

**Indiana WIC Program
Indiana State Department of Health**

Food Packages

Policy

All food packages shall be prescribed by a WIC Competent Professional Authority (CPA). The client, authorized representative or proxy must be present in the clinic for a food package change. The full maximum monthly allowances of all supplemental foods in all food packages must be prescribed to clients unless medically or nutritionally warranted; or the client refuses or cannot use the food item(s).

Authority

7 CFR Part 246.10

7 CFR Part 246 WIC: Revisions in the WIC Food Packages; Final Rule

Procedures

- I. The reason for provision of less than the maximum monthly allowance of food to a client must be documented in the client chart.
- II. Based on an individual nutrition assessment, the CPA will determine the need for adjustments to the standard food package in order to provide foods that better accommodate a client living in a homeless situation. Residency in a homeless facility does not automatically result in the need for food package changes.
- III. Food packages are assigned based on category, status of breastfeeding, and the existence of any qualifying condition. Tables 1, 2, 3 and 4 show the types of WIC food and quantities included in each package.
 - A. Package I and II – infants, without a qualifying condition. Infants 0 through 5 months of age will receive Package I; infants 6 through 11 months of age will receive Package II.
 1. Fully Breastfeeding (FBF) – Infant formula is not provided.
 2. Partially/Mostly Breastfeeding (Part/MBF) – Breastfed infants are issued only the supplemental amount of formula needed to maintain milk production of the breastfeeding pair. Formula is not encouraged for the first month on the Part/MBF food package to support the successful establishment of breastfeeding. This is accomplished in INWIC by tailoring up the default amount of 1 can to the supplemental amount of formula needed to maintain milk production.
 3. Fully Formula Feeding/Some Breastfeeding (FFF/SBF) – Breastfed infants needing more than the maximum monthly

allowance of formula for the Part/MBF package and infants who are not breastfed will be placed on the FFF/SBF package.

Table 1 shows the infant food packages.

- B. Package III – infants, children and women who, because of their medical condition, require an Exempt Infant Formula or WIC-eligible nutritional or another supplemental food. Completion of a Medical Documentation form by the Health Care Provider is required for this food package. On package III:
- Infants will not receive standard contract formula.
 - Infants, 6 months of age and older, who are unable to consume solid foods may receive, in lieu of infant foods, Exempt Infant Formula or WIC-eligible Nutritionals in the same amount as infants 4-5 months of age for their feeding option.
 - Infants, 9 through 11 months of age, after individual nutrition assessment by a competent professional authority (CPA), may receive a Cash-value Benefit (CVB) in lieu of a portion of the jar infant food fruits and vegetables.
 - Children may receive contract formula appropriate for a child over one year of age.
 - Children and Women may receive 32oz of infant cereal in lieu of 36oz of adult cereal.

Table 1 shows food package III for infants, all other categories are shown on Table 2.

- C. Package IV – children who are not receiving package III. Table 3 shows the Child food packages for all ages.
- D. Packages V through VII - prenatal and postpartum women who are not receiving Package III.
1. Prenatal and Postpartum Part/MBF a singleton will receive package V.
 2. Postpartum FFF and Postpartum FFF/SBF a singleton will receive package VI.
 3. Postpartum FBF; Prenatal with multiple fetuses, and Postpartum Part/MBF multiples from the same pregnancy; Prenatal FBF; Prenatal Part/MBF singleton will receive package VII.
 4. Prenatal FBF multiples and Postpartum FBF multiples will receive package VII at 1.5 times.

Table 4 shows the food packages for all prenatal and postpartum women.

IV. Milk and Milk Products

- A. Children less than 2 years of age receiving package IV will be allowed whole milk only.
1. Children in this age group whose individual nutrition assessment completed by the CPA results in assignment of risk factor:
 - 115 (High Weight-for-Length), may have reduced fat (2%), low-fat (1%) or non-fat (skim) milk selected by the CPA. Yogurt made from 2%, 1%, or skim milk may be selected for these children, by the CPA, as a substitution for milk on a quart for quart basis.
 2. Children in this age group receiving package III may, as prescribed by the health care provider, be issued 2%, 1%, or skim milk. Yogurt made from 2%, 1%, or skim milk may be prescribed by the healthcare provider. The substitution rate for one quart of milk is one quart of yogurt. One quart of yogurt is the maximum amount allowed to be issued each month.
- B. Children 2 through 4 years of age receiving package IV will be allowed 1% or skim milk only.
1. Children in this age group whose individual nutrition assessment completed by the CPA results in assignment of one or more of the following risk factors:
 - 103 (Underweight or at Risk of Becoming Underweight)
 - 121 (Short Stature or At Risk of Short Stature)
 - 135 (Inadequate Growth),May have 2% milk selected by the CPA. Yogurt made from 2% milk may be selected for these children by the CPA, as a substitution for milk on a quart for quart basis.
 2. Children in this age group receiving package III may, as prescribed by the health care provider, be issued Whole milk or 2% milk. Yogurt made from Whole or 2% milk may be prescribed by the healthcare provider. The substitution rate for one quart of milk is one quart of yogurt. One quart of yogurt is the maximum amount allowed to be issued each month.
- C. Prenatal and postpartum women receiving packages V through VII (including 1.5 times) will be allowed 1% or skim milk only.
1. Women whose individual nutrition assessment completed by the CPA results in assignment of one or more of the following risk factors:
 - 101 (Underweight Women)
 - 131 (Low Maternal Weight Gain)
 - 132 (Maternal Weight Loss During Pregnancy)
 - 312 (History of Low Birth Weight),

- May have 2% milk selected by the CPA.
2. Prenatal or postpartum women receiving package III may, as prescribed by the health care provider, be issued Whole milk or 2% milk.

- D. At the discretion of the CPA, the client's medical provider may be consulted prior to prescribing alternate milk (dairy or soy).
- E. Lactose free milk, in the appropriate fat level, is available upon request for all food packages.
- F. Non-fat dry milk should be issued if refrigeration is a problem. UHT Milk is available for selection for homeless clients and may be issued on a quart-for-quart basis.
- G. Cheese may be substituted for milk at 1 pound of cheese per 3 quarts of milk. With the exception of package VII (1.5 times), no more than 1 pound of cheese may be substituted for milk. There is no cheese substitution available for homeless clients.
- H. Yogurt may be substituted for milk at 1 quart of yogurt per 1 quart of milk; no more than 1 quart of milk may be substituted with yogurt. The yogurt fat content will be consistent with that of milk based on the client category and food package (see Tables 2 through 4), except as described above in section IV. Milk and Milk Products. There is no yogurt substitution available for homeless clients.

V. Soy Based Beverage

- A. Soy beverage is available upon request in all packages for prenatal and postpartum women.
- B. Children between 1 and 5 years of age whose individual nutrition assessment completed by the CPA results in:
- determination and documentation of a cultural, ethnic or dietary preference for soy beverage that is not part of a vegan or very low calorie diet, or
 - assignment of one or more of the following risk factors:
 - 353 (Food Allergies),
 - 355 (Lactose Intolerance), or
 - 425.6 Routinely Feeding Diets Very Low in Calories/Nutrients (Vegan Diets),
- may have soy beverage selected by the CPA.
- C. Children 1 year of age and older in package III with medical documentation stating a qualifying condition, or other documented condition which includes but is not limited to:
- milk allergy,
 - severe lactose maldigestion or

- vegan diet,
May receive soy beverage.

- D. The CPA should provide counseling on the benefit of the WIC approved soy beverage which provides necessary nutrients for bone development in children.
- E. For all food packages, Soy beverage may be substituted at 1 quart of soy beverage for 1 quart of milk up to the maximum allowance.

VI. Cash-value benefits

- A. Cash-value benefits may only be used in the grocery store to purchase fresh and frozen fruits and vegetables.
- B. After individual nutrition assessment, infants 9 through 11 months of age may receive a CVB in lieu of a portion of the jar infant food fruits and vegetables. Table 1 shows specific amounts.
- C. Children and prenatal and postpartum women on package III may be issued jar infant fruits and vegetables in lieu of a CVB. Table 2 shows specific amounts.

VII. Beans and bean substitutes

- A. Children less than 2 years of age cannot be issued peanut butter in place of dry or canned beans due to concerns over choking in children this young.