

Nutrition/Health Volume
Food Package Section

Guidelines for Issuance Food Packages V, VI and VII to Women (2.07900)

ER# 2.07900

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POLICY: The following food packages shall be issued to participants who do not have a condition qualifying them to receive Food Package III:

Food Package V **shall be** issued to 1) pregnant women with singleton pregnancies; 2) breastfeeding women, up to 1 year postpartum and whose partially (mostly) breastfed infants receive formula from the WIC program in amounts that do not exceed the maximum allowances indicated in policy ER 2.07600; and 3) women up to 1 year postpartum, breastfeeding multiples from the same pregnancy, when one infant is mostly breastfeeding and one infant is receiving greater than the maximum allowance of formula.

Food Package VI **shall** be issued to: 1) women up to 6 months postpartum who are not breastfeeding their infants and 2) breastfeeding women who are breastfeeding singleton or multiple infants from the same pregnancy up to 6 months postpartum whose participating infant receives more than the maximum amount of formula allowed for partially (mostly) breastfed infants as described in policy ER 2.07600.

Food Package VII **shall** be issued to: 1) Breastfeeding women up to 1 year postpartum whose infants do not receive infant formula from WIC (these breastfeeding women are assumed to be fully breastfeeding their infants); 2) pregnant women who are mostly breastfeeding singleton infants; 3) Pregnant women with two or more fetuses, and 4) women participants mostly breastfeeding multiple infants from the same pregnancy.

Women fully breastfeeding multiple infants from the same pregnancy **shall** receive 1.5 times the supplemental foods provided in Food Package VII.

Participants **shall** redeem food instruments only for Missouri WIC approved foods. Refer to the [Missouri WIC Approved Food List](#) for authorized foods. See chart below for maximum monthly allowances of supplemental food for children in Food Package V, VI and VII.

Maximum Monthly Allowance of Supplemental Foods for Women in Food Package V, VI and VII			
Foods	Food Package V: <ul style="list-style-type: none"> • Pregnant women with singleton pregnancy • Mostly BF women (up to 1 year postpartum) • Partially BF women with twins (up to 1 yr post partum) when 1 infant receives greater than maximum and 1 infant is mostly breastfed 	Food Package VI: <ul style="list-style-type: none"> • Non-Breastfeeding women (up to 6 months postpartum) • BF women - singleton or multiple infants from the same pregnancy receiving more than maximum amount of formula allowed 	Food Package VII: <ul style="list-style-type: none"> • Fully Breastfeeding women • Mostly Breastfeeding Multiples • Pregnant women with Multiples. • Pregnant women who are still mostly breastfeeding
Juice	144 fluid oz.	96 fluid oz.	144 fl oz.
Milk, fluid	22 quarts (5 ½ gallons)	16 quarts (4 gallons)	24 quarts (6 gallons)
Breakfast Cereal	36 oz.	36 oz.	36 oz.
Cheese	N/A	N/A	1 lb.
Eggs	1 dozen	1 dozen	2 dozen
Fruits & Vegetables	\$10.00 in cash value voucher	\$10.00 in cash value voucher	\$10.00 in cash value voucher
Whole Wheat Bread or Other Whole Grains	1 lb.	N/A	1 lb.
Fish (canned)	N/A	N/A	30 oz.
Legumes, dry/canned And/or Peanut Butter	1 lb. or 4-16 oz. cans and 18 oz.	1 lb. or 4-16 oz. cans or 18 oz.	1 lb. or 4-16 oz. cans And 18 oz.

PROCEDURES:

- A. Refer to the Food and Formula Reference Guide for the default food package to issue.
- B. Women fully breastfeeding multiple infants from the same pregnancy **shall** receive 1.5 times the supplemental foods provided in Food Package VII. The following table can be used to determine the amounts of foods to be issued:

Foods	Food Package VII: Fully Breastfeeding Mother of Multiples from the Same Pregnancy	The following is automatically issued in MOWINS.
Juice	4 ½ cans	4 cans one month 5 cans next month
Milk, fluid	36 quarts (9 gallons)	(all in one month)
Breakfast Cereal	54 oz.	(all in one month)
Cheese	1.5 lbs.	1 pound one month

		2 pounds next month
Eggs	3 dozen	(all in one month)
Fruits & Vegetables	\$15.00	(all in one month)
Whole Wheat Bread or Other Whole Grains	1.5 16 oz bag/container	1 16 ounce one month 2 16 ounce next month
Fish (canned)	45 oz.	(all in one month)
Legumes, 16 oz dry/canned (4/16 oz cans) And Peanut Butter	1.5 amount of beans 1.5 18 oz j of peanut butter	1 allowance one month, 2 allowances next month 1 jar one month, 2 jars next month

C. MILK

1. CPA determination of need for issuance of milk substitutes and dairy products with fat content other than that authorized in the standard food package.
 - a. The CPA determination of need shall include:
 - i. A review of the most recent nutrition assessment completed at certification or mid-certification.
 - ii. A review of any new information relevant to the determination of need.
 - iii. Collection of current anthropometric data as appropriate.
 - b. The participant's healthcare provider shall be consulted when deemed appropriate by the CPA.
 - c. The following must be documented in MOWINS:
 - i. Justification for the determination of need.
 - ii. Name and contact information for the healthcare provider if consulted.
 - iii. Recommendations made by the healthcare provider if consulted.
2. Skim thru 1% milk is the standard, authorized milk for women.
3. The following types of milk may be issued to women without medical documentation or determination of need by the CPA:
 - a. Skim thru 1% milk
 - b. Evaporated skim thru 1% milk
 - c. Lactose free skim thru 1% milk
 - d. Non-fat dry milk
 - e. 1% cultured buttermilk
 - f. Non-fat powdered goat milk
4. 2% milk may be issued to women under Food Packages V-VII based on CPA determination of need.

- a. 2% milk may be issued under any of the following situations:
 - i. risk factor 101, 131, or 132 is assigned.
 - ii. a pattern of low weight gain is identified.
 - iii. an appropriate medical condition has been diagnosed by the healthcare provider.
 - a) The diagnosis can be written or verbal but must be scanned or documented in MOWINS. The documentation does not require a WIC 27.
 - b. Consultation with the participant's health care provider is not required unless considered appropriate by the CPA.
5. The following types of milk may be issued to women with medical documentation under Food Package III. Refer to [ER# 2.07000](#).
- a. Whole milk
 - b. Evaporated whole milk
 - c. Lactose free whole milk
6. Dairy Substitutions for Fluid Milk:
- a. Lactose-free or lactose-reduced fortified dairy products should be offered before non-dairy milk alternatives to those participants with lactose intolerance that cannot drink milk
 - ab. Soy-based beverage may be substituted for milk up to the total maximum allowance for milk.
 - i. The substitution rate is 1 quart of soy-based beverage per quart of milk.
 - ii. CPA determination of need is not required
 - bc. A maximum of one pound of cheese may be substituted for milk under Food Packages V and VI and two pounds under Food Package VII (in addition to the default pound of cheese). There are no exceptions.
 - i. The substitution rate is 1 pound of cheese per 3 quarts of milk.
 - ii. CPA determination of need is not required except as noted below under C.6.e.
 - d. A maximum of 4 pounds of tofu may be substituted for milk.
 - i. The substitution rate is 1 pound of tofu per quart of milk.
 - ii. CPA determination of need is not required except as noted below under C.6.e.
 - e. A maximum of 1 quart of non-fat or lowfat yogurt may be substituted for milk.
 - i. The substitution rate is 1 quart of yogurt per 1 quart of milk.
 - e.f. No more than a total of 4 quarts of milk may be substituted for cheese, tofu,

yogurt, or any combination thereof for women in Food Packages V and VI. No more than a total of 6 quarts of milk may be substituted for cheese, tofu, yogurt or any combination thereof for women in Food Package VII.

i. If the amount of tofu in the cheese, tofu, yogurt combination is less than 4 pounds, additional tofu, up to a total of 4 pounds, may be substituted with CPA determination of need for food allergy, lactose intolerance, vegan diets, and cultural food preference.

g.h When milk substitution results in a dangling quart of milk, one of the following should be substituted for the dangling quart:

i. 12 oz. can of evaporated skim thru 1% milk

ii. 1 qt. of 1% cultured buttermilk

iii. 1 lb. of tofu within the policy as stated under C.6.d. and C.6.e.

iv. 1 qt. of skim thru 1% milk

v. 1 qt. of nonfat or lowfat yogurt

D. Cash Value Benefit (CVB) for Fruits and Vegetables: (Refer to [ER# 2.06950](#) for additional information regarding the CVB.)

1. The CVB allows women to purchase fresh and frozen fruits and vegetables.
2. Educate the participant using the Guidelines for Use of the Cash Value Benefit.

E. Tailoring Food Packages

1. The full maximum monthly allowances for all supplemental foods in all food packages must be made available to participants if medically or nutritionally warranted.
2. The CPA may issue less than the maximum monthly allowance of supplemental foods to a participant only when:
 - a. Medically or nutritionally warranted (e.g., to eliminate a food due to a food allergy);
 - b. The participant refuses or cannot use the maximum monthly allowance; **or**
 - c. The quantities necessary to supplement another programs' contribution to fill a medical prescription would be less than the maximum monthly allowance.
3. Tailoring food packages must be completed by the CPA.

F. When prescribing a food package, emphasize that the food is only for the participant to whom it is issued.

G. The CPA shall counsel the participant about the nutrition content of the food provided and the importance of good nutrition. Education should be provided on what foods to add to ensure the diet is nutritionally complete.

1. Partially breastfeeding women, who requests after 6 months postpartum, more than the maximum of formula allowed for a partially breastfed infant will no longer receive a food package but continues to be counted as a WIC participant and is eligible for the following benefits:

- a. Nutrition Education - including breastfeeding promotion and support
- b. Referrals to health and social services