



**SECTION:** Nutrition Services  
**SUBJECT:** ASSIGNING WIC FOOD PACKAGES  
**DATE:** October 1, 2016 (*revised*)

**POLICY:** A competent professional authority (CPA) shall select a participant’s food package in accordance with federal regulations and state policy.

**PURPOSE:** To assure food benefits are appropriate for each participant’s health and nutritional needs.

**RELEVANT REGULATIONS:** 7 CFR §246.10—Supplemental Foods  
 Child Nutrition Act of 1966, Sec. 17(14)

- OREGON WIC PPM REFERENCES:**
- ◆511—Food Benefit Issuance
  - ◆561—Program Integrity: Replacing Food Benefits
  - ◆646—Mid-Certification Health Assessment
  - ◆655—Homeless Applicants
  - ◆713—Breastfeeding: Use of Supplemental Formula
  - ◆720—General Information on Formula Use
  - ◆730—Bid Formula: Use and Description
  - ◆760—Medical Formulas and Nutritionals
  - ◆765—Medical Documentation
  - ◆770—WIC Authorized Foods

**TWIST TRAINING MANUAL REFERENCES:** Chapter 3, Section 5—Food Packages

- APPENDICES:**
- 769.11 Appendix A WIC Monthly Standard Food Packages for Children and Women
  - 769.16 Appendix B WIC Monthly Standard Food Packages for Infants
  - 769.20 Appendix C WIC Monthly Food Packages for Special Women, Infants and Children

- DEFINITIONS:**
- Participant category:***
- Fully breastfeeding infant* A breastfeeding infant who is up to one year of age and does not receive infant formula from WIC.
  - Fully breastfeeding woman* A breastfeeding woman who is up to one year postpartum, whose infant does not receive formula from WIC.
  - Mostly breastfeeding infant* A mostly breastfed infant who is one month to one year of age and receives infant formula from WIC up to the maximum provided for a mostly breastfed infant.

## ASSIGNING WIC FOOD PACKAGES, *cont.*

|                       |                                   |  |
|-----------------------|-----------------------------------|--|
| <b>(DEFINITIONS:)</b> |                                   |  |
|                       | <i>Mostly breastfeeding woman</i> | A breastfeeding woman who is up to one year postpartum, whose infant receives infant formula from WIC up to the maximum provided for a mostly breastfeeding infant.  |
|                       | <i>Some breastfeeding infant</i>  | A breastfeeding infant who is one month to one year of age and receives more than the maximum amount of infant formula from WIC provided for a mostly breastfeeding infant, but less than the amount provided for a non-breastfeeding infant.  |
|                       | <i>Some breastfeeding woman</i>   | A breastfeeding woman who is up to one year postpartum, whose infant receives more than the maximum amount of infant formula from WIC provided for a mostly breastfeeding infant, but less than the amount provided for a non-breastfeeding infant.  |
|                       | <i>Non-breastfeeding infant</i>   | An infant who is not breastfeeding and is up to one year of age and receives infant formula from WIC.  |
|                       | <i>Non-breastfeeding woman</i>    | A mother who is not breastfeeding and is less than 6 months postpartum.  |
|                       | <b><i>Food package:</i></b>       |  |
|                       | <i>Food Package</i>               | Participant's combined food benefits for a selected month.   |
|                       | <i>Authorized foods</i>           | The brands and types of foods a participant may purchase when a food is specified on their food benefit balance.   |
|                       | <i>Maximum food package</i>       | A food package that contains the maximum amount of each of the foods authorized by WIC regulations for the participant category.   |
|                       | <i>Partial food package</i>       | A partial food package contains approximately one-half of the participant's food package.  |
|                       | <i>Standard food package</i>      | Based on the participant category, the food package which is automatically assigned by TWIST. The standard food package provides the maximum amount of foods allowed for the participant category.   |
|                       | <i>Food Benefits</i>              | The foods a participant receives on WIC for a selected month. Depending on a participant category, food benefits provide specific amounts of WIC authorized foods, formulas, and /or a fixed-dollar amount for participants to obtain WIC authorized fruits and vegetables (referred to as a "Cash Value Benefit" or "CVB"). |

**ASSIGNING WIC FOOD PACKAGES, cont.**

|                       |                                  |  |
|-----------------------|----------------------------------|--|
| <b>(DEFINITIONS:)</b> | <i>Food Package Assignment</i>   | Assigned and CPA authorized food package for a participant in TWIST.   |
|                       | <i>Food Package Issuance</i>     | Sending the assigned food package to the eWIC banking contractor to be accessed by the cardholder at the store.  |
|                       | <i>Assigned Food Benefits</i>    | The benefits that have been assigned by the CPA to a participant for the certification period.   |
|                       | <i>Issued Food Benefits</i>      | The benefits that have been sent to the eWIC banking contractor which are/will be available for purchase by a cardholder.  |
|                       | <i>Food Benefit Balance</i>      | The unspent issued food benefits which are available for purchase by a cardholder.   |
|                       | <i>Participant Designation</i>   | Indicates the three descriptions that can be applied to a participant in TWIST to alter the maximum foods available for a participant’s category. They include “Special”, “Twins or more”, and WBN/IBN”.   |
|                       | <i>Supplemental foods</i>        | Foods prescribed by the WIC federal regulations containing nutrients determined by nutritional research to be lacking in the diets of pregnant, breastfeeding, and postpartum women, infants and children and foods that promote the health of the population served by the program, as indicated by relevant nutrition science, public health concerns, and cultural eating patterns. [Child Nutrition Act of 1966, Sec. 17(14)]  |
|                       | <i>WIC-eligible Nutritionals</i> | Enteral products that are specifically formulated to provide nutrition support for children over 1 year of age and women with a diagnosed medical condition, when the use of conventional foods is precluded, restricted, or inadequate. Also known as WIC-eligible medical foods. Nutritionals may be nutritionally complete or incomplete (e.g. Duocal). They must serve the purpose of a food, provide a source of calories and one or more nutrients, and be designed for enteral digestion via an oral or tube feeding. |

**BACKGROUND:** WIC food packages are intended to be supplemental rather than a primary source of food for participants. The nutrients provided by the food will supplement the participant’s diet and help meet, but not provide all of, the nutrient needs of the participant.

**PROCEDURE:**

- Food package assignment* 1.0 The Competent Professional Authority (CPA) shall select in consultation with the participant or caregiver an appropriate food package for the WIC

**ASSIGNING WIC FOOD PACKAGES, *cont.***

***(Food package assignment)***

participant. The CPA shall document the food package in the participant's TWIST record and make food package changes or adjustments per the TWIST Training Manual, Chapter 3, Section 5—Food Packages. The CPA shall assign a food package which provides the foods and quantities that are allowed for that participant's category. The food package shall take into account the individual's age, dietary needs, medical and nutrition conditions, cultural eating patterns, willingness to consume a food and living situation.

2.0 Food package changes are the responsibility of a CPA. A CPA must be involved with any change to a participant's food package, including a breastfeeding infant requesting formula. A local agency may establish a protocol that allows clerical staff to change the form of food provided, but not the type of food, e.g. switch the form of the same formula, such as from concentrate to powder.

***Standard food packages***

3.0 For most WIC participant categories, TWIST automatically defaults to a standard food package. Standard food packages were created to provide participants the most commonly requested combination of foods. The standard package provides the full nutrition benefit allowed for the category. For specific information about the foods and quantities provided in each standard food package, refer to Appendices A and B. Standard food packages are not automatically assigned by TWIST for partially breastfed infants or participants on medical formula.

***Maximum quantities and allowable foods***

4.0 CPAs have the option of assigning a food package other than the standard food package. Participants are eligible for specific quantities of foods based on their WIC category and designation (special, IBN/WBN, twins or more). The allowed foods, maximum quantities and allowable substitutions can be found in Appendices A, B and C.

***Monthly allowances***

5.0 The full maximum monthly allowances of all supplemental foods in all food packages must be made available to participants if medically or nutritionally warranted. The provision of less than the maximum monthly allowances of supplemental foods to an individual WIC participant in all food packages is appropriate only when:

- Medically or nutritionally warranted (e.g. to eliminate a food due to a food allergy); or
- A participant refuses or cannot use the maximum monthly allowances; or
- The quantities necessary to supplement another programs' contribution to fill a medical prescription would be less than the maximum monthly allowances.

For more information, see ♦713—Breastfeeding: Use of Supplemental Formula.

**ASSIGNING WIC FOOD PACKAGES, *cont.***

***Partial food packages*** 6.0 For new and reinstated participants receiving food benefits on or after the 20<sup>th</sup> of the month, issue the partial food package assigned by TWIST for the current month. A partial food package contains approximately one-half of the participant's food package, since the participant will have another set of food benefits available for use the beginning of the following month.

Partial food packages are not required for participants in a current certification period. Food packages may be tailored after the 20<sup>th</sup> to meet the needs of the participant for the remainder of the month.

***Requesting new food package templates in TWIST*** 7.0 If local staff finds they are routinely issuing a certain modified food package, contact the state office about creating a template for that food combination.

***Breastfeeding Women Food Packages*** 8.0 The following are food packages for breastfeeding women:

8.1 **Fully breastfeeding women food package**  
The food package for the fully breastfeeding woman should be issued in any month during which the participant's infant receives no supplemental formula from WIC and up through the month of the infant's first birthday. The infant can receive baby food fruits and vegetables, baby food meat and cereal between 6 through 11 months.

8.1.1 A food package equivalent to the Fully Breastfeeding Food Package is issued to four types of participants:

- fully breastfeeding women whose infants do not receive formula from the WIC Program;
- women partially breastfeeding multiple infants;
- women pregnant with two or more fetuses; and
- pregnant women who are also fully or mostly breastfeeding an infant.

8.1.2 A woman fully breastfeeding multiple infants is issued a food package equivalent to 1.5 times the fully breastfed food package.

8.1.3 When a fully breastfeeding woman's status changes, issue the food package appropriate for the participant's new status. For example, if the fully breastfeeding woman (WE) receives supplemental formula from WIC, her status changes to mostly breastfeeding (WB) or some breastfeeding (WBN).

8.2 **Partially breastfeeding women food packages**  
[Mostly Breastfeeding (WB) vs. Some Breastfeeding (WBN)]  
The food package a partially breastfeeding woman receives is determined by the amount she is breastfeeding.

**ASSIGNING WIC FOOD PACKAGES, cont.**

***(Breastfeeding  
Women Food  
Packages)***

- 8.2.1 A woman who is mostly breastfeeding and is supplementing with a limited amount of formula during the 1<sup>st</sup> year postpartum, is eligible to receive the mostly breastfeeding food package. See Appendices A & B.
- 8.2.2 For a woman who is doing some breastfeeding, but mostly formula feeding, the age of the infant and the quantity of formula received from WIC determines the food package (see Appendices A & B):
- If a partially breastfed infant less than six months of age receives a food package with a quantity of formula that exceeds the amount listed in Appendix B for the mostly breastfed infant, the partially breastfeeding woman is eligible to receive the same foods as the postpartum woman through the month the infant turns six months of age.
  - If the breastfed infant is 6 through 11 months and receives a food package with a quantity of formula that exceeds the amount listed in Appendix B for the mostly breastfed infant, the some breastfeeding woman is no longer eligible to receive a food package, but continues to receive breastfeeding education and support, nutrition education and other WIC services.
- 8.2.3 When a woman participant discontinues breastfeeding an infant over six months of age, no benefits will be issued, because the participant is not categorically eligible.

9.0 Food package options for specific circumstances:

**9.1 Infants**

- 9.1.1 Infants 6-11 months receive infant cereal, baby food fruits & vegetables and if fully breastfeeding, baby food meat.
- 9.1.2 Infants greater than six months, with a qualifying medical condition and receiving infant formula, medical formula or nutritionals in lieu of infant foods (cereal, fruits and vegetables), can receive the maximum monthly allowance of formula as infants ages four through five months of age who are of the same feeding option, i.e. mostly breastfed, some breastfed or non-breastfed.
- 9.1.3 Infants 9-11 months may be offered the option of replacing half of the baby food fruit and vegetable benefit with a fruit and veggie cash value benefit (CVB) for fresh fruits and vegetables. The CPA may offer this option, after completing the following:

*Maximum infant  
formula over 6  
months*

*Fruit and  
Veggie Benefit  
for infants 9-11  
months*

**ASSIGNING WIC FOOD PACKAGES, cont.**

*(Fruit and Veggie Benefit for infants 9-11 months)*

- A full nutrition assessment demonstrating that the infant will be developmentally ready by 9-11 months old for this option and that the parent or caretaker is interested.
  - The parent or caretaker may choose the maximum baby food fruit and vegetable benefit or the combination baby food and fruit and veggie CVB.
  - This assessment may occur during an individual appointment such as the mid-cert health assessment. See ♦646—Mid Certification Health Assessment.
- Nutrition education for the parent or caretaker addressing safe food preparation, storage techniques, and infant feeding practices to assure that the infant will have their nutritional needs met in a safe and effective manner.

NOTE: If baby food has already been issued for the 9-11 month period and any portion of the baby food fruit and vegetable benefit has been spent, then only benefits for future months can be changed. Participants cannot return purchased baby foods to the WIC clinic to exchange for the infant CVB.

*Food packages for infants in month of first birthday*

- 9.1.4 An infant who needs formula must be provided formula until the child turns one year of age. A formula food package will automatically be provided through the end of the month of the first birthday. On or after the participant's first birthday, the CPA may change the food package from formula to a child 12-23 month food package if this better meets the needs of the child.

NOTE: This change from an infant food package to a child food package is only possible if none of the issued infant foods and/or formula for the month have been spent.

*Fat Free, 1% or 2% Milk and nonfat or lowfat yogurt*

- 9.2 **Children 12-23 months**  
WIC provides whole milk and offers whole yogurt to children 12-23 months of age. Fat free, 1% or 2% milk and lowfat/nonfat yogurt is allowed in limited circumstances excluding participant preference as the sole consideration.

9.2.1 After a full diet assessment has been completed, the CPA may approve issuance of nonfat, 1% or 2% milk and/or lowfat/nonfat yogurt to children 12-23 months based on at least one of the following:

- Assignment of Risk 115 High Weight for Length. No additional documentation is required when this risk is assigned. Presence of this risk, however, does not require issuance of nonfat, 1% or 2% milk or lowfat/nonfat yogurt.
- Participant trending toward overweight based on CPA assessment and/or consultation with the child's health care provider. Document justification in progress notes and reassess at each certification. Presence of trending does not require issuance of nonfat, 1% or 2% milk or lowfat/nonfat yogurt.
- Parent expresses concerns about a family history of overweight, cardiovascular disease or high cholesterol. Document justification in progress notes:

*2% Milk*

9.3 **Children two years and older and women**

WIC provides fat free and 1% milk to children two years and older and women. 2% is allowed in limited circumstances excluding participant preference as the sole consideration.

9.3.1 After a full diet assessment has been completed, the CPA may approve issuance of 2% milk in addition to fat free and 1% milk for children two years and older and women based on at least one of the following:

- Assignment of Risk 101 Underweight (women), 103 Underweight or At Risk of Underweight (children), 131 Low Maternal Weight Gain, 132 Maternal Weight Loss During Pregnancy, 134 Failure to Thrive. No additional documentation is required when these risks are assigned. Presence of these risks does not, however, require issuance of 2% milk.
- Participant trending toward underweight based on CPA assessment and/or consultation with the participant's health care provider. Document justification in progress notes and reassess at each certification. Presence of trending does not require issuance of 2% milk.

ASSIGNING WIC FOOD PACKAGES, *cont.*

- For children participants, a parent or guardian expresses concerns about a family history of underweight. For women participants, concern about a personal history of underweight or low weight gain in pregnancy is expressed. Document justification in progress notes.
- Support transition from whole or 2% milk to fat free or 1% milk at two years of age or as a trial for new participants who have never used lower fat milk. Assigned by CPA for one to two months. Document justification and the plan for transitioning to fat free or 1% in progress notes.

*Whole milk*

9.4 When receiving medical formulas, children over two years of age and women must have medical documentation with a qualifying condition and be receiving a WIC medical formula in order to receive whole milk in addition.

*Soy-based  
beverage for  
children*

9.5 **Children**

For children, issuance of soy-based beverage as a substitute for cow's milk must be based on an individual nutrition assessment in consultation with the participant's health care provider, if necessary. The CPA may offer this option, after completing the following:

- A nutrition assessment that considers conditions including, but not limited to milk allergies, lactose intolerance, and vegan diets.
- For issues with lactose intolerance, offer lactose-free fortified dairy products before soy-based beverages.
- The parent/caretaker is provided education that stresses the importance of milk over milk substitutes including:
  - Bone mass
  - Risk of vitamin D deficiency for products not adequately fortified with vitamin D.
- A referral may be considered to the WIC Nutritionist/RD for an additional assessment of overall diet adequacy.

*Medical formula  
and nutritionals  
and special food  
packages*

10.0 When the use of conventional foods or formulas does not address special nutritional needs, special food packages are available for women, infants and children who have a documented qualifying condition that requires the use of:

- infant formula,
- special medical formula, or
- nutritional formula plus special food package changes (e.g. infant foods for a child or woman)

**ASSIGNING WIC FOOD PACKAGES, *cont.***

10.1 See Appendix C for requirements.

***Allowable formulas***

11.0 For allowable formulas and information on formula use, refer to:

- ◆713 – Breastfeeding: Use of Supplemental Formula
- ◆720—General Information on Formula Use
- ◆730—Bid Formula: Use and Description
- ◆760—Medical Formulas and Nutritionals

***Medical documentation***

12.0 Medical documentation is required for both the formula and the foods in food packages of women, infants and children who require medical formula. See ◆765—Medical Documentation for medical documentation requirements.

***Limited storage, refrigeration or homelessness***

13.0 For participants living in a homeless facility, refer to ◆655—Homeless Applicants, when determining if it is appropriate to issue foods to the participant. Provide the maximum food package that will be safe and sanitary as per guidance below.

13.1 For limited storage, consider:

- suggesting milk be purchased more frequently or in half gallons rather than gallons
- offering evaporated milk or powdered milk.

13.2 When no refrigeration or freezer is available:

- you may suggest buying quarts of milk or issue powdered milk, evaporated or shelf-stable soy milk;
- consider not including eggs or cheese (ask the participant if storing/cooking eggs or cheese is feasible);
- offer women juice in 64 oz. plastic bottles instead of frozen juice.

13.3 If safe water is not available:

- ready-to-feed formula may be appropriate instead of powdered formula (document reason in participant's record);
- suggest 64 oz. plastic bottles of juice instead of frozen juice.

***Issuing Additional Foods***

14.0 Additional food(s) can be issued to a participant, but the total quantity of foods provided for the month cannot exceed the maximum amount allowed for the participant category.

**ASSIGNING WIC FOOD PACKAGES, cont.**

14.1 *Example:* If an infant received a formula package with two cans of formula for a month, but now needs a package with six cans of formula, only four cans of formula (the remainder of the cans of formula) can be issued for that month.

15.0 A participant who has a category change which decreases the amount of food benefits they are eligible for is allowed to keep all foods issued for the current month. Food packages issued in the future shall be changed to the appropriate food package for the new category.

15.1 *Example 1 (WE to WN):* Participant has changed from a WE to a WN and has spent some of the food benefits from the current month, the participant can keep the food benefits for the current month, but the future months food benefits will be replaced with a WN food package. Refer to ♦560—Program Integrity: Replacing Food Benefits.

15.2 *Example 2 (WE or WB to WN):* If a participant has changed from a WE or WB to a WN and she is more than six months postpartum, future food benefits for which she is no longer eligible, will be removed.

15.3 *Example 3 (IE to IN):* If an infant 6 through 11 months is changing from IE to an IB or IN, TWIST will reduce the baby food meat and baby food fruits and vegetables. The modify screen will be used to assign the formula.

***Hospitalized or institutionalized participants***

16.0 If a participant is in the hospital, long term care facility or an institution, a WIC food package cannot be provided until discharged, since the institution is responsible for feeding the patient. If an infant is with the mother who is staying in a residential treatment center, see ♦655—Homeless Applicants for an exception which allows the infant to receive infant foods and infant formula.

***Participants transferring from out of state***

17.0 If a participant is transferring in from another state, Oregon food benefits can be issued if they did not receive food benefits for the current month from the other state, or when any food benefits they received are brought in for replacement with Oregon food benefits. For more information, refer to ♦560—Program Integrity: Replacing Food Benefits. ★

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## WIC Monthly Standard Food Packages for Children

| <b>Foods</b>   | <b>CHILDREN</b>  |  |
|--|--|--|
|  | <b>Children<br/>12-23 months</b>                                   | <b>Children<br/>24-60 months</b>                                   |
| Fruits and Vegetables (fresh or frozen)  | \$8  | \$8  |
| Juice  | 2 – 64 oz. plastic bottles (d)                                     | 2 – 64 oz. plastic bottles (d)                                     |
| Cereal   | 36 oz.   | 36 oz.   |
| Whole grains (whole wheat bread, whole wheat or corn tortillas, oatmeal, whole wheat pasta, bulgur, or brown rice) | 2 lb. [32 oz.]   | 2 lb. [32 oz.]   |
| Milk (h)(i)(j)(k)  | 13 qt. [3.25 gal]  | 12 qt. [3 gal]   |
| Yogurt   | (m)  | 32 oz.   |
| Cheese (j)   | 1 lb.  | 1 lb.  |
| Eggs   | 1 dozen  | 1 dozen  |
| Beans (dry or canned) and/or peanut butter   | 1 lb. dry beans, (4) 15-16 oz. canned beans<br><b>OR</b> 18 oz. PB | 1 lb. dry beans, (4) 15-16 oz. canned beans<br><b>OR</b> 18 oz. PB |
| Fish – canned tuna. salmon or sardines   | N/A  | N/A  |

WIC Monthly Standard Food Packages for Women

| Foods  | WOMEN  |  |  |  |
|--|--|--|--|--|
|  | Pregnant & Mostly Breastfeeding Women (up to 1 year postpartum)(c)     | Some Breastfeeding (up to 6 months postpartum)(c) and Postpartum Non-breastfeeding Women (up to 6 months postpartum) | Fully Breastfeeding Women (up to 1 year post-partum),<br><br>Partially breastfeeding women with twins, Pregnant women with twins, and Pregnant women who are also fully or mostly breastfeeding an infant(a) | Woman Fully Breastfeeding Multiple Infants (Month 1 /Month2)(b)      |
| Fruits and Vegetables (fresh or frozen)  | \$11   | \$11   | \$11   | \$16.50  |
| Juice  | 3 – 11.5-12 oz. cans frozen juice (e)                                  | 2 – 11.5-12 oz. cans frozen juice (f)  | 3 – 11.5-12 oz. cans frozen juice (e)  | (5/4) – 11.5-12 oz. cans frozen juice (g)                            |
| Cereal   | 36 oz.   | 36 oz.   | 36 oz.   | 54 oz.   |
| Whole grains (whole wheat bread, whole wheat or corn tortillas, oatmeal, whole wheat pasta, bulgur, or brown rice) | 1 lb. [16 oz.]   | N/A  | 1 lb. [16 oz.]   | (2 lb. / 1 lb.) [32oz./16 oz.]                                       |
| Milk (h)(i)(j)(k)  | 18 qt. [4.50 gal]  | 12 qt. [3 gal]   | 20 qt. [5 gal]   | 32 qt. [8 gal]   |
| Yogurt   | 32 oz.   | 32 oz.   | 32 oz.   | 32 oz.   |
| Cheese (j)   | 1 lb.  | 1 lb.  | 2 lb.  | (3 lb. / 2 lb.)  |
| Eggs   | 1 dozen  | 1 dozen  | 2 dozen  | 3 dozen  |
| Beans (dry or canned) and/or peanut butter   | 1 lb. dry beans or (4) 15-16 oz. canned beans <b>AND</b> 18 oz. PB (n) | 1 lb. dry beans, (4) 15-16 oz. canned beans <b>OR</b> 18 oz. PB  | 1 lb. dry beans or (4) 15-16 oz. canned beans <b>AND</b> 18 oz. PB (n)   | 2 lb. dry beans or 8 CTR canned beans <b>AND</b> 1 jar 18 oz. PB (n) |
| Fish – canned tuna. salmon or sardines   | N/A  | N/A  | 30 oz.   | 45 oz.   |

**Breastfeeding Food Packages:**

- (a) The fully breastfeeding food package is to be issued to 4 categories: fully breastfeeding women whose infants do not receive formula from the WIC program; women partially breastfeeding multiple infants; women pregnant with 2 or more fetuses, and pregnant women who are also fully or mostly breastfeeding an infant.
- (b) Women fully breastfeeding multiple infants receive a food package that is 1.5 times the fully breastfeeding food package. To provide a maximum food package, quantities will be averaged over 2 months (months 1 and 2) when the packaging of the foods does not accommodate the 1.5 times amount.
- (c) The food package a partially breastfeeding woman receives is determined by the amount she is breastfeeding. The woman's category and infant's category must match for each to receive the appropriate food package. If an infant is "mostly breastfed" per Appendix B, then the woman is considered mostly breastfeeding. A mostly breastfeeding woman is mainly breastfeeding with some formula supplementation during the 1<sup>st</sup> year postpartum.

For a woman who is doing some breastfeeding, but whose infant is receiving mostly formula, the age of the infant and the quantity of formula received from WIC determines the food package (See Appendix B for specific quantities):

- If a partially breastfed infant less than 6 months of age receives a food package with a quantity of formula that exceeds the amount listed in Appendix B, until the infant turns 6 months of age, the partially breastfeeding woman is eligible to receive the some breastfeeding food package which includes the same foods as the non-breastfeeding woman.
- If the partially breastfed infant is 6-12 months, but receives a food package with a quantity of formula that exceeds the amount listed in Appendix B for the mostly breastfeeding infant, the some breastfeeding woman is no longer eligible to receive a food package, but continues to receive breastfeeding education and support, nutrition education and other WIC services.

**Juice:**

- (d) Children have a monthly allowance of 128 fl. oz. juice. Two 64 oz. plastic bottles or 16 oz. frozen juice provides 128 fl. oz.
- (e) Pregnant, Mostly Breastfeeding Women and Fully Breastfeeding Women have a monthly allowance of 144 fl. oz. juice.
- (f) Non-breastfeeding and Some breastfeeding women have a monthly allowance of 96 fl. oz. juice.
- (g) Women fully breastfeeding multiple infants have a monthly allowance of 216 fl. oz. juice.

**Milk and Cheese:**

- (h) Whole milk is the standard type of milk allowed for 1 year old children (12 through 23 months). Lower fat milks (fat free and 1%), are the standard types allowed for children  $\geq$  24 months of age and women.
- (i) Milk substitutions: When a combination of different milk forms is provided, the full maximum monthly fluid milk allowance must be provided.

Lactose-free milk: may be substituted for milk on a quart for quart basis up to the total maximum allowance for milk.

Evaporated milk: may be substituted at the rate of 16 fluid ounces of evaporated milk per 32 fluid ounces of fluid milk or a 1:2 fluid ounce substitution ratio.

Dry milk: may be substituted at an equal reconstituted rate to fluid milk.

Soy-based beverage: may be substituted for milk on a quart for quart basis up to the total maximum allowance for milk. For children, issuance of soy-based beverage as a substitute for cow’s milk must be based on an individual nutrition assessment in consultation with the participant’s health care provider, if necessary, and provide appropriate nutrition education. (See Section 4.8 for details.)

- (j) Cheese: Food packages for women fully breastfeeding and women fully breastfeeding multiple infants always contain a minimum of 1 lb. and 1.5 lb. cheese per month respectively. All other food packages do not automatically include cheese. No more than 1 pound of cheese may be substituted for milk at the rate of one pound of cheese for 3 quarts of milk. Standard food packages include 1 lb. of cheese.

If a participant prefers the maximum fluid milk, the maximum amount of milk and cheese by category is:

| Category                                       | Milk (qts.) | Cheese (lb.)  |
|--|-------------|---|
| Child  | 16 qts.     | 0   |
| Pregnant and Mostly Breastfeeding Women        | 22 qts.     | 0   |
| Some Breastfeeding and Non-Breastfeeding Women | 16 qts.     | 0   |
| Fully Breastfeeding Women                      | 24 qts.     | 1 lb.*  |
| Fully Breastfeeding Multiple Infants           | 36 qts.     | 1.5 lb.*<br>(2 lb. cheese month one / 1 lb. cheese month two) |

\* Cheese provided for these categories is unrelated to the milk provided and cannot be converted to fluid milk.

- (k) Tofu: may be substituted at the rate of 16 oz. tofu for 1 quart milk. No more than 16 oz. of tofu may be substituted for 1 quart of milk.

(m) Yogurt: may be substituted at the rate of quart (32 oz.) of yogurt for 1 quart milk. The monthly standard food packages for women and for children over 2 years of age automatically include 1 quart of lowfat or nonfat yogurt in place of 1 quart of milk. For children 12-23 months, 32 ounces of whole milk yogurt may be substituted for 1 quart of milk. No more than 1 quart of yogurt may be substituted for 1 quart of milk.

**Beans and Peanut Butter:**

(n) Women who receive both beans and peanut butter have the option of replacing the 18 ounces of peanut butter with 16 oz. of dry beans or 4 cans of 15-16 oz. canned beans.

**WIC Monthly Standard Food Packages for Infants**

To support the successful establishment of breastfeeding, infant formula is not provided during the first month after birth to a breastfed infant.

When the infant is not fully breastfed, the infant food package provides iron-fortified bid brand infant formula. To maximize the number of eligible women, infants and children served, the Oregon WIC program has a policy of “**no exception**” to the standard bid formulas. Other than the current standard infant bid formula, no other standard infant formulas are allowed.

If an infant needs a medical formula or WIC eligible Nutritional, refer to Appendix C: WIC Monthly Food Packages for Special Women, Infants and Children for additional information.

The infant period is divided into 0-1 month, 1-3 months, 4-5 months and 6 through 11 months. See the tables below for the maximum amount of formula and food allowed for an infant’s age and amount of breastfeeding.

**Infants 0-1 month**

| Foods   | Fully Breastfed        | Non-Breastfed  |
|---------|------------------------|--|
| Formula | 0-1 month: None needed | Bid formula or medical formula (a):<br>870 fl. oz. reconstituted powder (b) (e.g. 9 cans Similac Advance)<br>823 fl. oz. reconstituted liquid concentrate<br>832 fl. oz. ready-to-feed |

(a) Medical formulas require medical documentation.

(b) Reconstituted fluid ounce is the form prepared for consumption as directed on the container.

Infants 1-3 months

| Foods          | Fully Breastfed                    | Mostly Breastfed  | Some Breastfed (c)   | Non-Breastfed   |
|----------------|------------------------------------|---|--|---|
| <b>Formula</b> | <b>1-3 months:<br/>None needed</b> | <b>1-3 months:</b> Bid formula or medical formula (a):<br>435 fl. oz. reconstituted powder (b) (e.g. 4 cans Similac Advance)<br>388 fl. oz. reconstituted liquid concentrate<br>384 fl. oz. ready-to-feed | <b>1-3 months:</b> Bid formula or medical formula (a):<br>436 to 776 fl. oz. reconstituted powder (b)<br>389 to 728 fl. oz. reconstituted liquid concentrate<br>385 to 763 fl. oz. ready-to-feed | <b>1-3 months:</b> Bid formula or medical formula (a):<br>870 fl. oz. reconstituted powder (b) (e.g. 9 cans Similac Advance)<br>823 fl. oz. reconstituted liquid concentrate<br>832 fl. oz. ready-to-feed |

(a) Medical formulas require medical documentation.

(b) Reconstituted fluid ounce is the form prepared for consumption as directed on the container.

(c) A “some” breastfeeding infant receives more formula than the mostly breastfed infant and up to the equivalent of one can powder less than a non-breastfed infant (or less 3 cans concentrate or less 3 cans ready-to-feed.)

Infants 4-5 months

| Foods   | Fully Breastfed                   | Mostly Breastfed   | Some Breastfed (c)   | Non-breastfed  |
|---------|-----------------------------------|--|--|--|
| Formula | <b>4-5 months:</b><br>None needed | <b>4-5 months:</b><br>Bid infant formula or medical formula (a):<br>Up to 522 fl oz. reconstituted powder (b) (e.g. 5 cans Similac Advance)<br>460 fl. oz. reconstituted liquid concentrate<br>474 fl. oz. ready-to-feed | <b>4-5 months:</b><br>Bid infant formula or medical formula (a):<br>523 to 866 fl. oz. reconstituted powder (b)<br>461 to 806 fl. oz. reconstituted liquid concentrate<br>475 to 800 fl. oz. ready-to-feed | <b>4-5 months:</b><br>Bid infant formula or medical formula (a):<br>960 fl. oz. reconstituted powder (b) (e.g. 10 cans Similac Advance)<br>896 fl. oz. reconstituted liquid concentrate<br>913 fl. oz. ready-to-feed |

(a) Medical formulas require medical documentation.

(b) Reconstituted fluid ounce is the form prepared for consumption as directed on the container.

(c) A “some” breastfeeding infant receives more formula than the mostly breastfed infant and up to the equivalent of one can powder less than a non-breastfed infant (or less 3 cans concentrate or less 3 cans ready-to-feed.)

**Infants 6 through 11 months**

All infants 6 through 11 months receive infant cereal and baby food fruits and vegetables. Fully breastfed infants receive additional baby food fruits and vegetables and baby food meat. For the 9-11 month food benefits, after a full assessment and appropriate education is provided, infants may replace half of the baby food fruits and vegetables in their food package for a fruit and veggie benefit for fresh fruits and vegetables. (See ¶4.7 for details.) Infants who are not fully breastfed receive infant formula based on how much they are breastfeeding.

| Foods                                 | Fully Breastfed                            | Mostly Breastfed  | Some Breastfed (c)   | Non-breastfed   |   |
|---------------------------------------|--|---|--|---|---|
| Formula                               | <b>6 through 11 Months:</b><br>None needed | <b>6 through 11 months:</b><br>Bid Infant Formula OR<br>Medical Formula (a) with<br>infant foods:<br><br>Up to<br>384 fl. oz. reconstituted<br>powder (b)(e.g. 4 cans<br>Similac Advance)<br>315 fl. oz. reconstituted<br>liquid concentrate<br>338 fl. oz. ready-to-feed | <b>6 through 11 months:</b><br>Bid Infant Formula OR<br>Medical Formula (a) with<br>infant foods:<br><br>385 to 602 fl. oz.<br>reconstituted powder (b)<br>316 to 546 fl. oz.<br>reconstituted liquid<br>concentrate<br>339 to 544 fl. oz. ready-to-<br>feed | <b>6 through 11 months:</b><br>Bid Infant Formula OR<br>Medical Formula (a) with<br>infant foods:<br><br>696 fl. oz. reconstituted<br>powder (b) (e.g. 7 cans<br>Similac Advance)<br>630 fl. oz. reconstituted<br>liquid concentrate<br>643 fl. oz. ready-to-feed | <b>6 through 11 months:</b><br>Bid Infant Formula OR<br>Medical Formula (a) Without<br>infant foods, (infant foods are<br>contraindicated based on<br>medical condition)<br>960 fl. oz. reconstituted<br>powder (b) (e.g. 11 cans<br>NeoSure)<br>896 fl. oz. reconstituted liquid<br>concentrate<br>913 fl. oz. ready-to-feed |
| Infant Cereal                         | 24 oz.                                     | 24 oz.  | 24 oz.   | 24 oz.  | N/A   |
| Baby Food<br>Fruits and<br>Vegetables | 256 oz. (d)                                | 128 oz. (e)   | 128 oz. (e)  | 128 oz. (e)   | N/A   |
| Baby Food<br>Meat                     | 77.5 oz. (f)                               | N/A   | N/A  | N/A   | N/A   |

(a) Medical formulas and Nutritionals require medical documentation.

(b) Reconstituted fluid ounce is the form prepared for consumption as directed on the container.

(c) A “some” breastfeeding infant receives more formula than the mostly breastfed infant and up to the equivalent of one can powder less than a non-breastfed infant (or less 3 cans concentrate or less 3 cans ready-to-feed.)

(d) 256 oz. baby food fruits & vegetables is 64 – 4 oz. containers. For the 9-11 month food benefits for fully breastfed infants, the 256 oz. of baby food may be replaced with an \$8 fruit and veggie benefits for fresh fruits and vegetables plus 128 ounces of baby food fruits and vegetables.

(e) 128 oz. baby food fruits & vegetables is 32 – 4 oz. containers. For the 9-11 month food benefits, infants receiving 128 oz. of baby food fruits and vegetables may instead be offered a \$4 fruit and veggie benefits for fresh fruits and vegetables plus 64 oz. of baby food fruits and vegetables.

(f) 77.5 oz. baby food meat is 31 – 2.5 oz. jars.

**WIC Monthly Food Packages for Special Women, Infants and Children**

1. This food package is reserved for women, infants and children who have a documented qualifying condition that requires use of an infant formula, medical formula or nutritional because the use of conventional foods or formula is precluded, restricted or inadequate to address their special nutritional needs.
2. Participants eligible to receive this food package must have one or more qualifying conditions, as determined by a health care professional licensed to write medical prescriptions under State law, and the appropriate medical documentation. Qualifying conditions include, but are not limited to, premature birth, low birth weight, malnutrition, gastrointestinal disorders, malabsorption syndromes, immune system disorders, severe food allergies that require an elemental formula, and life threatening disorders, diseases and medical conditions that impair ingestion, digestion, absorption or the utilization of nutrients that could adversely affect the participant's nutrition status.
3. This package may not be used for infants whose only condition is:
  - a. A diagnosed formula intolerance or food allergy to lactose, sucrose, milk protein or soy protein that does not require the use of an exempt infant formula; or
  - b. A non-specific formula or food intolerance.
4. This package may not be used for women and children:
  - a. who have a food intolerance to lactose or milk protein that can be successfully managed with the use of one of the other WIC food packages;
  - b. for the sole purpose of enhancing nutrient intake or managing body weight without an underlying condition.
5. All apparatus or devices (e.g., enteral feeding tubes, bags and pumps) designed to administer WIC formulas are not allowable WIC costs.
6. All infants, children and women receiving the WIC bid formula, medical formula or nutritionals in this food package require medical documentation in order to receive other allowable WIC supplemental foods. Refer to ♦765 for medical documentation requirements.

7. The special infant food package allows:

- for infants 0-11 months that require a medical formula, follow the quantities in Appendix B, listed for infants on medical formula for 0-1, 1-3, 4-5 and 6 through 11 months and whether mostly breastfed, some breastfed or non-breastfed.
- for non-breastfed infants greater than 5 months receiving the WIC bid formula, a medical formula or nutritionals and whose health care provider has determined that the infant foods are contraindicated based on medical condition. In place of receiving infant foods (infant cereal, and baby fruits and vegetables) participants can receive the same maximum formula quantity as infants 4 through 5 months of age who are non-breastfed. Refer to Appendix B, 6 through 11 Months listed for non-breastfed infants on Medical Formula or Nutritionals.

8. The special woman and child food package allows up to:

- 910 oz. of ready to feed nutritional or reconstituted powder formula or reconstituted concentrate formula (1365 oz. for women exclusively breastfeeding multiple infants), and
- The foods and quantities that are identified for the participant's category, as long as they are prescribed by their health care provider. Refer to Appendix A, WIC Monthly Food Packages for Children and Women for the foods and quantities.

9. Infant foods and whole milk for children and women

The following substitutions are allowed for children and women with a documented qualifying medical condition that requires use of a WIC formula (standard bid, medical formula or nutritional). The substitutions must address the qualifying condition and be requested by a qualified health care provider on the WIC medical documentation form. These substitutions are not allowed in the absence of a WIC formula. Local agencies will need to contact their assigned Nutrition Consultant to have these foods added to the participant's benefits. The reason for the substitution must be documented in progress notes along with appropriate risks assigned (e.g. Risk 362: Developmental, Sensory or Motor Delays interfering with Eating); a referral to the local agency WIC nutritionist is required.

Infant foods:

- 32 ounces infant cereal may be substituted for 36 ounces of cold or hot cereal.
- 128 ounces of jarred infant fruits and vegetables may be substituted for the cash value benefit.

Whole milk:

- Whole milk may be substituted for a lower fat milk if the participant is receiving a WIC formula and has medical documentation demonstrating a medical need for whole milk and WIC formula.

With medical documentation, other foods may be assigned as deemed safe to consume by their health care provider including juice, milk/cheese, eggs, bread/corn tortilla/brown rice, peanut butter/beans, canned fish (fully breastfeeding women only). Participants with feeding difficulties need to be monitored carefully and their care coordinated.

Participants needing modification in food consistency, but not medically eligible for a WIC formula, should receive nutrition education on choosing and preparing foods that meet the participant's needs (e.g. pureeing fruits and vegetables, choosing foods with correct texture, consistency).