

New WIC

Food



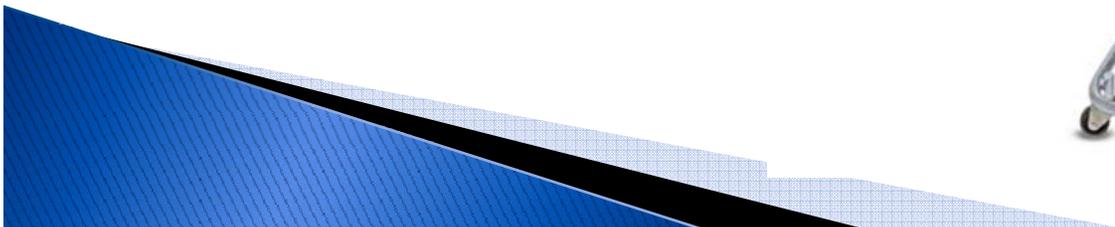
Packages

The New WIC Food Package

Children's Food Packages

Children's Food Packages

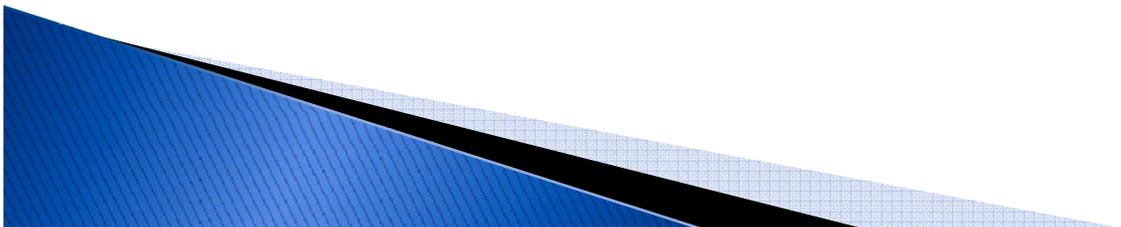
- ▶ Children can receive one of two different food packages:
 - Food Package III
 - Food Package IV



Determining Food Packages

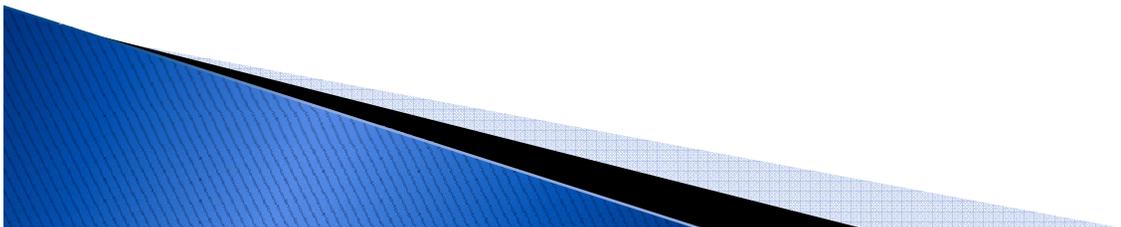
If a child is issued any formula from WIC, they will receive Food Package III.

If a child is receiving only the supplemental foods from WIC, they will receive Food Package IV.



Food Package IV

- ▶ Food Package IV is divided into 2 categories:
 - Children 1 through 2 years
 - Children 3 through 4 years

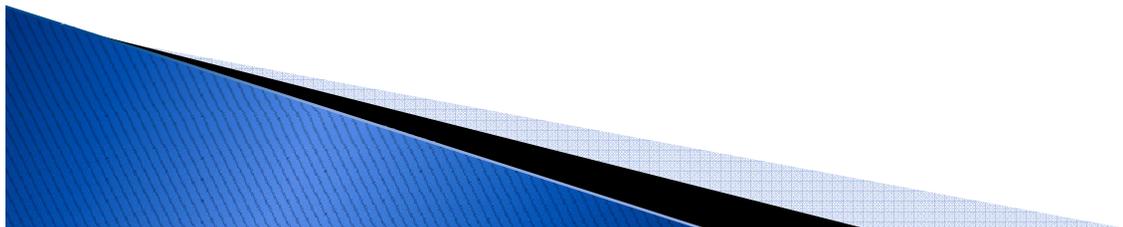


Food Package IV

- ▶ Why the 2 categories?



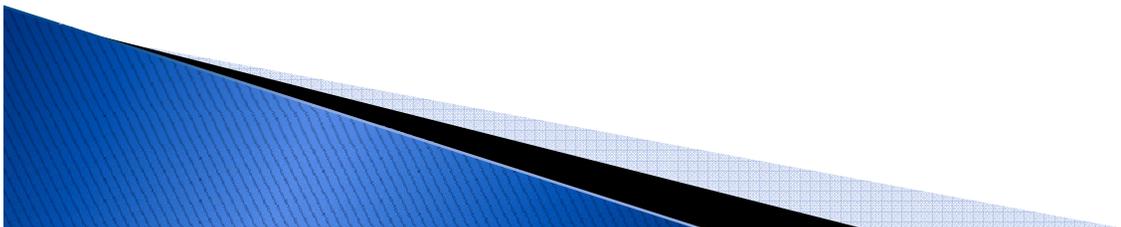
- Children 1 through 2 years of age can only receive whole milk
- Children 3 through 4 years of age can only receive reduced fat, low-fat, or skim milk



Food Package IV

▶ Children

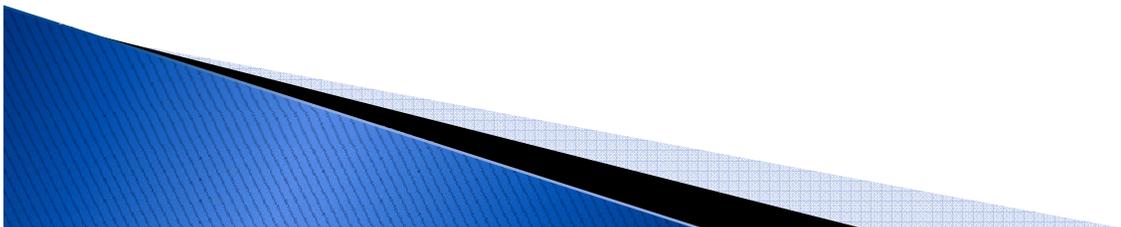
- 1 through 2 years of age:
 - 2—64 ounce containers single strength juice
 - 3 gallons and 1 quart whole milk
 - 36 ounces cereal
 - 1 dozen eggs
 - 1 pound cheese
 - 2 pounds whole grains
 - 1 pound dry beans or 64 oz canned beans
 - \$6 cash value benefit



Food Package IV

▶ Children

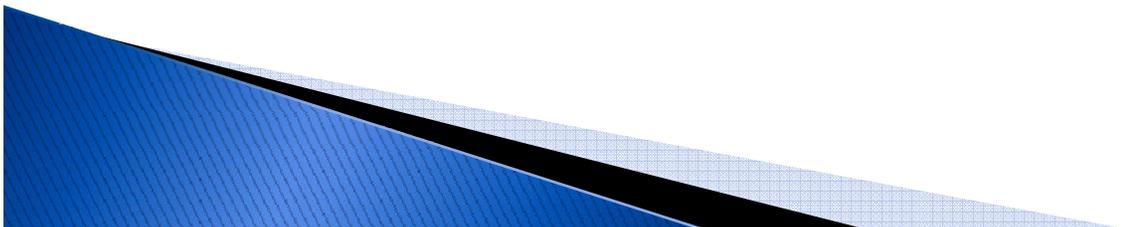
- 3 through 4 years of age:
 - 2—64 oz containers single strength juice
 - 3 gallons and 1 quart reduced fat, low-fat or skim milk
 - 36 oz cereal
 - 1 dozen eggs
 - 1 pound cheese
 - 2 pounds whole grains
 - 1 pound dry beans or 64 oz canned beans
 - \$6 cash value benefit





Food Package IV

- ▶ What about peanut butter?
 - Peanut butter can still be issued to children over the age of 2 with a qualifying risk factor
 - Children under the age of 2 may not receive peanut butter due to allergy and choking hazards



Food Package IV

- ▶ Risk factors for peanut butter
 - 103 Underweight
 - 134 Failure to thrive
 - 135 Inadequate growth
 - 801 Homeless
 - 802 Migrant



Food Package IV

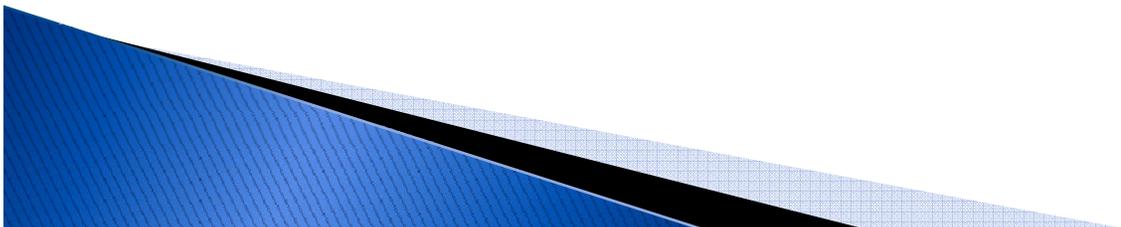
- ▶ What about milk substitutes?
 - Any child can receive a soy-based beverage with a doctor's prescription.



- Any child can receive an additional cheese up to the maximum allowances of milk at a substitution rate of 1 pound cheese = $\frac{3}{4}$ gallon of milk with a doctor's prescription.

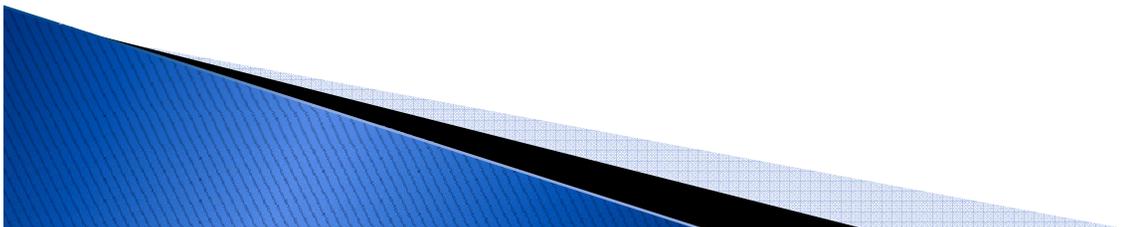
Summary of Food Package IV

- ▶ Food Package IV is for children 1 through 4 years of age who do not receive formula.
- ▶ Food Package IV is divided into subcategories based on the child's age.
- ▶ Children under the age of two can only receive whole milk and do not qualify for peanut butter.

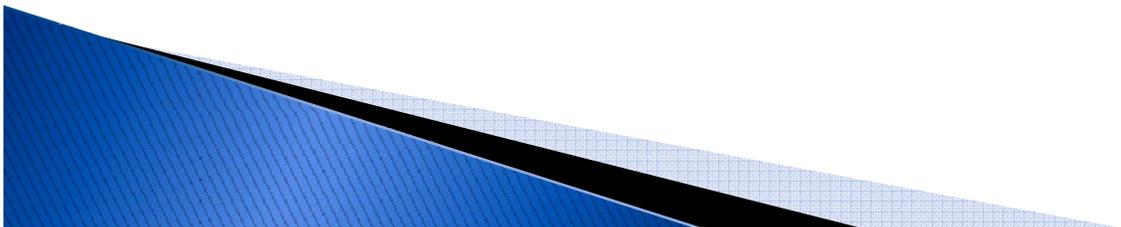


Summary of Food Package IV

- ▶ Children 2 and over receive either reduced fat, low-fat or skim milk and qualify for peanut butter with an appropriate risk factor.
- ▶ Soy milk may be given to a child as a milk substitute with appropriate medical documentation.

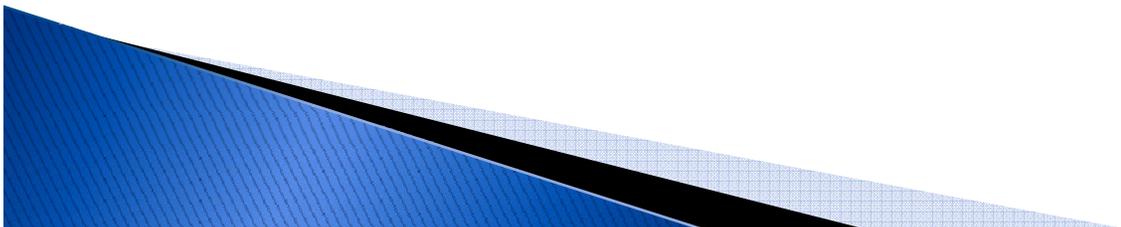


- ▶ Additional cheese may be issued to a child with a prescription. If extra cheese is given, less milk will be issued on the food package.
 - Food Package IV allows for 3 gallons and 1 quart fluid milk. If the prescription for cheese is up to the maximum amount allowed, that would mean $13 \text{ quarts} / 3 \text{ unit} = 4.33$ pounds of cheese. The child would receive 4 pounds of cheese in addition to the cheese on the default food package and if desired 1 quart of milk.



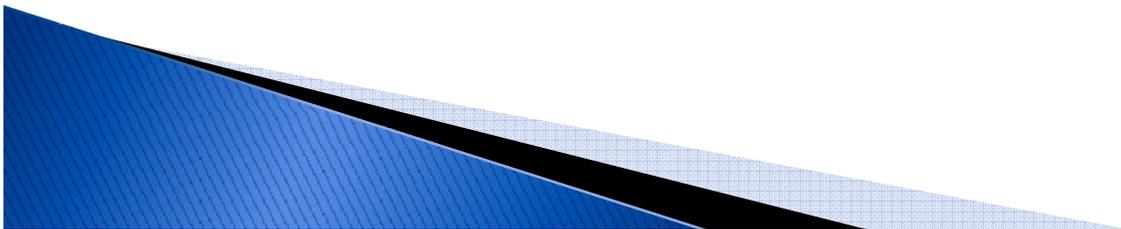
Food Package III

- ▶ Any child that receives a formula of any kind from WIC will be placed on Food Package III.
- ▶ A child receiving Food Package III may also receive supplemental foods approved by their health care professional. The same age provisions involving milk type and peanut butter apply.

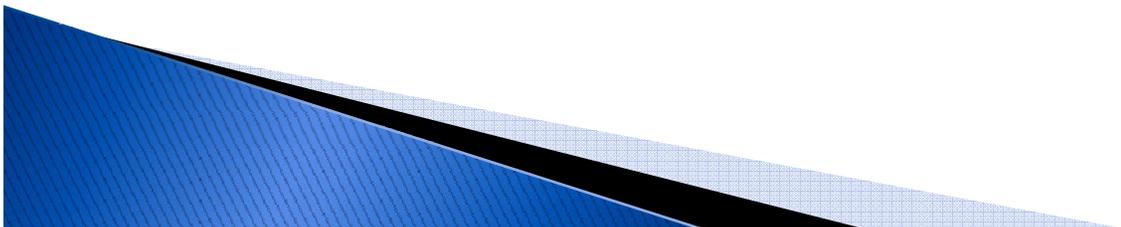


Scenario 1

- ▶ A 3 year old is brought to the clinic for recertification. During the VENA assessment, mom states she doesn't offer milk as a beverage very often because it seems to upset her child's stomach. She doesn't ask for any change in the food package when it comes to milk. Should the CPA make any changes?

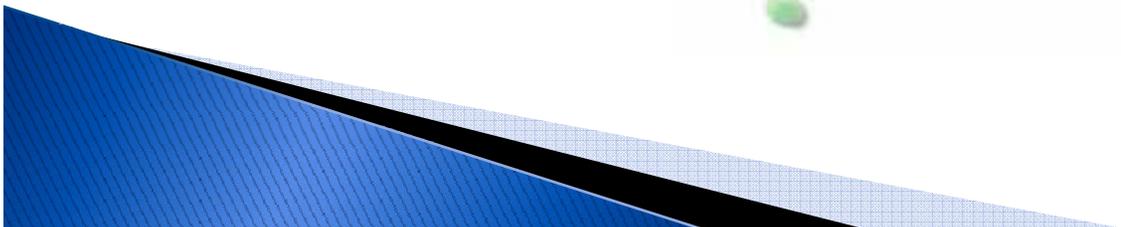


- ▶ A. The CPA should not make any changes since there was no request and the child will continue to be issued the reduced fat milk
- ▶ B. The CPA should ask more probing questions to determine if there is another type of “milk” that works better that can be offered by WIC
- ▶ The CPA should encourage the mom to bring in a prescription for soy milk.



The answer is B.

The CPA should ask the mom some probing questions to determine what may possibly be causing the problem so that a solution can be determined.

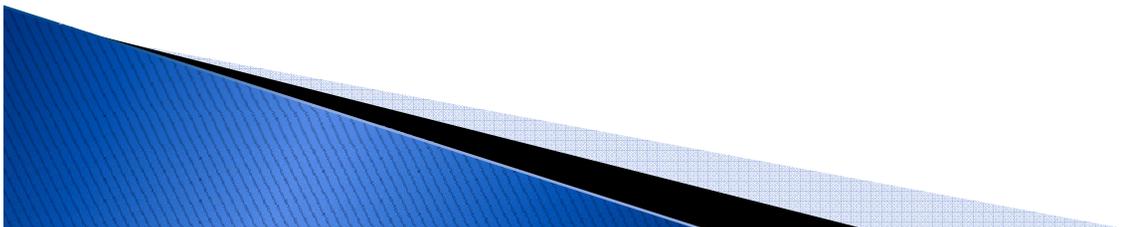


Scenario 2

- ▶ A mom of a 1 year old child comes to the clinic with a prescription for ProSobee. Mom says the child was on ProSobee as an infant due to milk allergy and still has problems. What should the CPA do in this situation?



- A. Treat the ProSobee prescription as a special formula since the child is no longer an infant, seek approval from the designated nutritionist, and if approved, issue the formula.
- B. Discuss the use of a soy-based beverage with mom. Call the doctor's office to discuss possible usage of soy-based beverage and to obtain new prescription for soy-based beverage if needed.



The correct answer is B!

When possible, a soy-based beverage should be issued in place of ProSobee LIPIIL or ProSobee Next Step LIPIIL. This substitution should not take place unless the doctor's office has been contacted and a new prescription is issued. A verbal approval is acceptable; however, a new written prescription must be received by the health unit within 1 week. The prescription may be the original or faxed.

Scenario 3

- ▶ That same child from Scenario 2 is approved to receive a soy-based beverage from the doctor's office. The soy-based beverage required a prescription. Is this child on Food Package IV (Child) or Food Package III (Special Needs)?

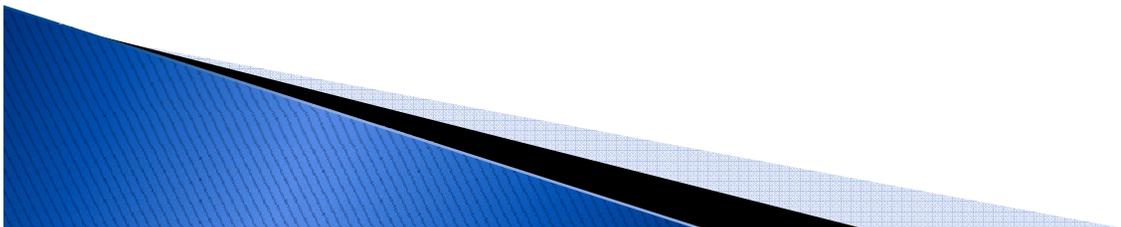


The Correct Answer is Food Package IV (Child)!

Even though a prescription is needed for the soy-based beverage, the child is not receiving a formula. The child is simply receiving a milk substitute, thus this child would remain on Food Package IV.

Scenario 4

- ▶ A 3 year old child presents with a prescription for PediaSure berry cream flavor. The child is Failure to Thrive, but still eats other table food. Would this child receive Food Package IV (Child) or Food Package III (Special Needs)?



The correct answer is Food Package III (Special Needs)

Since PediaSure is a formula, this child would be placed in Food Package III. They would qualify to receive the formula in addition to the regular Food Package IV food benefits.

Scenario 5

- ▶ An 18 month old comes to the clinic for recertification. It is determined that this child meets risk factor 135 (Inadequate growth). This risk factor usually qualifies children for peanut butter. Should the CPA tailor the child's food package so they can receive peanut butter?

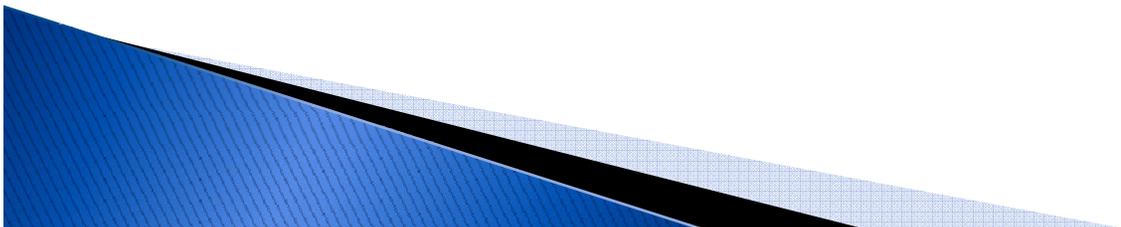


The correct answer is no!

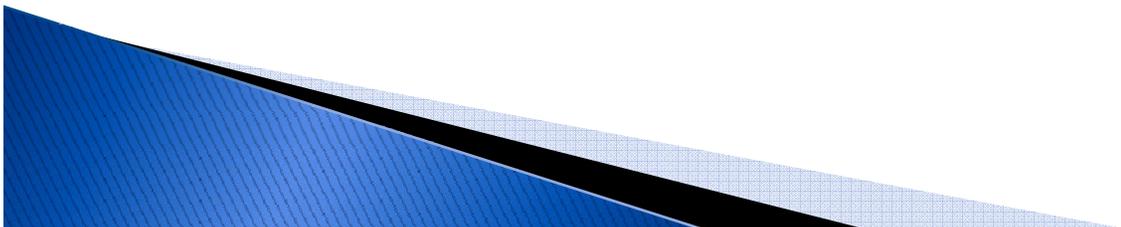
Even though the child has a risk factor that qualifies a child for peanut butter, this child is disqualified due to age. The child must be 2 or older to qualify for peanut butter with a risk factor.

Scenario 6

- ▶ A 4 year old comes to the clinic for recertification. Mom is adamant the only milk the child can drink is whole milk. She is furious that her WIC check states reduced fat, low-fat, or skim milk. What can the CPA do for this mom?



- A. Try to tell mom that is all WIC offers and if she doesn't like it to call the WIC State Office to see if they will override it.
- B. Tell mom it is that or nothing.
- C. Try to determine if there is true problem with toleration. Discuss the benefits of using a lower fat milk. Offer other options to the milk such as evaporated milk, powdered milk, etc.



The correct answer is C!

Even if mom has a prescription for whole milk it cannot be authorized by the WIC program. The New Food Package regulations and the Arkansas WIC State policy states whole milk is to only be issued to children under the age of 2 years.

In a situation like this, it would be wise to try to determine what actual toleration problem the child is having, if one at all. Discussing mom's options and allowing her to select an alternative may help to diffuse the situation while providing a useful product that the child can benefit from.

If mom does not want any other form of milk and is not willing to accept the low-fat milk, a last option to offer mom would be complete removal of the milk from the child's food package.

The new WIC Food Packages are designed to offer children food options to better meet their palate needs while maintaining the nutritional integrity of the package.

With your help, these children can grow and develop to meet their full potential!

