligible nutritional for a child or women
- Whole milk for a child ≥ 2 years old or a woman

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**AVAILABLE FORMULAS, & WIC-ELIGIBLE NUTRITIONALS**

**Allowable Formula & WIC-Eligible Nutritional List**

- Product Name and Manufacturer
- Must order from NSP
- Category in Crossroads
- Size of Product
- Type of product (Powder, Concentrate, and RTF)
- Reconstituted Fluid Ounces (RFO)

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**TAILORING THE FOOD PACKAGE: SUBSTITUTIONS**

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WIC Program Manual: Chapter 7
**TAILORING THE FOOD PACKAGE**

**Milk Issuance**

<table>
<thead>
<tr>
<th>Category</th>
<th>Whole Milk</th>
<th>2% Milk</th>
<th>Skim or 1% Milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children 12-23 months</td>
<td>Standard</td>
<td>Only with CPA</td>
<td>Not allowed</td>
</tr>
<tr>
<td></td>
<td></td>
<td>documentation</td>
<td></td>
</tr>
<tr>
<td>Children 2-5 years</td>
<td>Only with</td>
<td>Only with CPA</td>
<td>Standard</td>
</tr>
<tr>
<td></td>
<td>medical</td>
<td>documentation</td>
<td></td>
</tr>
<tr>
<td></td>
<td>documentation</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Women</td>
<td>Only with</td>
<td>Only with CPA</td>
<td>Standard</td>
</tr>
<tr>
<td></td>
<td>medical</td>
<td>documentation</td>
<td></td>
</tr>
</tbody>
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**TAILORING THE FOOD PACKAGE**

**Milk Substitutions: Delaying Cow’s Milk**

- Breastfeeding beyond 12 months is normal
- Tailor the child’s food package based on the nutrition assessment
- Infant formula
  - **NEW** medical documentation is required

**Milk Substitutions**

- Milk substitutions without medical documentation:
  - Cheese
  - Yogurt
  - Tofu
  - MFK Alternatives
    - Lactose-free, reduced lactose
    - Hypoallergenic milk
    - UHT milk
    - Soy-based beverage
TAILORING THE FOOD PACKAGE

Milk substitutions: cheese

One Pound Cheese = 3 Quarts Milk

Milk substitutions: Yogurt

1 Quart Yogurt (32 ounces) = 1 Quart Milk

Milk substitutions: Tofu

14-16 ounce package = 1 Quart Milk
FOOD ALLERGIES & INTOLERANCES

ADDITIONAL SITUATIONS PROMPTING FOOD PACKAGE ADJUSTMENT

- Vegan or other special diet
- Participant who is homeless
- Participants who have limited or no refrigeration

MODULE SUMMARY

WIC Supplemental Foods
Food Packages
- Infants
- Children
- Women
Tailoring the WIC Food Package
- Nutrition Assessment & Breastfeeding
- Medical Documentation
- Substitutions
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