

Tailoring Food Packages

- I. Food package tailoring is allowed for an individual only and not for groups of individuals. Individual tailoring for economic reasons (i.e. to save program costs) also cannot be performed in the local WIC clinics.
- II. Food package tailoring may occur at the following times:
 - a. At certification and recertification for all participants.
 - b. At any time that a prescriptive authority documents the need for a change.
 - c. At the request of the participant.
 - d. At the discretion of the CPA. (Changes may include decreasing or eliminating food that the participant is not consuming).
 - e. When an exempt formula or WIC-eligible nutritional is prescribed, the food package must be selected based on the amount of formula indicated on the FAFAF.
- III. The full maximum monthly allowances of all supplemental foods or the full nutritional benefit (FNB) in all food packages must be made available to participants. Issuing less than the maximum monthly allowances of supplemental foods to an individual WIC participant is only appropriate when:
 - a. Medically or nutritionally warranted (i.e., to eliminate a food due to a food allergy).
 - b. A participant refuses or cannot use the maximum monthly allowances.
- IV. The goal of the food package tailoring guidelines is to ensure that all participants receive the Utah WIC food package that best meets their individual nutritional needs.
 - a. The tailoring guidelines will enable local agency CPAs to prescribe food packages that directly correspond to the nutrition counseling given. In the VISION system, model food packages are found in the Model Food Package drop-down list on the Food Package screen. There are many food packages available within each food package group. Take the time to review the numerous combinations available before food package tailoring occurs.
- V. Food packages prescribed shall help meet the individual nutritional and dietary needs of participants.

- VI. Food packages are to be prescribed and changed only by the CPA. No changes may be made without the CPA's approval.
- VII. Document the self-reported medical and/or nutritional reason(s) for tailoring or making changes to the food package in the participant's record.
 - a. This documentation **must** be done in the 'Comments' text row below the food package grid in the Food Package screen.
 - b. It may also be helpful to document reason(s) for tailoring in the participant's care plan.
- VIII. Food packages shall reflect the individual's nutrient and food consumption patterns.
 - a. Foods not used by the participant may be removed from the food package or reduced in quantity to reflect need. It is not cost effective to provide food in greater quantities than are required to meet an individual's nutritional needs or to provide more food than an individual can consume.
- IX. Proration of food packages in VISION is not required.
 - a. When issuing formula in VISION, CPAs should perform a thorough assessment of the mother and infant dyad to determine the appropriate amount of formula to give for a partial month and full month.
 - b. If the medical prescription for a participant's formula or WIC-eligible nutritional is less than the Maximum Monthly Allowance (MMA) for that participant's category, the food package should be tailored to follow the medical prescription and the CPA should calculate the amount of formula to give based on the prescription.
 - c. Special formula shall be prorated according to the 'Ordering Formula from State' policy.
- X. Tailoring may be advised when food benefit issuance to the participant may give them more than they can consume i.e., in cases where a family may have access to milk or eggs.
- XI. WIC is not a food storage program. The food items provided should be used in their diets daily to help meet their nutritional needs.
- XII. Procedure for Milk/Cheese/Yogurt Substitutions.
 - a. One pound of cheese may be substituted for 3 quarts of milk.

- b. Cheese, beyond established substitution rate, even with medical documentation, is not allowed.
- c. One quart of yogurt may be substituted for 1 quart of milk for women and children. No more than 1 quart of yogurt is authorized per participant.
- d. Cheese may be issued every month at CPA discretion.

XIII. When tailoring the milk portion of the food package, use the following procedure:

- a. Whole milk is the standard issuance for 1-year-old children.
 - i. Reduced fat (2%) milk may be issued to 1-year-old children for whom overweight or obesity is a concern by CPA discretion or if the participant has a FAFAF with this marked.
 - 1. If issued due to CPA discretion, the CPA must document the medical or nutritional reason for issuance.
 - ii. Reduced fat (skim/1%) milk is allowed with FAFAF only.
 - iii. Whole fat or reduced fat yogurt may be issued to 1-year-old participants if a FAFAF for reduced fat milk (2%, skim/1%) is received.
- b. Reduced fat (1% or non-fat) milk is the standard issuance for children 2 to 4-years-old and women.
 - i. Whole fat milk may be issued to 2 to 4-year-old children and women if they have a FAFAF for and are receiving an exempt formula or WIC-eligible nutritional and whole milk is checked on the FAFAF.
 - ii. Reduced fat (2%) milk is authorized under the CPA's discretion who must document the medical or nutritional reason for issuance.
 - iii. Whole fat yogurt or reduced fat yogurt may be issued to children 2 through 4 years-of-age and women if whole fat milk is marked on the FAFAF and a medical formula/food is issued.
- c. Milk alternatives include: Tofu, yogurt, lactose-free milks, acidophilus milk, UHT, nonfat dry (powdered) milk, evaporated milk, goat's milk, buttermilk, and soy-based beverages. (See "Foods that are Authorized" for criteria for issuing soy-based beverages for children.)
 - i. Cheese can be substituted for milk at a rate of 1 pound of cheese per 3 quarts of milk without a FAFAF.
 - 1. In substituting 1 pound of cheese for 3 quarts of milk, the remaining 1 quart (or dangling quart) must be issued.
 - 2. One pound of cheese is the maximum allowed cheese substitution for Food Packages IV-VI, and even with medical documentation more cheese is not allowed.
 - 3. No more than a total of 4 quarts of milk may be substituted for a combination of cheese or yogurt in Food Packages IV-VI.

4. One and a half pounds of cheese is the maximum allowed cheese substitution for Food Package VII (2 pounds total for FBF, 3 pounds total for FBF multiples), even with medical documentation more cheese is not allowed.
 5. No more than a total of 6 quarts of milk may be substituted for a combination of cheese or yogurt for women in Food Package VII.
 - ii. In addition to substitution limits of cheese and yogurt for milk, a maximum of 4 quarts of milk may be substituted for 4 pounds of tofu.
 1. Tofu is substituted at a rate of 1 pound of tofu per 1 quart of milk. This applies to Food Packages III-VII.
 2. Tofu is authorized under the CPA's discretion who must document the medical or nutritional reason(s), in the comment section of the Food Package screen, such as: vegan/vegetarian diet, lactose intolerance, food allergy, cultural and/or other nutritional reasons.
- XIV. Women and children with special dietary needs may only be issued supplemental foods with a Formula and Food Authorization Form (FAFAP).
 - a. When beginning to tailor a food package that is based on a FAFAP, check the Special Diet checkbox. Select the model food package that is closest to the needed or medically ordered formula and foods. Then make any minor changes within the food package grid.
 - b. Information from the FAFAP must be documented by selecting the Documentation link and filling out the appropriate information in the pop-up box.
 - c. Tailoring documentation must also be provided in the comment box below the food package grid.
- XV. Procedure for Using Frozen and Single Strength Juices.
 - a. 11.5 oz-12 oz canned frozen juice or 64 oz container juice is allowed. Maximum amount is offered in each category.
 - b. Tomato or vegetable juice is only available in 64-ounce containers or convenience packs.
 - i. This is appropriate to issue to women or children with reduced calorie and carbohydrate-restricted needs (gestational diabetes, IDDM) or in situations of limited refrigeration. Personal preference for 64 oz bottles or convenient packs is not a valid reason for tailoring.

- c. The reason for individual tailoring must be documented by the CPA.
- XVI. Food Package Tailoring for Special Needs (homeless participants, participants with storage or refrigeration problems, or participants with limited resources):
- a. The aim of any food package prescription is to provide supplemental foods to best meet the participant's nutritional needs. Some modifications in both the types and the amounts of food may be required.
 - b. WIC participants who have limited facilities, or who have lost their normal place of residence due to loss of income, disaster or eviction, or who are escaping from domestic violence, may be temporarily relocated to emergency shelters, motels, hotels, or makeshift abodes within their WIC service area. Due to the nature of these shelters, cooking facilities, refrigeration, and acceptable storage areas for food may not be available. The types of supplemental foods prescribed must take into account the cooking and storage facilities available to the participant while living in a temporary shelter.
 - c. WIC benefits should be issued monthly for all homeless individuals who are residing in a shelter or have been issued a homeless package.
 - d. The CPA should determine the following each month before the package is issued:
 - i. Availability of refrigeration for foods and prepared formula.
 - ii. Availability of cooking facilities.
 - iii. Availability of food storage facilities.
 - iv. Availability of eating utensils.
 - v. Availability of the number and size of bottles for infant formula.
 - vi. Availability of bottle washing and sterilization facilities.
 - vii. The parent/guardians' competence in special preparation, storage, and feeding of WIC foods (especially those foods that are perishable).
 - e. Specific education concerning use and storage of foods should be provided.
- XVII. Procedures for Tailoring:
- a. Food Package I, Infants Birth through 5 months.
 - i. Breastfeeding should be encouraged as the easiest, most nutritious and safest way to feed the infant, given the possibility that refrigeration and facilities for the proper sterilization of bottles may be lacking. For infants receiving formula, powdered formula should be issued if appropriate and available.
 - ii. The mother must be instructed on proper sterilization techniques of bottles and nipples, and how to prepare one bottle of formula at a

time for circumstances of limited refrigeration. The use of bottles with disposable plastic liners may be recommended. Special education must be provided to the parent/guardian to discard all formula remaining in the bottle at the end of each feeding due to the potential for the rapid growth of harmful pathogens.

- iii. In the event that both refrigeration and the means to sterilize bottles and water are lacking, ready-to-feed formula should be issued in the appropriate container size.
 - iv. Powdered formula is not the recommended form of formula for premature infants (<37 weeks gestation) due to their compromised immune system. Infants with a compromised immune system can contract the Enterobacter Sakazakii bacteria from powdered formula. Concentrate (or ready-to-feed [RTF], if concentrate is not available) is the recommended form of formula for a premature infant < 3 months of age.
- b. Food Package II, Infants 6 through 11 months.
- i. In addition to infant formula, infants are eligible to receive iron-fortified infant cereal and infant food fruits and vegetables beginning at 6 months of age. Fully-breastfed infants also receive infant meats. Infant cereal is available in 8 ounce boxes, infant food fruits and vegetables are available in 4 oz jars, and infant food meats are available in 2.5 oz jars.
 - ii. Partially breastfed and fully formula fed infants, 9 through 11 months, may receive a \$4.00 vegetable and fruit benefit plus 64 ounces of infant food fruits and vegetables. Fully breastfed infants may receive an \$8.00 vegetable and fruit benefit plus 128 ounces of infant food fruits and vegetables. This may be provided only after a thorough nutrition assessment by the CPA indicating this option is the choice of the parent/guardian. The difference can be paid if the total for fruit and vegetable purchases is greater than the maximum amount of the vegetable and fruit benefit. The parent/guardian may also choose to receive the maximum allowance of jarred foods.
 - iii. Since the 4 to 12 month old infant does not require the continued use of sterilized bottles or water, all infants previously issued RTF formula should be reassessed at their midcertification and changed over to a powdered infant formula package, if appropriate. In cases where unsanitary water supplies exists, continue to issue RTF formula. 32 oz RTF is the preferred container size for cost containment.
- c. Food Package III.
- i. Participants with qualifying conditions.
 - ii. Partially breastfed and fully formula fed infants, 9 through 11 months, may receive a \$4.00 vegetable and fruit benefit plus 64 ounces of infant food fruits and vegetables. Fully breastfed infants

may receive an \$8.00 vegetable and fruit benefit plus 128 ounces of infant food fruits and vegetables. This may be provided only after a thorough nutrition assessment by the CPA indicating this option is the choice of the parent/guardian. The difference can be paid if the total for fruit and vegetable purchases is greater than the maximum amount of the vegetable and fruit benefit. The parent/guardian may also choose to receive the maximum allowance of jarred foods.

- iii. Powdered formula should be issued whenever possible. Participants may also receive supplemental foods, if prescribed. The amount and type of WIC foods issued depends on participant category.
- iv. Jarred infant food fruits and vegetables may be issued to children in lieu of the \$26.00 vegetable and fruit benefit when medically ordered by having a FAFAF with this marked. The quantity of jarred infant food fruits and vegetables is based on the substitution ratio of 144 ounces of jarred infant food for the \$26.00 vegetable and fruit benefit. Qualifying medical conditions, such as prematurity, developmental delays, and dysphasia (swallowing disorders) may necessitate a medical order for jarred infant food. CPA discretion to issue jarred infant food is not allowed.

XVIII. Food Package Guidance.

- a. Economical buying practices.
 - i. Buy and use dry milk powder for use in cooking.
 - ii. Learn to cook with legumes (dry or canned beans, peas and lentils) rather than more expensive sources of protein such as meats. Complement the legumes with grain products or dairy products to make a complete protein.
 - iii. Buy powdered formula (reconstituted maximums are higher for powder than other forms).
 - iv. Buy milk instead of cheese.
 - v. Buy milk and juice in the largest available container that is practical for the participant's use (i.e., gallons of milk rather than half gallons).
 - vi. Buy hot cereal instead of cold cereal.

XIX. Handling Leftover Foods.

- a. The WIC food package should not be tailored at the expense of the participant's nutritional status.
- b. If the CPA feels it is necessary for the participant to consume the full amount of foods prescribed, the first course of action would be to explore, with the participant, ways to increase their intake of the leftover food of a particular item that was prescribed (e.g., infant cereal, adult cereal, milk, cheese).

- c. Each month, discuss the participant's previous food issuance to determine if they are receiving an excessive amount. Approach this in a manner that will not make the participant afraid that WIC is trying to take food away from them each month.
- d. Emphasize that WIC foods are to be consumed within a one-month period and if substantial amounts are leftover, the food package can be tailored to meet the participant's individual needs.
- e. When counseling the participant whose food package was decreased because of leftover food, please reassure the participant that if their need changes, the food package can be increased again.

XX. Poor Refrigeration, Storage, and/or Cooking Facilities.

- a. Cereal and juice should still be provided in this food package in the amounts previously specified. Individual convenience single strength cans of juice are the most appropriate size to issue to those without adequate refrigeration. Maximum issuance for the 5.5/6-ounce can is:
 - i. FP III varies by category
 - ii. 21 cans for FP IV
 - iii. 24 cans for FP V and VII
 - iv. 16 cans for FP VI
- b. Juice should be stored in clean glass or plastic containers and consumed as soon as possible.
- c. If a participant is receiving Food Package VII, issue 1 lb cheese and 30 ounces of fish.