

## Food Packages

- I. All WIC food items issued to participants are organized in food packages specific to the WIC category and individual participant's nutritional risk(s) and needs. The Utah WIC program utilizes online electronic benefits that are generated at the clinic site and can be issued to the participant at the clinic or remotely. Food benefits are issued to a WIC participant by the local clinic to purchase the WIC supplemental foods prescribed for that participant at WIC-authorized stores.
- II. Partially breastfeeding includes the descriptor of “mostly” which means receiving an “in range” amount of WIC formula.
- III. The Utah WIC Food Packages are based on the Federal WIC Regulations which stipulate seven categories of food packages as listed below:
  - a. Food Packages I, II and III (for infants)
    - i. Fully Formula Fed (FF)
    - ii. Partially Breastfed (BF/FF)
    - iii. Fully Breastfed (BF)
  - b. Food Packages III, IV, V, VI and VII
    - i. Children – IV (1 through 4 years of age and including the month that the child turns 5 years of age)
    - ii. Pregnant and Partially Breastfeeding (up to 1 year postpartum)– V
    - iii. Postpartum (up to 6 months) – VI
    - iv. Fully Breastfeeding – VII
  - c. The Food Package Tables, including footnotes, that follow were taken directly from the federal regulations. Please refer to the policy section, Foods that are Authorized, to determine what state agency options were implemented by the Utah WIC program.
- IV. The participant is “prescribed” a food package(s) at the time of certification. The food package is entered into the computer so the participant can have the appropriate food items issued to their account. See tables below.
- V. Infants who are 11 months of age must receive an infant food package for that calendar month. Infants shall not receive a child food package during this month prior to the 12<sup>th</sup> month birthday. Beginning with the following month, or the day after their 12<sup>th</sup> month birthday, the category must change from infant to child and the child food package must be issued.

## VI. Standard Food Packages

### Food Packages I, II, and III.

Full nutrition benefit and maximum monthly allowances, options, and substitution rates of supplemental foods for infants in Food Packages I, II and III are stated in Table 1 as follows:

<b>TABLE 1. Full Nutrition Benefit (FNB) and Maximum Monthly Allowances (MMA) of Supplemental Foods For Infants In Food Packages I, II and III</b>						
	<b>Fully Formula Fed (FF)</b>		<b>Partially (Mostly) Breastfed (BF/FF)</b>		<b>Fully Breastfed (BF)</b>	
<b>Foods<sup>1</sup></b>	<b>Food Packages I-FF &amp; III-FF</b> A: 0 through 3 months B: 4 through 5 months	<b>Food Packages II-FF &amp; III-FF</b> 6 through 11 months	<b>Food Packages I-BF/FF &amp; III BF/FF</b> A: 0 to 1 month <sup>2, 3</sup> B: 1 through 3 months C: 4 through 5 months	<b>Food Packages II- BF/FF &amp; III BF/FF</b> 6 through 11 months	<b>Food Package I-BF</b> 0 through 5 months	<b>Food Package II-BF</b> 6 through 11 months
WIC Formula <sup>4,5,6,7,8</sup>	A: FNB=806 fl oz MMA= 823 fl oz reconstituted liquid concentrate or 832 fl. oz. RTF or 870 fl oz reconstituted powder  B: FNB=884 fl oz MMA = 896 fl oz reconstituted liquid concentrate or 913 fl oz RTF or 960 fl oz reconstituted powder	FNB=624 fl oz MMA = 630 fl oz reconstituted liquid concentrate or 643 fl. oz RTF or 696 fl oz reconstituted powder	A: 104 fl oz reconstituted powder  B: FNB=364 fl oz MMA = 388 fl oz reconstituted liquid concentrate or 384 fl oz RTF or 435 fl oz reconstituted powder  C: FNB=442 fl oz MMA = 460 fl oz reconstituted liquid concentrate or 474 fl oz RTF or 522 fl oz reconstituted powder	FNB=312 fl oz MMA = 315 fl oz reconstituted liquid concentrate or 338 fl oz RTF or 384 fl oz reconstituted powder		
Infant Cereal <sup>9,11</sup>		24 oz		24 oz		24 oz
Infant food fruits and vegetables <sup>9,10,11,12,13</sup>		128 oz		128 oz		256 oz

Infant food meat <sup>9</sup>						77.5 oz
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Table 1 Footnotes:

Low iron formula is not allowed in Food Package I and II, however, it can be allowed in Food Package III.

(Abbreviations in order of appearance in table): FF = fully formula fed; BF/FF = partially (mostly) breastfed; BF = fully breastfed; RTF = Ready-to-feed; N/A = the supplemental food is not authorized in the corresponding food package

**1** Table 4 of paragraph (e)(12) of this section describes the minimum requirements and specifications for the supplemental foods. The competent professional authority (CPA) is authorized to determine nutritional risk and prescribe supplemental foods as established by State agency policy in Food Packages I and II. In Food Package III, the CPA, as established by State agency policy, is authorized to determine nutritional risk and prescribe supplemental foods per medical documentation.

**2** State agencies have the option to issue not more than one can of powder infant formula in the container size that provides closest to 104 reconstituted fluid ounces to breastfed infants on a case-by-case basis.

**3** Liquid concentrate and ready-to-feed (RTF) may be substituted at rates that provide comparable nutritive value.

**4** WIC formula means infant formula, exempt infant formula, or WIC-eligible nutritionals. Infant formula may be issued for infants in Food Packages I, II and III. Medical documentation is required for issuance of infant formula, exempt infant formula, WIC-eligible nutritionals, and other supplemental foods in Food Package III. Only infant formula may be issued for infants in Food Packages I and II.

**5** The full nutrition benefit is defined as the minimum amount of reconstituted fluid ounces of liquid concentrate infant formula as specified for each infant food package category and feeding variation (e.g., Food Package IA-fully formula fed).

**6** The maximum monthly allowance is specified in reconstituted fluid ounces for liquid concentrate, RTF liquid, and powder forms of infant formula and exempt infant formula. Reconstituted fluid ounce is the form prepared for consumption as directed on the container.

**7** State agencies must provide at least the full nutrition benefit authorized to non-breastfed infants up to the maximum monthly allowance for the physical form of the product specified for each food package category. State agencies must issue whole containers that are all the same size of the same physical form. Infant formula amounts for breastfed infants, even those in the fully formula fed category should be individually tailored to the amounts that meet their nutritional needs.

**8** State agencies may round up and disperse whole containers of infant formula over the food package timeframe to allow participants to receive the full nutrition benefit. State agencies must use the methodology described in accordance with paragraph (h)(1) of this section.

- 9** State agencies may round up and disperse whole containers of infant foods (infant cereal, fruits and vegetables, and meat) over the Food Package timeframe. State agencies must use the methodology described in accordance with paragraph (h)(2) of this section.
- 10** At State agency option, for infants 6-12 months of age, fresh banana may replace up to 16 ounces of infant food fruit at a rate of 1 pound of bananas per 8 ounces of infant food fruit. State agencies may also substitute fresh bananas at a rate of 1 banana per 4 ounces of jarred infant food fruit, up to a maximum of 16 ounces.
- 11** In lieu of infant foods (cereal, fruit and vegetables), infants greater than 6 months of age in Food Package III may receive infant formula, exempt infant formula or WIC-eligible nutritionals at the same maximum monthly allowance as infants ages 4 through 5 months of age of the same feeding option.
- 12** At State agency option, infants 9 months through 11 months in Food Packages II and III may receive a vegetable and fruit benefit to purchase fresh (only) fruits and vegetables in lieu of a portion of the infant food fruits and vegetables. Partially (mostly) breastfed infants and fully formula fed infants may receive a \$4 vegetable and fruit benefit plus 64 ounces of infant food fruits and vegetables; fully breastfeeding infants may receive a \$8 vegetable and fruit benefit plus 128 ounces of infant food fruit and vegetables.
- 13** State agencies may not categorically issue vegetable and fruit benefits for infants 9 months through 11 months. The vegetable and fruit benefit is to be provided to the participant only after an individual nutrition assessment, as established by State agency policy, and is optional for the participant, i.e., the mother may choose to receive either the maximum allowance of jarred foods or a combination of jarred foods and a vegetable and fruit benefit for her infant. State agencies must ensure that appropriate nutrition education is provided to the caregiver addressing safe food preparation, storage techniques, and feeding practices to make certain participants are meeting their nutritional needs in a safe and effective manner.

Maximum monthly allowances of supplemental foods in Food Packages IV through VII.

The maximum monthly allowances, options, and substitution rates of supplemental foods for children and women in Food Package IV through VII are stated in Table 2 as follows:

<b>TABLE 2. Maximum Monthly Allowances of Supplemental Foods for Children and Women in Food Packages IV, V, VI and VII</b>				
<b>Foods <sup>1</sup></b>	<b>Children</b>	<b>Women</b>		
	<b>Food Package IV</b> 1 through 4 years	<b>Food Package V:</b> A: Pregnant B: Partially (Mostly) Breastfeeding (up to 1 year)	<b>Food Package VI:</b> Postpartum (up to 6 months postpartum) <sup>3</sup>	<b>Food Package VII:</b> Fully Breastfeeding (up to 1 year post-partum) <sup>4,5</sup>
Juice, single strength <sup>6</sup>	128 fl oz	144 fl oz	96 fl oz	144 fl oz
Milk, fluid	16 qt <sup>7, 8, 9, 10, 11</sup>	22 qt <sup>7, 8, 9, 10, 12</sup>	16 qt <sup>7, 8, 9, 10, 12</sup>	24 qt <sup>7, 8, 9, 10, 12</sup>
Breakfast cereal <sup>13</sup>	36 oz	36 oz	36 oz	36 oz
Cheese	N/A	N/A	N/A	1 lb
Eggs	1 dozen	1 dozen	1 dozen	2 dozen
Fruits and vegetables <sup>14, 15</sup>	\$26.00 in cash-value benefit	A: \$47.00 in cash-value benefit B: \$52.00 in cash-value benefit	\$47.00 in cash-value benefit	\$52.00 in cash-value benefit
Whole wheat or whole grain bread <sup>16</sup>	2 lb	1 lb	N/A	1 lb
Fish (canned)	N/A	N/A	N/A	30 oz
Legumes, dry <sup>17</sup> and/or Peanut butter	1 lb Or 18 oz	1 lb And 18 oz	1 lb Or 18 oz	1 lb And 18 oz

**Table 2 Footnotes:** N/A = the supplemental food is not authorized in the corresponding food package.

<sup>1</sup> Table 4 of paragraph (e)(12) of this section describes the minimum requirements and specifications for the supplemental foods. The competent professional authority (CPA) is authorized to determine nutritional risk and prescribe supplemental foods as established by State agency policy.

<sup>2</sup> Food Package V is issued to two categories of WIC participants: Women participants with singleton pregnancies; breastfeeding women whose partially (mostly) breastfed infants receive formula from the WIC Program in amounts that do not exceed the maximum formula allowances, as appropriate for the age of the infant as described in Table 1 of paragraph (e)(9) of this section.

<sup>3</sup> Food Package VI is issued to two categories of WIC participants: Non-breastfeeding postpartum women and breastfeeding postpartum women whose infants receive more than the maximum infant formula allowances, as appropriate for the age of the infant as described in Table 1 of paragraph (e)(9) of this section.

<sup>4</sup> Food Package VII is issued to four categories of WIC participants: Fully breastfeeding women whose infants do not receive formula from the WIC Program; women pregnant with two or more fetuses; women partially (mostly) breastfeeding multiple infants from the same pregnancy; and pregnant women who are also fully or partially (mostly) breastfeeding singleton infants.

<sup>5</sup> Women fully breastfeeding multiple infants from the same pregnancy are prescribed 1.5 times the maximum allowances.

<sup>6</sup> Combinations of single-strength and concentrated juices may be issued provided that the total volume does not exceed the maximum monthly allowance for single-strength juice.

<sup>7</sup> Whole milk is the standard milk for issuance to 1-year-old children (12 through 23 months). At State agency option, fat-reduced milks may be issued to 1-year-old children for whom overweight or obesity is a concern. The need for fat-reduced milks for 1-year-old children must be based on an individual nutritional assessment and consultation with the child's health care provider if necessary, as established by State agency policy. Lowfat (1%) or nonfat milks are the standard milk for issuance to children  $\geq$  24 months of age and women. Reduced fat (2%) milk is authorized only for participants with certain conditions, including but not limited to, underweight and maternal weight loss during pregnancy. The need for reduced fat (2%) milk for children  $\geq$  24 months of age (Food Package IV) and women (Food Packages V-VII) must be based on an individual nutritional assessment as established by State agency policy.

<sup>8</sup> 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.

<sup>9</sup> For children and women, cheese may be substituted for milk at the rate of 1 pound of cheese per 3 quarts of milk. For children and women in Food Packages IV-VI, no more than 1 pound of cheese may be substituted. For fully breastfeeding women in Food Package VII, no more than 2 pounds of cheese may be substituted for milk. State agencies do not have the option to issue additional amounts of cheese beyond these maximums even with medical documentation. (No more than a total of 4 quarts of milk may be substituted for a combination of cheese, yogurt or tofu for children and women in Food Packages IV-VI. No more than a total of 6 quarts of milk may be substituted for a combination of cheese, yogurt or tofu for women in Food Package VII.)

<sup>10</sup> For children and women, yogurt may be substituted for fluid milk at the rate of 1 quart of yogurt per 1 quart of milk; a maximum of 1 quart of milk can be substituted. Additional amounts of yogurt are not authorized. Whole yogurt is the standard yogurt for issuance to 1-year-old children (12 through 23 months). At State agency option, lowfat or nonfat yogurt may be issued to 1-year-old children for whom overweight and obesity is a concern. The need for lowfat or nonfat yogurt for 1-year-old children must be based on an individual nutritional assessment and consultation with the child's health care provider if necessary, as established by State agency policy. Lowfat or nonfat yogurts are the only types of yogurt authorized for children  $\geq$  24 months of age and women. (No more than a total of 4 quarts of milk may be substituted for a combination of cheese, yogurt or tofu for children and women in Food Packages IV-VI. No more than a total of 6 quarts of milk may be substituted for a combination of cheese, yogurt or tofu for women in Food Package VII.) Yogurt effective April 1, 2015

<sup>11</sup> For children, issuance of tofu and soy-based beverage as substitutes for milk must be based on an individual nutritional assessment and consultation with the participant's health care provider if necessary, as established by State agency policy. Such determination can be made for situations that include, but are not limited to, milk allergy, lactose intolerance, and vegan diets. Soy-based beverage may be substituted for milk for children on a quart for quart basis up to the total maximum allowance of milk. Tofu may be substituted for milk for children at the rate of 1 pound of tofu per 1 quart of milk. (No more than a total of 4 quarts of milk may be substituted for a combination of cheese, yogurt or tofu for children in Food Package IV.) Additional amounts of tofu may be substituted, up to the maximum allowance for fluid milk for lactose intolerance or other reasons, as established by State agency policy.

<sup>12</sup> For women, soy-based beverage may be substituted for milk on a quart for quart basis up to the total maximum allowance of milk. Tofu may be substituted for milk at the rate of 1 pound of tofu per 1 quart of milk. (No more than a total of 4 quarts of milk may be substituted for a combination of cheese, yogurt or tofu for women in Food Packages V and VI. No more than a total of 6 quarts of milk may be substituted for a combination of cheese, yogurt or tofu for women in Food Package VII.). Additional amounts of tofu may be substituted, up to the maximum allowances for fluid milk, for lactose intolerance or other reasons, as established by State agency policy.

<sup>13</sup> At least one-half of the total number of breakfast cereals on the State agency's authorized food list must have whole grain as the primary ingredient and meet labeling requirements for making a health claim as a "whole grain food with moderate fat content" as defined in Table 4 of paragraph (e)(12) of this section.

<sup>14</sup> Both fresh fruits and fresh vegetables must be authorized by State agencies. Processed fruits and vegetables, i.e., canned (shelf-stable), frozen, and/or dried fruits and vegetables may also be authorized to offer a wider variety and choice for participants. State agencies may choose to authorize one or more of the following processed fruits and vegetables: canned fruit, canned vegetables,

frozen fruit, frozen vegetables, dried fruit, and/or dried vegetables. The cash-value benefit may be redeemed for any eligible fruit and vegetable (refer to Table 4 of paragraph (e)(12) of this section and its footnotes). Except as authorized in paragraph (b)(1)(i) of this section, State agencies may not selectively choose which fruits and vegetables are available to participants. For example, if a State agency chooses to offer dried fruits, it must authorize all WIC-eligible dried fruits.

<sup>15</sup> The monthly value of the vegetable/fruit cash-value benefit will be adjusted annually for inflation as described in § 246.16(j).

<sup>16</sup> Whole wheat and/or whole grain bread must be authorized. State agencies have the option to also authorize brown rice, bulgur, oatmeal, whole-grain barley, whole wheat macaroni products, or soft corn or whole wheat tortillas on an equal weight basis.

<sup>17</sup> Canned legumes may be substituted for dry legumes at the rate of 64 oz. (e.g., four 16-oz cans) of canned beans for 1 pound dry beans. In Food Packages V and VII, both beans and peanut butter must be provided. However, when individually tailoring Food Packages V or VII for nutritional reasons (e.g., food allergy, underweight, participant preference), State agencies have the option to authorize the following substitutions: 1 pound dry and 64 oz. canned beans/peas (and no peanut butter); or 2 pounds dry or 128 oz. canned beans/peas (and no peanut butter); or 36 oz. peanut butter (and no beans)

## VII. Food Package III

- a. This food package is reserved for issuance to women, infant, and child participants who have a documented qualifying condition that requires the use of a WIC formula (infant formula, exempt infant formula, or WIC-eligible nutritional) because the use of conventional foods is precluded, restricted, or inadequate to address their special nutritional needs. Participants who are 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. The qualifying conditions include but are not limited to premature birth, low birth weight, failure to thrive, inborn errors of metabolism and metabolic disorders, 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.
- b. This food package may not be issued solely for the purpose of enhancing nutrient intake or managing body weight.
- c. This food package is not authorized for infants whose only condition is 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 a non-specific formula or food intolerance.
- d. Examples of WIC participants qualifying for Food Package III:
  - i. Infants with exempt infant formula
  - ii. Infants 6 months or older with higher amounts of infant formula in lieu of infant solid foods
  - iii. Children with contract formula, exempt formula, and/or WIC-eligible nutritionals
  - iv. Women with formula and/or WIC-eligible nutritionals



Maximum monthly allowances of supplemental foods for children and women with qualifying conditions in Food Package III.

The maximum monthly allowances, options and substitution rates of supplemental foods for participants with qualifying conditions in Food Package III are stated in Table 3 as follows:

<b>TABLE 3. Maximum Monthly Allowances (MMA) of Supplemental Foods for Children and Women with Qualifying Conditions in Food Package III</b>				
<b>Foods <sup>1</sup></b>	<b>Children</b>	<b>Women</b>		
	1 through 4 years	A: Pregnant and B: Partially Breast-feeding (up to 1 year postpartum) <sup>2</sup>	Postpartum (up to 6 months postpartum) <sup>3</sup>	Fully Breastfeeding, (up to 1 year post-partum) <sup>4, 5</sup>
Juice, single strength <sup>6</sup>	128 fl oz	144 fl oz	96 fl oz	144 fl oz
WIC Formula <sup>7, 8</sup>	455 fl oz liquid concentrate	455 fl oz liquid concentrate	455 fl oz liquid concentrate	455 fl oz liquid concentrate
Milk	16 qt <sup>9, 10, 11, 12, 13</sup>	22 qt <sup>9, 10, 11, 12, 14</sup>	16 qt <sup>9, 10, 11, 12, 14</sup>	24 qt <sup>9, 10, 11, 12, 14</sup>
Breakfast cereal <sup>15, 16</sup>	36 oz	36 oz	36 oz	36 oz
Cheese	N/A	N/A	N/A	1 lb
Eggs	1 dozen	1 dozen	1 dozen	2 dozen
Fruits and vegetables <sup>17,18,19</sup>	\$26.00 in cash-value benefit	A: \$47.00 in cash-value benefit  B: \$52.00 in cash-value benefit	\$47.00 in cash-value benefit	\$52.00 in cash-value benefit
Whole wheat or whole grain bread <sup>20</sup>	2 lb	1 lb	N/A	1 lb
Fish (canned)	N/A	N/A	N/A	30 oz
Legumes, dry <sup>21</sup> <u>and/or</u> Peanut butter	1 lb Or 18 oz	1 lb And 18 oz	1 lb Or 18 oz	1 lb And 18 oz

**Table 3 Footnotes:** N/A=the supplemental food is not authorized in the corresponding food package.

<sup>1</sup> Table 4 of paragraph (e)(12) of this section describes the minimum requirements and specifications for the supplemental foods. The competent professional authority (CPA), as established by State agency policy, is authorized to determine nutritional risk and prescribe supplemental foods per medical documentation.

<sup>2</sup> This food package is issued to two categories of WIC participants: Women participants with singleton pregnancies and breastfeeding women whose partially (mostly) breastfed infants receive formula from the WIC Program in amounts that do not exceed the maximum formula allowances as appropriate for the age of the infant as described in Table 1 of paragraph (e)(9) of this section.

<sup>3</sup> This food package is issued to two categories of WIC participants: Non-breastfeeding postpartum women and breastfeeding postpartum women whose breastfed infants receive more than the maximum infant formula allowances as appropriate for the age of the infant as described in Table 1 of paragraph (e)(9) of this section.

<sup>4</sup> This food package is issued to four categories of WIC participants: Fully breastfeeding women whose infants do not receive formula from the WIC Program; women pregnant with two or more fetuses; women partially (mostly) breastfeeding multiple infants from the same pregnancy, and pregnant women who are also partially (mostly) breastfeeding singleton infants.

<sup>5</sup> Women fully breastfeeding multiple infants from the same pregnancy are prescribed 1.5 times the maximum allowances.

<sup>6</sup> Combinations of single-strength and concentrated juices may be issued provided that the total volume does not exceed the maximum monthly allowance for single-strength juice.

<sup>7</sup> WIC formula means infant formula, exempt infant formula, or WIC-eligible nutritionals.

<sup>8</sup> Powder and ready-to-feed may be substituted at rates that provide comparable nutritive value.

<sup>9</sup> Whole milk is the standard milk for issuance to 1-year-old children (12 through 23 months). Fat-reduced milks may be issued to 1-year old children as determined appropriate by the health care provider per medical documentation. Lowfat (1%) or nonfat milks are the standard milks for issuance for children  $\geq$  24 months of age and women. Whole milk or reduced fat (2%) milk may be substituted for lowfat (1%) or nonfat milk for children  $\geq$  24 months of age and women as determined appropriate by the health care provider per medical documentation.

<sup>10</sup> 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.

<sup>11</sup> For children and women, cheese may be substituted for milk at the rate of 1 pound of cheese per 3 quarts of milk. For children and women in the pregnant, partially breastfeeding and postpartum food packages, no more than 1 pound of cheese may be substituted. For women in the fully breastfeeding food package, no more than 2 pounds of cheese may be substituted for milk. State agencies do not have the option to issue additional amounts of cheese beyond these maximums even with medical documentation. (No more than a total of 4 quarts of milk may be substituted for a combination of cheese, yogurt or tofu for children and women in the pregnant, partially breastfeeding and postpartum food packages. No more than a total of 6 quarts of milk may be substituted for a combination of cheese, yogurt or tofu for women in the fully breastfeeding food package.)

<sup>12</sup> For children and women, yogurt may be substituted for fluid milk at the rate of 1 quart of yogurt per 1 quart of milk; a maximum of 1 quart of milk can be substituted. Additional amounts of yogurt are not authorized. Whole yogurt is the standard yogurt for issuance to 1-year-old children (12 through 23 months). Lowfat or nonfat yogurt may be issued to 1-year-old children (12 months to 23 months) as determined appropriate by the health care provider per medical documentation. Lowfat or nonfat yogurts are the standard yogurt for issuance to children  $\geq$  24 months of age and women. Whole yogurt may be substituted for lowfat or nonfat yogurt for children  $\geq$  24 months of age and women as determined appropriate by the health care provider per medical documentation. (No more than a total of 4 quarts of milk may be substituted for a combination of cheese, yogurt or tofu for children and women in the pregnant, partially breastfeeding and

postpartum food packages. No more than a total of 6 quarts of milk may be substituted for a combination of cheese, yogurt or tofu for women in the fully breastfeeding food package.)

<sup>13</sup> For children, soy-based beverage and tofu may be substituted for milk as determined appropriate by the health care provider per medical documentation. Soy-based beverage may be substituted for milk on a quart for quart basis up to the total maximum allowance of milk. Tofu may be substituted for milk for children at the rate of 1 pound of tofu per 1 quart of milk. (No more than a total of 4 quarts of milk may be substituted for a combination of cheese, yogurt or tofu for children.) Additional amounts of tofu may be substituted, up to the maximum allowance for fluid milk for children, as determined appropriate by the health care provider per medical documentation.

<sup>14</sup> For women, soy-based beverage may be substituted for milk on a quart for quart basis up to the total maximum monthly allowance of milk. Tofu may be substituted for milk at the rate of 1 pound of tofu per 1 quart of milk. (No more than a total of 4 quarts of milk may be substituted for a combination of cheese, yogurt or tofu for women in the pregnant, partially breastfeeding and postpartum food packages. No more than a total of 6 quarts of milk may be substituted for a combination of cheese, yogurt or tofu for women in the fully breastfeeding food package.) Additional amounts of tofu may be substituted, up to the maximum allowances for fluid milk, as determined appropriate by the health care provider per medical documentation.

<sup>15</sup> 32 dry ounces of infant cereal may be substituted for 36 ounces of breakfast cereal as determined appropriate by the health care provider per medical documentation.

<sup>16</sup> At least one half of the total number of breakfast cereals on the State agency's authorized food list must have whole grain as the primary ingredient and meet labeling requirements for making a health claim as a "whole grain food with moderate fat content" as defined in Table 4 of paragraph (e)(12) of this section.

<sup>17</sup> Both fresh fruits and fresh vegetables must be authorized by State agencies. Processed fruits and vegetables, i.e., canned (shelf-stable), frozen, and/or dried fruits and vegetables may also be authorized to offer a wider variety and choice for participants. State agencies may choose to authorize one or more of the following processed fruits and vegetables: canned fruit, canned vegetables, frozen fruit, frozen vegetables, dried fruit, and/or dried vegetables. The cash-value benefit may be redeemed for any eligible fruit and vegetable (refer to Table 4 of paragraph (e)(12) of this section and its footnotes). Except as authorized in paragraph (b)(1)(i) of this section, State agencies may not selectively choose which fruits and vegetables are available to participants. For example, if a State agency chooses to offer dried fruits, it must authorize all WIC-eligible dried fruits.

<sup>18</sup> Children and women whose special dietary needs require the use of pureed foods may receive commercial jarred infant food fruits and vegetables in lieu of the cash-value benefit. Children may receive 144 oz of commercial jarred infant food fruits and vegetables and women may receive 176 oz of commercial jarred infant food fruits and vegetables in lieu of the cash-value benefit. Infant food fruits and vegetables may be substituted for the cash-value benefit as determined appropriate by the health care provider per medical documentation.

<sup>19</sup> The monthly value of the fruit/vegetable cash-value benefits-will be adjusted annually for inflation as described in § 246.16(j).

<sup>20</sup> Whole wheat and/or whole grain bread must be authorized. State agencies have the option to also authorize brown rice, bulgur, oatmeal, whole-grain barley, whole wheat macaroni products, or soft corn or whole wheat tortillas on an equal weight basis.

<sup>21</sup> Canned legumes may be substituted for dry legumes at the rate of 64 oz. (e.g., four 16-oz cans) of canned beans for 1 pound dry beans. In Food Packages V and VII, both beans and peanut butter must be provided. However, when individually tailoring Food Packages V or VII for nutritional reasons (e.g., food allergy, underweight, participant preference), State agencies have the option to authorize the following substitutions: 1 pound dry and 64 oz. canned beans/peas (and no peanut butter); or 2 pounds dry or 128 oz. canned beans/peas (and no peanut butter); or 36 oz. peanut butter (and no beans).

See Appendix A at the end of this section for additional formula tables.

VIII. Issuance Criteria for Food Packages.

- a. Powdered formula is the standard form of formula to be issued to WIC participants. Documentation is required when using ready-to-feed (RTF) and concentrate forms of formula.
- b. In VISION, the CPA will assign or tailor a food package for each WIC participant. This food package will continue to be issued by VISION until a new food package is created or until a milestone is reached. If an infant or child does not reach a milestone by the first day of the month, then they will continue to receive the same benefits until the next month.
- c. Issuing at the 4-5 month milestone:
  - i. In VISION, unless the "Do Not Auto-Update" option is manually checked, the system will automatically change the most recently issued 0-3 month formula food package to a 4-5 month food package which includes an increased amount of formula per USDA regulations.
  - ii. If the "Do Not Auto-Update" option is manually selected **or** the food package has been tailored, the CPA will need to create a new food package with an effective date in the month the infant will turn 4 months old. The CPA must do this by the 1st of that month.
    - I. For example, an infant turns 4 months old on March 3rd. Because the infant did not turn 4 months by March 1st, they will continue to have only the 0-3 month infant food package options until April 1st.
- d. Issuing for the < 6 month old infant who is changing to "out of range"; the mother is still in the breastfeeding category but will receive the post-partum food package.
  - i. Go to the Infant interview. Select "yes" when it asks if they are still breastfeeding. Update and complete all breastfeeding interview questions.
  - ii. Go to the Breastfeeding Panel, add a row and choose the Part BF description. Food or Formula must be filled out.
  - iii. In the Food Package screen, add a new food package for the infant (tailored formula amount to "out of range").
    - I. Also add a new infant's food package for the 6-11 month period (tailored "out of range") if applicable.
  - iv. Select mom's food package (now postpartum). If mom has current month's benefits, start her food package the following month.
  - v. Issue benefits for infant and mom.
  - vi. Provide verbal notice that if mom continues out of range breastfeeding, mom will only be receiving food benefits through 6 months post-partum.

- vii. Reassess at future appointments If mom is still out of range and infant is > 6 months old, print the Notice of Termination and give it to mom.
- e. Issuing for the ≤6 month old infant who is changing from “fully BF” or “partially BF” to “no longer BF” at any time in the current month:
  - i. Go to the Infant interview. Select “no” when it asks if they are still breastfeeding. Update and complete all breastfeeding interview questions.
  - ii. Go to the Breastfeeding Panel, add a row and choose the No Longer BF description. Information pop up will ask “Are you sure you want to continue with the automatic participant category update for the breastfeeding women associated with this infant” Select ‘Yes’. Breastfeeding Change Reason and Food or Formula field is required to be entered. Do not void or change the mother’s current month’s food package.
  - iii. In the Food Package screen, add a new food package for the infant for the current month’s formula amount.
    - I. Also add a new infant’s food package for the 6-11 month period for the full formula amount if applicable.
  - iv. Select mom's food package for future months (now postpartum). If mom has current month’s benefits start her food package the following month.
  - v. Issue benefits for infant and mom.
- f. Issuing at the 6 month milestone:
  - i. In VISION, unless the "Do Not Auto-Update" option is manually checked, the system will automatically change the most recently issued 4-5 month formula food package to a 6 month package which includes baby foods and a decreased amount of formula per USDA regulations. The system will not update tailored Food Packages.
- g. Issuing at the 6 month milestone for exclusively breastfeeding or primarily exclusive/no food package breastfeeding infants:
  - i. The VISION system will not allow issuance of complementary foods with a description of Exclusive Breastfeeding when the infant will be transitioning to complementary foods in future months. Subsequently, it will be necessary to change the breastfeeding description from Exclusive to Primarily Exclusive/Comp.
- h. Issuing when going from Fully Breastfeeding or Partially Breastfeeding to Not Breastfeeding for a > 6-month-old infant (7 months of age or older).
  - i. When a breastfeeding woman is no longer breastfeeding and her infant is > 6 months of age, the woman is not authorized to receive 15 days of food benefits.

- ii. If the mother **doesn't have current month's benefits** issued to her account,, follow the steps below:
  - I. Go to the Infant interview. Select "no" when it asks if they are still breastfeeding. Update and complete all breastfeeding interview questions. Go to the Breastfeeding Panel for the infant, add a row and choose the description No Longer BF. Information pop up will ask "Are you sure you want to continue with the automatic termination..." Select 'Yes'. Breastfeeding Change Reason and Food or Formula field is required to be entered.
  - II. VISION automatically terminates mom 15 days out. Go to the certification screen within VISION and **manually edit the termination date to today's date.**
  - III. Go to the infant's food package and add the new formula food package. **Do not add a new package for mom.**
  - IV. If mom's benefits appear, uncheck the current month's benefits.  
Issue benefits for the infant. The system will decrement the current month infant food amounts according to the new package.
  - V. 15 days of food benefits are not authorized for the mother.
  - VI. Print a "notice of termination" letter for the mother under the "Printouts" menu.
  
- iii. If the mother **has current or future months' benefits** issued to her account:
  - I. Go to the Infant interview. Select "no" when it asks if they are still breastfeeding. Update and complete all breastfeeding interview questions.
  - I. Go to the Breastfeeding Panel for the infant, add a row and choose the description No Longer BF. Information pop up will ask "Are you sure you want to continue with the automatic termination..." Select 'Yes'. Breastfeeding Change Reason and Food or Formula field is required to be entered.
  - II. VISION automatically terminates mom 15 days out. Go to the certification screen within VISION and **manually edit the termination date to today's date.**
  - III. Go to the infant's food package and add the new formula food package. **Do not add a new package for mom.**
  - IV. Go to Food Benefits, select Cancel on the pop-up box (Economic Unit Balance-to-Issue), then uncheck mom's benefits for the current month if they appear. Issue benefits.
    - a. All future benefits for mom will be removed by reissuing. The system will decrement the current month's infant food amounts according to the new package.

- V. 15 days of food benefits are not authorized for the mother.
- VI. Print a “notice of termination” letter for the mother under the “Printouts” menu.
- iv. See *Termination* policy section for more information.
- i. For a Fully Breastfeeding or Partially Breastfeeding infant > 6 months of age who is changing to a Partially Breastfeeding “out of range” formula amount
  - i. When a breastfeeding mother is breastfeeding out-of-range and her infant is >6 months old, the mom is no longer eligible for food benefits and 15 days of food benefits are not authorized.
  - ii. If the mother **doesn’t have current months’ benefits issued to her account**, follow the steps below:
    - I. Go to the Infant interview. Select “yes” when it asks if they are still breastfeeding. Update and complete all breastfeeding interview questions.
    - II. Go to the Breastfeeding Panel for the infant, add a row and choose the Part BF description. Complete Panel as needed.
    - III. Go to the Certification screen and add a new termination record for mom. Select ‘yes’ to the pop-up “Food benefits for the current Certification period may still be issued. Do you want to continue?” For the termination reason, select “Part BF out of range >6 mos” and set the date as today’s date.
    - IV. Go to the Food Package screen and select the appropriate infant food package and add the appropriate amount of formula as “out of range”. **Do not add a new package for mom.**
    - V. If mom’s benefits appear, uncheck current month, issue benefits. The system will decrement the current month infant food amounts according to the new package.
    - VI. 15 days of food benefits are not authorized for the mother.
    - VII. Print a “notice of termination” letter for the mother under the “Printouts” menu.
  - iii. If the mother **has current or future months’ benefits issued to her account**:
    - I. Go to the Infant interview. Select “no” when it asks if they are still breastfeeding. Update and complete all breastfeeding interview questions.
    - II. Go to the Breastfeeding Panel for the infant, add a row and choose the Part BF description. Complete Panel as needed.
    - III. Go to the certification screen and add a new termination record for mom. Select ‘yes’ to the pop-up “Food benefits for the current Certification period may still be issued. Do you want to continue?” For the termination reason, select “Part BF out of range >6 mos” and set the date as today’s date.

- IV. Go to the Food Package screen and select the appropriate infant food package and add the appropriate amount of formula as “out of range”. **Do not add a new package for mom.**
  - V. Go to Food Benefits, select Cancel on the pop up (Economic Unit Balance-to-Issue) then uncheck mom’s benefits for the current month if they appear. Issue benefits. By reissuing benefits all future benefits for mom will be removed. The system will decrement the current month infant food amounts according to the new package.
  - VI. 15 days of food benefits are not authorized for the mother.
  - VII. Print a "notice of termination" letter for the mother under the “Printouts” menu.
- iv. See the *Termination* policy for more information.
- j. Issuing a food package when an infant is hospitalized:
    - i. Hospitalized infants who are receiving no formula or minimal formula (in range) can be certified using referral data but cannot receive a food package.
    - ii. When certifying hospitalized infants, assign the correct food package for their breastfeeding status, but do not issue benefits.
    - iii. The hospitalized infant is not required to be certified at the same time as the mother. The infant's information does need to be entered into VISION and linked to the mother in the pregnancy screen in order for the correct food package to populate for the mother. The infant can be left in pending status.
      - I. The only exception to this is when there is another active infant participant (<12 months old) linked to the mother in the pregnancy screen. The newborn infant must be certified for the correct food package to populate for the mother.
  - iv. In cases of hospitalized twins:
    - I. If one twin can be certified and not the other, the mother receives the FBF food package.
      - a. To ensure the correct food package is issued, do not create a nutrition interview for the twin who isn't certifying.
    - v. Hospitalized infants who are receiving out-of-range or full formula cannot be certified or receive a food package.
    - vi. Inform the mother that if nutrition support changes, it needs to be reported to the local WIC staff promptly.
    - vii. See *Termination* policy section for more information.
- k. Issuance criteria for concentrated formula. Refer to table entitled “Amount of Formula Provided by WIC” below.
    - i. The CPA must determine there is a need for the concentrated formula; or



- ii. The product is only available in concentrate form.
  - I. Issuance criteria for ready-to-feed (RTF) formula. Refer to table entitled “Amount of Formula Provided by WIC” below.
    - i. The CPA must determine an unsanitary or restricted water supply, or
    - ii. There is poor refrigeration, or
    - iii. There is a caretaker who has difficulty correctly diluting concentrated or powdered formula, or
    - iv. The product is only available in RTF form, or
    - v. A FAFAF states RTF is necessary or intolerance to formula other than RTF is diagnosed by the medical provider as self-reported by applicant/participant/caregiver; or as reported or documented by a physician, or someone working under physician’s order.
  - m. Issuance criteria for premature infants < 3 months of age.
    - i. For all premature infants < 3 months of age, the default formula issued shall be a sterile liquid if produced by the manufacturer. If the supervising health care provider specifically prescribes powder, the WIC clinic may provide powder. If the supervising health care provider has not prescribed a sterile liquid and the parent/guardian requests powder, then powder may be provided. If the supervising health care provider has prescribed a sterile liquid, then powder may not be provided when requested by the parent/guardian without documented approval from the health care provider.
    - ii. Prematurity is defined as assignment of 142a risk.
    - iii. Sterile liquid is either concentrate or RTF.
    - iv. Concentrate should be the first choice liquid to issue.
  - n. Issuance criteria for 1 can of powder formula from birth to 1 month of age.
    - i. In the first month of life, it is recommended that partially breastfed infants not receive 1 can of powder infant formula, or the sterile liquid equivalent. Not providing formula in the first 4 – 6 weeks will ensure that breast milk production is established.
    - ii. After a thorough and documented breastfeeding assessment, if one can of formula is determined to be necessary, then one can may be issued. Document counseling under Education and Care in the Nutrition Education screen.
- IX. Food Package for Mothers Breastfeeding Multiples.
- a. Exclusively Breastfeeding Definition. The federal regulations state that food package VII (exclusively BF) is for the following breastfeeding situations:
    - i. Fully breastfeeding women whose infants do not receive formula from WIC,
    - ii. Women pregnant with two or more fetuses, and

- iii. Women fully or partially (mostly – in range) breastfeeding multiple infants from the same pregnancy.
  - iv. Pregnant women who are fully or partially (mostly – in range) breastfeeding singleton infants.
- b. Breastfeeding Multiples. Food Rule for Multiple Infants allows:
- i. Ex BF twins, no infant formula = 1.5 BF food package (VII)
  - ii. 1 Ex BF infant and 1 Part BF infant (in range) = full BF package (VII)
  - iii. 1 Ex BF infant and 1 Part BF infant (out of range) = full BF package (VII)
  - iv. 1 Part BF infant (in range) and 1 Part BF infant (out of range) = partial BF package (V - same as for pregnant women)
  - v. 2 Part BF infants (in range) = full BF package (VII)
  - vi. 2 part BF infant (in range), 1 part BF infant (out of range) = full BF package (VII)
  - vii. 2 Part BF infants (out of range) = postpartum package (VI)
- c. Breastfeeding and later becomes Pregnant. If a woman is exclusively breastfeeding an infant or partially breastfeeding multiples and becomes pregnant, recertify her in the pregnant category.
- d. A pregnant woman who is also partially (mostly) breastfeeding multiples or is exclusively breastfeeding an infant, is to receive the fully breastfeeding package (VII).

## Utah WIC Local Agency Policy and Procedures Manual

\*Powder is the recommended forms

<b>Amount of Formula Provided by WIC*</b>				
	<b>0-1 Month</b>	<b>1-3 Months</b>	<b>4-5 Months</b>	<b>6-11 Months</b>
<b>Fully Breastfeeding</b>	None	None	None	None
<b>Partially BF In-Range</b>	<ul style="list-style-type: none"> <li>104 fl oz reconstituted powder (up to 1 can)</li> </ul>	<ul style="list-style-type: none"> <li>435 fl oz reconstituted powder (~4 cans) <u>OR</u></li> <li>384 fl oz RTF <u>OR</u></li> <li>388 fl oz reconstituted liquid concentrate</li> </ul>	<ul style="list-style-type: none"> <li>522 fl oz reconstituted powder (~5 cans) <u>OR</u></li> <li>474 fl oz RTF <u>OR</u></li> <li>460 fl oz reconstituted liquid concentrate</li> </ul>	<ul style="list-style-type: none"> <li>384 fl oz reconstituted powder (~ 4 cans) <u>OR</u></li> <li>338 fl oz RTF <u>OR</u></li> <li>315 fl oz liquid concentrate</li> </ul>
<b>Partially BF Out-of-Range</b>	ALL AMOUNTS OVER THE MAXIMUM AMOUNTS LISTED ABOVE FOR IN-RANGE			
<b>Fully Formula (No Breastfeeding)</b>	<ul style="list-style-type: none"> <li>870 fl oz reconstituted powder <u>OR</u></li> <li>832 fl oz RFT <u>OR</u></li> <li>823 fl oz reconstituted liquid concentrate</li> </ul>		<ul style="list-style-type: none"> <li>960 fl oz reconstituted powder (~10 cans) <u>OR</u></li> <li>913 fl oz RTF <u>OR</u></li> <li>896 fl oz reconstituted liquid concentrate</li> </ul>	<ul style="list-style-type: none"> <li>696 fl oz reconstituted powder (~ 7 cans) <u>OR</u></li> <li>643 fl oz RTF <u>OR</u></li> <li>630 fl oz reconstituted liquid concentrate</li> </ul>

X. Religious eating pattern exception

- a. Local agencies may issue a non-contract formula that meets the definition of infant formula without medical documentation in order to meet religious eating patterns. However, if the non-contract brand infant formula does not meet the definition of infant formula, medical documentation must be provided. Documentation of the basis of the substitution must be kept in the participant's record.

XI. Exceptions for use of low iron formula.

- a. USDA recognizes that a small number of infants have medical conditions which necessitate restricting iron intake. These rare conditions include: Hemolytic anemia. Hemolytic anemia is associated with shortened red blood cell survival. Hemolytic anemia of the premature infant is usually resolved by the time the infant is discharged from the hospital. Use of low iron formulas is not a prescribed method of treatment for most infants/conditions. It is not authorized for diagnosis of vomiting, constipation and diarrhea of the healthy infant. Classifications of hemolytic anemia include:
  - i. Congenital hemolytic anemia.
  - ii. Membrane defects - spherocytosis, stomatocytosis, pyropoikilocytosis, alliptocytosis.
  - iii. Hemoglobinopathies - sickle cell anemia, sickle syndromes, thalassemias, unstable hemoglobins.
  - iv. Enzyme defects.
  - v. Acquired Hemolytic Anemias:
    - I. Autoimmune process.
    - II. Infections.
    - III. Toxins and drugs.
    - IV. Thermal injury.
    - V. Disseminated intravascular coagulation.
    - VI. Hemolytic anemia syndrome.
    - VII. Transfusion reactions

XII. Guidelines for Requesting a New Model Food Package in VISION.

- a. To request a new food package, it must be presented to UAWA for consensus and then submitted to the state RDs for consideration.
- b. A new food package may be requested only if it is being used at a high frequency statewide.
- c. The final decision will be made by the state.