



## **Policy 769** **Assigning WIC Food Packages**

August 3, 2023

### **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)3

### **OREGON WIC PPM REFERENCES**

- ◆ [511— Food Benefit Issuance](#)
- ◆ [646— Mid-Certification Health Assessment](#)
- ◆ [650—WIC Transfers/VOC and WIC Overseas Program](#)
- ◆ [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**

Page 769.12 Appendix A WIC Monthly Standard Food Packages for Children and Adults

Page 769.17 Appendix B WIC Monthly Standard Food Packages for Infants

Page 769.22 Appendix C WIC Monthly Standard Food Packages for Special Adults,  
Infants and Children

## DEFINITIONS

### ***Participant category:***

***Breastfeeding:*** *Breastfeeding is the practice of feeding a parent's breastmilk to their infant(s) on the average of at least once a day.*

**Fully breastfeeding infant:** A breastfeeding infant who is up to one year of age and does not receive infant formula from WIC.

**Fully breastfeeding participant:** A breastfeeding participant who is up to one year postpartum, whose infant does not receive formula from WIC.

**Mostly breastfeeding infant:** A mostly breastfed infant who is up to one year of age and receives infant formula from WIC up to the maximum provided for a mostly breastfed infant.

**Mostly breastfeeding participant:** A breastfeeding participant who is one month to one year postpartum, whose infant receives infant formula from WIC up to the maximum provided for a mostly breastfeeding infant.

**Some breastfeeding infant:** 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.

**Some breastfeeding participant:** A breastfeeding participant who is one month 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.

**Non-breastfeeding infant:** An infant who is not breastfeeding and is up to one year of age and received infant formula from WIC.

**Non-breastfeeding participant:** A participant who is not breastfeeding and is less than 6 months postpartum.

### ***Food Package***

**Food package:** A participant's combined food benefits for a selected month.

**Authorized foods:** The brands and types of foods a participant may purchase when a food is specified on their food benefit balance.

**Maximum food package:** A food package that contains the maximum amount of each of the foods authorized by WIC regulations for the participant category.

**Partial food package:** A partial food package contains approximately one-half of the participant's food package.

**Standard food package:** Based on the participant category, the food package which is automatically assigned by the WIC data system. The standard food package provides the maximum amount of foods allowed for the participant category.

**Food benefits:** 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 "Fruit and Veggie Benefit" or "FVB").

**Food package assignment:** Assigned and CPA authorized food package for a participant in the WIC data system.

**Food package issuance:** Sending the assigned food package to the eWIC banking contractor to be accessed by the cardholder at the store.

**Assigned food benefits:** The benefits that have been assigned by the CPA to a participant for the certification period.

**Issued food benefits:** The benefits that have been sent to the eWIC banking contractor which are/will be available for purchase by a cardholder.

**Food benefit balance:** The unspent issued food benefits which are available for purchase by a cardholder.

**Participant designation:** Indicates the three descriptions that can be applied to a participant in the WIC data system to alter the maximum foods available for a participant's category. They include "Special", "Twins or more", and WBN/IBN".

**Supplemental foods:** Foods prescribed by the WIC federal regulations containing nutrients determined by nutritional research to be lacking in the diets of pregnant, breastfeeding, and postpartum participants, 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)].

**Medical Formula:** A formula in which the composition meets the special nutrient requirements of infants, children or adults diagnosed with various medical diseases and conditions. For infants, the medical formula may not meet the complete nutrient specifications defined by the FDA in the Infant Formula Act. Also known by the regulatory term, "exempt infant formula."

**WIC-eligible nutritionals:** Enteral products that are specifically formulated to provide nutrition support for children over 1 year of age and adults 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 participant. The CPA shall document the food package in the participant's WIC data system record and make food package changes or adjustments per the WIC Data System 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, the WIC data system 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 the WIC data system 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](#).

### **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 the WIC data system for the current month. A partial food package contains approximately one-half of the participant's food package, since the participant will have a full 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.

### **Breastfeeding participant food package**

- 7.0 The following are food packages for breastfeeding participants:

## 7.1. Fully breastfeeding participant food package

The food package for the fully breastfeeding participant should be issued in any month during which the breastfeeding 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.

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

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

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

7.1.3. When a fully breastfeeding participant's status changes, issue the food package appropriate for the participant's new status. For example, if the fully breastfeeding participant receives supplemental formula from WIC, their status changes to mostly breastfeeding or some breastfeeding.

### ***Partially breastfeeding participant food packages***

## 7.2. Mostly Breastfeeding vs. Some Breastfeeding

The food package that a partially breastfeeding participant receives is determined by the amount they breastfeed.

7.2.1. A participant who is mostly breastfeeding and is supplementing with a limited amount of formula during the 1st year postpartum, is eligible to receive the mostly breastfeeding food package. See Appendices A & B.

7.2.2. For a participant 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 participant is eligible to receive the same foods as the postpartum participant 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 participant is no longer eligible to receive a food package, but continues to receive breastfeeding education and support, nutrition education and other WIC services.

7.2.3. When a participant discontinues breastfeeding an infant over six months of age, no benefits will be issued, because the participant is not categorically eligible.

7.3. Breastfeeding participant becomes pregnant

If a breastfeeding participant becomes pregnant, they must be reinstated and certified as a pregnant participant. If they are fully or mostly breastfeeding, they receive the fully breastfeeding food package until the breastfed infant's first birthday.

8.0 Food package options for specific circumstances:

### **Infants**

8.1. Infants 6-11 months receive infant cereal, baby food fruits & vegetables and if fully breastfeeding, baby food meat.

### **Maximum infant formula over 6 months**

8.1.1 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. Medical documentation is required to provide the maximum infant formula over 6 months in lieu of infant foods.

### **Fruit and veggie benefit for infants 9-11 months**

8.1.2 Infants 9-11 months may be offered the option of replacing half of the containers of baby food fruit and vegetable benefit with a cash value fruit and veggie benefit (FVB) for fresh fruits and vegetables. The CPA may offer this option, after completing the following:

- The infant will be developmentally ready by 9-11 months old for this option and that the parent or caregiver is interested.
  - The parent or caregiver may choose the maximum containers of the baby food fruit and vegetable benefit or the combination baby food and FVB.
- This assessment may occur during an individual appointment such as the mid-cert health assessment or at a quarterly contact when the infant is over 6 months of age.

Specific nutrition education topics must be covered and documented before assigning the infant FBV for the infant's 9th month or later food package.

- Provide the parent or caregiver with nutrition education that addresses safe food preparation, fruit and vegetable storage techniques, and the progression of infant feeding practices to include finger foods and foods with more texture. The purpose of this education is to assure infants will have their nutritional needs met in a safe and effective manner.
- Document the nutrition education provided in one of the following ways in the WIC data system:

- **NE Topic dropdown** – preferred method. Choose one or more of these topics:
  - Infant FVB – this means that the certifier covered ALL of the required topics listed above.
  - Combination of topics: Finger foods/Progress texture or Feeding Guide for Age **and** Food Safety or Homemade Baby Foods
- **Progress Notes** – An alternative is to record a narrative of the education provided during the appointment in this section.

**NOTE:** If baby food has already been issued for the 9-11 month period and if any of the containers of 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 FVB.

### ***Food packages for infants in month of first birthday***

8.1.3 Infant foods and/or formula must be provided until the first birthday. An infant food and/or formula package will automatically be provided through the end of the month of the first birthday.

8.1.3.1 On or after the participant's first birthday, if none of the issued infant's foods and/or formula for the month have been spent, the CPA may change the food package to a child 12-23 month food package if this better meets the needs of the child.

### ***Children 12-23 months***

8.2. WIC provides whole milk and offers whole milk yogurt to children 12-23 months of age. Fat free, 1% or 2% milk and lowfat/nonfat yogurt is allowed in limited circumstances. Participant preference is not an allowed justification for issuance.

8.2.1. 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 or caregiver expresses concerns about a family history of overweight, cardiovascular disease or high cholesterol. Document justification in progress notes.

### ***Participants two years and older***

- 8.3. WIC provides fat free and 1% milk to adults and children two years and older. 2% milk is allowed in limited circumstances. Participant preference is not an allowed justification for issuance.
- 8.3.1. **After a full diet assessment has been completed**, the CPA may approve issuance of 2% milk instead of fat free and 1% milk for adults and children two years and older based on **at least one of the following**:
- Assignment of Risk 101 Underweight (adults), 103 Underweight or At Risk of Underweight (children), 131 Low Maternal Weight Gain, 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.
  - Participant is at risk of inadequate intake of calcium or vitamin D. Document justification in progress notes and reassess at each certification.
- 8.3.2. 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.
- 8.3.3. For children participants, a parent or caregiver expresses concerns about a family history of underweight. For adult participants, concern about a personal history of underweight or low weight gain in pregnancy is expressed. Document justification in progress notes.

### ***Whole milk***

- 8.4. Adults and children over two years of age must have medical documentation with a qualifying condition and be issued a WIC formula in order to receive whole milk.

### ***Soy Beverage and Tofu***

- 8.5. For children, issuance of soy-based beverage as a substitute for cow's milk or replacing milk with tofu up to the maximum milk benefit, 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.
- 8.6. For adults, soy beverage, tofu, or a combination of both may be issued to replace cow's milk up to the maximum benefit. Issuance of more than 16 oz./1 lb. of tofu for cow's milk must be based on an individual nutrition assessment. Conditions for issuance may include, but are not limited to, milk allergy, lactose intolerance, cultural preference and vegan diets.

### **Medical formula and nutritional and special food packages**

- 9.0 When the use of conventional foods or formulas does not address special nutritional needs, special food packages are available for adults, 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 adult)
- 9.1. See Appendix C for requirements.

### **Allowable formulas**

- 10.0 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](#)

### **Medical Documentation**

- 11.0 Medical documentation is required for both the formula and the foods in food packages of adults, infants and children who require medical formula. See [◆765—Medical Documentation](#) for medical documentation requirements.

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

- 12.0 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.
- 12.1. For limited storage, consider:
- suggesting milk be purchased more frequently or in half gallons rather than gallons
  - offering evaporated milk or powdered milk.
- 12.2. 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 juice in 64 oz. plastic bottles instead of frozen juice.

12.3. 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

13.0 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.

When a participant has a category change, their current and future months benefits will change (increase or decrease) to match their new category, taking into account any previously spent benefits. This change happens at the time of their category change. They do not keep the remainder of their current month's unspent benefits that are over the max for their new category. Refer to [◆561—Program Integrity: Replacement of Food Benefits.](#)

- 13.1. **Example 1:** A participant requests only 1 gallon of milk for the month. If they later call and ask for more milk, they will only be issued the maximum amount of milk for their category.
- 13.2. **Example 2:** A mostly breastfeeding infant received a formula package with two cans of formula for a month, but changes to not breastfeeding. The food package will be changed to the new maximum formula amount for a fully formula fed infant. Any formula previously spent will not be reissued.
- 13.3. **Example 3:** After a pregnant participant delivers, if the baby is only formula feeding, the non-breastfeeding postpartum participant's category is changed to postpartum to enroll the baby as formula fed and issue formula. They are recertified to postpartum and lose any of their extra pregnant participant benefits that were unspent in the current month.
- 13.4. **Example 4** If a fully breastfed infant 6 through 11 months is changing from fully breastfeeding to mostly breastfeeding or not breastfeeding, the WIC data system will remove any unspent baby food meat and reduce the baby food fruits and vegetables.

**Exception:** There is one exception when a participant is able to receive the remainder of the unspent benefits for the month. If a participant has changed from a participant fully breastfeeding or mostly breastfeeding an infant to not breastfeeding and is more than six months postpartum, the non-breastfeeding postpartum participant is terminated, but keeps the remainder of their breastfeeding benefits for the current month. All future food benefits are removed.

### Hospitalized or institutionalized participants

14.0 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 their parent 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

- 15.0 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 ♦650—WIC Transfers/VOC and WIC Overseas Program

## References

1. Reference: [NIH: Calcium and Vitamin D Important at Every Age](#)

**If you need this in large print or an alternate format, please call 971-673-0040.**

**This institution is an equal opportunity provider.**

## POLICY HISTORY

Date	* Major Revision, Minor revision
12/7/2018	Revision
1/4/2019	Revision
6/28/2019	Major Revision
1/8/2021	Major revision
10/26/2022	Minor revision (jarred baby food)
8/3/2023	Revised

The date located at the top of the policy is the implementation date unless an “effective date” is noted on the policy. Policies will become compliance findings 6 months from the implementation date.

Release notes can be found in the corresponding document on the [Policy and Procedure Manual page](#).

**\*Major Revisions:** Significant content changes made to policy.

**Minor Revisions:** Minor edits, grammatical updates, clarifications, and/or formatting changes have occurred.

**Date of Origin:** Date policy was initially released

## APPENDIX A

### WIC Monthly Standard Food Packages for Children

Foods	CHILDREN	
	Children 12-23 months	Children 24-60 months
Fruits and Vegetables (fresh or frozen)	\$9	\$9
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)	12 qt. [3 gal]	12 qt. [3 gal]
Yogurt (m)	32 oz.	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 <b>OR</b> 18 oz. PB	1 lb. dry beans, (4) 15-16 oz. canned beans <b>OR</b> 18 oz. PB
Fish – canned tuna. salmon or sardines	N/A	N/A

## WIC Monthly Standard Food Packages for Adults

	Adults			
	Pregnant & Mostly Breastfeeding participants (up to 1 year postpartum)(c)	Some Breastfeeding (up to 6 months postpartum)(c) and Postpartum Non-breastfeeding participants (up to 6 months postpartum	Fully Breastfeeding Participants (up to 1 year post-partum), Partially breastfeeding participants with twins, Pregnant participants with twins, and Pregnant participants who are also fully or mostly breastfeeding an infant(a)	Participants who are Fully Breastfeeding Multiple Infants (Month 1 / Month 2)(b)
<b>Foods</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 (m)	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 participants whose infants do not receive formula from the WIC program; participants who are partially breastfeeding multiple infants; participants pregnant with 2 or more fetuses, and pregnant participants who are also fully or mostly breastfeeding an infant.
- (b) Participants 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 (Month 1 and Month 2) when the packaging of the foods does not accommodate the 1.5 times amount.
- (c) The food package a partially breastfeeding participant receives is determined by the amount they are breastfeeding. The adult's category and the infant's category must match for each to receive the appropriate food package. If an infant is "mostly breastfed" per Appendix B, then the adult participant is considered mostly breastfeeding. A mostly breastfeeding participant is mainly breastfeeding with some formula supplementation during the 1<sup>st</sup> year postpartum.

For a participant 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 participant is eligible to receive the some breastfeeding food package which includes the same foods as the non-breastfeeding participant.
- 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 participant 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 Participants and Fully Breastfeeding Participants have a monthly allowance of 144 fl. oz. juice.
- (f) Non-breastfeeding and Some breastfeeding participants have a monthly allowance of 96 fl. oz. juice.
- (g) Participants who are 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 adults and children  $\geq$  24 months of age.
- (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 participants fully breastfeeding and participants 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 Participants	22 qts.	0
Some Breastfeeding and Non-Breastfeeding Participants	16 qts.	0
Fully Breastfeeding Participants	24 qts.	1 lb.*
Fully Breastfeeding Multiple Infants	36 qts.	1.5 lb.* (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. Tofu may replace milk on a quart for quart basis up to the maximum milk benefit. For children, issuance of tofu 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 8.5 for details.) For adults, issuance of more than a quart of tofu for cow's milk must be based on an individual nutrition assessment. (See Section 8.6 for details.)

- (m) Yogurt: may be substituted at the rate of quart (32 oz.) of yogurt for 1 quart milk. The monthly standard food packages for adults 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, the monthly standard food package automatically includes 32 ounces of whole milk yogurt in place of 1 quart of milk. No more than 1 quart of yogurt may be substituted for 1 quart of milk. If yogurt is not desired, it can be replaced with 1 quart of milk.

**Beans and Peanut Butter:**

(n) Adults 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.

**APPENDIX B**

**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 participants 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 Adults, 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): 870 fl. oz. reconstituted powder (b) (e.g. 9 cans Similac Advance)

		823 fl. oz. reconstituted liquid concentrate 832 fl. oz. ready-to-feed
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- (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**

<b>Foods</b>	<b>Fully Breastfed</b>	<b>Mostly Breastfed</b>	<b>Some Breastfed (c)</b>	<b>Non-Breastfed</b>
<b>Formula</b>	<b>1-3 months: None needed</b>	<b>1-3 months:</b> Bid formula or medical formula (a): 435 fl. oz. reconstituted powder (b) (e.g. 4 cans Similac Advance) 388 fl. oz. reconstituted liquid concentrate 384 fl. oz. ready-to-feed	<b>1-3 months:</b> Bid formula or medical formula (a): 436 to 776 fl. oz. reconstituted powder (b) 389 to 728 fl. oz. reconstituted liquid concentrate 385 to 763 fl. oz. ready-to-feed	<b>1-3 months:</b> Bid formula or medical formula (a): 870 fl. oz. reconstituted powder (b) (e.g. 9 cans Similac Advance) 823 fl. oz. reconstituted liquid concentrate 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> None needed	<b>4-5 months:</b> Bid infant formula or medical formula (a): Up to 522 fl oz. reconstituted powder (b) (e.g. 5 cans Similac Advance) 460 fl. oz. reconstituted liquid concentrate 474 fl. oz. ready-to-feed	<b>4-5 months:</b> Bid infant formula or medical formula (a): 523 to 866 fl. oz. reconstituted powder (b) 461 to 806 fl. oz. reconstituted liquid concentrate 475 to 800 fl. oz. ready-to-feed	<b>4-5 months:</b> Bid infant formula or medical formula (a): 960 fl. oz. reconstituted powder (b) (e.g. 10 cans Similac Advance) 896 fl. oz. reconstituted liquid concentrate 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 cash value fruit and veggie benefit for fresh fruits and vegetables. (See ¶8.1.2 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>  None needed	<b>6 through 11 months:</b>  Bid Infant Formula OR Medical Formula (a) with infant foods:  Up to 384 fl. oz. reconstituted powder (b)(e.g. 4 cans Similac Advance) 315 fl. oz. reconstituted liquid concentrate 338 fl. oz. ready-to-feed	<b>6 through 11 months:</b>  Bid Infant Formula OR Medical Formula (a) with infant foods:  385 to 602 fl. oz. reconstituted powder (b) 316 to 546 fl. oz. reconstituted liquid concentrate 339 to 544 fl. oz. ready-to-feed	<b>6 through 11 months:</b>  Bid Infant Formula OR Medical Formula (a) with infant foods:  696 fl. oz. reconstituted powder (b) (e.g. 7 cans Similac Advance) 630 fl. oz. reconstituted liquid concentrate 643 fl. oz. ready-to-feed	<b>6 through 11 months:</b>  Bid Infant Formula OR Medical Formula (a) Without infant foods, (infant foods are contraindicated based on medical condition)(d) 960 fl. oz. reconstituted powder (b) (e.g. 11 cans NeoSure) 896 fl. oz. reconstituted liquid concentrate 913 fl. oz. ready-to-feed
Infant Cereal	24 oz.	24 oz.	24 oz.	24 oz.	N/A
Baby Food Fruits and Vegetables	256 oz. (e)	128 oz. (f)	128 oz. (f)	128 oz. (f)	N/A
Baby Food Meat	77.5 oz. (g)	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) *Medical documentation is required to provide the maximum infant formula over 6 months in lieu of infant foods.*
- (e) 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.
- (f) 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.
- (g) 77.5 oz. baby food meat is 31 – 2.5 oz.

## APPENDIX C

### WIC Monthly Food Packages for Special Adults, Infants and Children

1. This food package is reserved for adults, 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 adults 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 adults 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—medical documentation](#) for requirements.
7. The special infant food package is allowed:
  - 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 adult 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 adults 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 Adults for the foods and quantities.
  
9. Infant foods and whole milk for children and adults:
  - The following substitutions are allowed for children and adults 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.
  - For a child fed by tube feeding (e.g. nasogastric or gastrostomy tube),
  - Bid formulas can be provided by WIC
  - Medical formulas are to be provided by the medical supply company and formula paid by Medicaid.
  - When receiving medical formula(s) by another provider, WIC can provide the other WIC supplemental foods that are deemed appropriate by the medical provider and documented on the WIC medical documentation form.
  - WIC staff will enter the information in the progress notes. 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.
  - Local agencies will need to contact their assigned Nutrition Consultant to have these foods added to the participant's benefits.

Infant foods:

- 32 ounces infant cereal may be substituted for 36 ounces of cold or hot cereal.
- For children, 128 ounces of jarred infant fruits and vegetables may be substituted for the cash value benefit. For adults, 160 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 adults only). Participants with feeding difficulties need to be monitored carefully and their care coordinated by the WIC dietitian nutritionist.

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).