

New WIC

Food



Packages

The New WIC Food Package

Infant Food Packages

Infant Food Packages

- ▶ Changes to the infant food packages are probably some of the most diverse and complicated of the new food rule.
- ▶ However, with a little practice, all staff can become familiar with the infant food packages and learn to distinguish between their differences.



Infant Food Packages

- ▶ Infants can receive one of three different food packages:
 - Food Package I
 - Food Package II
 - Food Package III
- ▶ There are many feeding types and age specifications for infants within each food package.



Determining Food Packages

- ▶ Three things that have to be considered when assigning an infant food package are:
 1. The age of the infant
 2. Feeding type of the infant (exclusively breastfed, partially breastfed, or fully formula fed)
 3. If the infant is receiving formula, what type of formula are they getting (standard contract formula or exempt–special formula)



Food Package I

- ▶ Food Package I is for an infant who is birth through 5 months of age and does not receive a special formula.
- ▶ There are 5 subcategories within Food Package I.



Food Package I

▶ Exclusively Breastfeeding Infant

- Birth through 5 months of age:
 - Breastfeeding education and support services at all Health Units or any CPA
 - Breastfeeding referrals such as the Helpline, Peer Counselors
 - Breast pump
 - Breastfeeding supplies such as bra pads, battery packs, car adaptor
 - Breastfeeding classes available at some health units
 - Enhanced food package for mom's breastmilk



Food Package I

- ▶ Partially Breastfeeding Infant
 - Birth to one month of age
 - Breastfeeding education and support services at all Health Units or any CPA
 - Breastfeeding referrals such as the Helpline, Peer Counselors
 - Breast pump
 - Breastfeeding supplies such as bra pads, battery packs, car adaptor
 - Breastfeeding classes available at some health units
 - Enhanced food package for mom's breastmilk



Food Package I

- ▶ Partially Breastfeeding Infant

- 1 through 3 months of age

- All the benefits of a partially breastfeeding infant 0 to 1 month of age

PLUS

- 364 fluid ounces reconstituted liquid concentrate, 384 fluid ounces Ready to Use (RTU), or 435 fluid ounces reconstituted powder



Food Package I

- ▶ Partially Breastfeeding Infant

- 4 through 5 months of age

- All the benefits of a partially breastfeeding infant 0 to 1 month of age

PLUS

- 442 fluid ounces reconstituted liquid concentrate, 448 fluid ounces Ready to Use (RTU), or 522 fluid ounces reconstituted powder

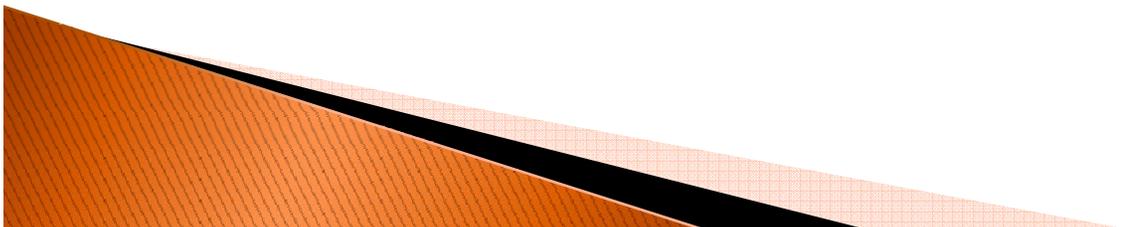


Food Package I

- ▶ Fully Formula Fed Infant

- Birth through 3 months of age

- 806 fluid ounces reconstituted liquid concentrate, 832 fluid ounces Ready to Use (RTU), 870 fluid ounces reconstituted powder



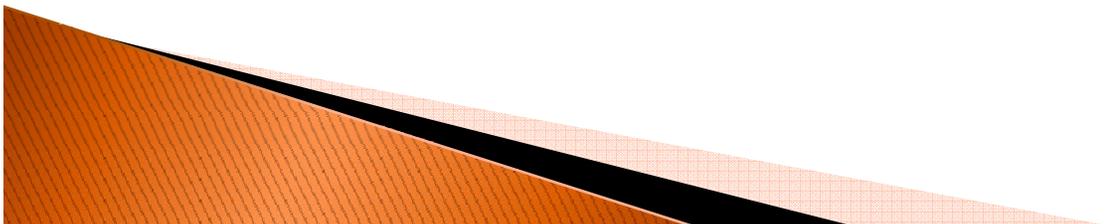
Food Package I

- ▶ Fully Formula Fed Infant
 - 4 through 5 months of age
 - 884 fluid ounces reconstituted liquid concentrate, 896 fluid ounces Ready to Use (RTU), or 960 fluid ounces reconstituted powder



Summary of Food Package I

- ▶ Food Package I is for infants birth through 5 months of age who do not receive a special formula
- ▶ Food Package I is divided into subcategories based on infant age and feeding type



Summary of Food Package I

- ▶ Breastfeeding support and services are received in lieu of an infant food package for exclusively breastfeeding infants
- ▶ Partially breastfeeding infants receive breastfeeding support and services AND a reduced amount of formula compared to the fully formula fed infant



Food Package II

- ▶ Food Package II is for an infant who is 6 through 11 months of age and does not receive a special formula.
- ▶ There are 3 subcategories within Food Package II.



Food Package II

▶ Exclusively Breastfeeding Infant

- 6 through 11 months of age:

- All the benefits of an exclusively breastfeeding infant 0 through 5 months of age

PLUS

- 24 ounces infant cereal (3—8 oz boxes)
- 256 ounces infant fruits and vegetables (64—4 oz jars)
- 77.5 ounces infant meat (31—2.5 oz jars)



Breastfeeding Exclusively Infant Food Package



Food Package II

▶ Partially Breastfeeding Infant

- 6 through 11 months of age

- All the benefits of a partially breastfeeding infant 0 to 1 month of age

PLUS

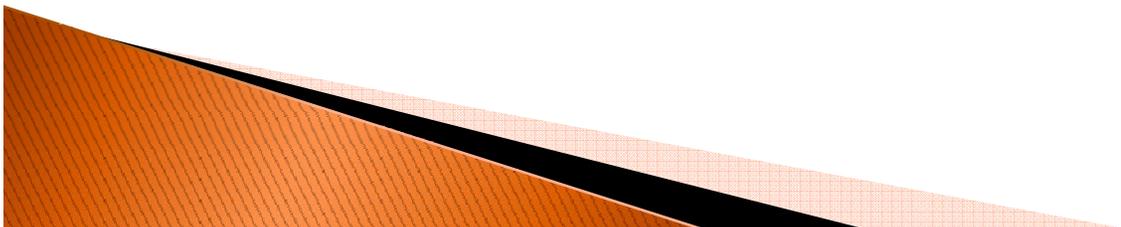
- 312 fluid ounces reconstituted liquid concentrate, 320 fluid ounces Ready to Feed, or 384 fluid ounces reconstituted powder
- 24 ounces infant cereal (3—8 oz boxes)
- 128 ounces infant fruits and vegetables (32—4 oz jars)



Food Package II

▶ Fully Formula Fed Infant

- 6 through 11 months of age
 - 624 fluid ounces reconstituted liquid concentrate, 640 fluid ounces Ready to Use (RTU), or 696 fluid ounces reconstituted powder
 - 24 ounces infant cereal (3—8 oz boxes)
 - 128 ounces infant fruits and vegetables (32—4 oz jars)



Partially Breastfeeding & Fully Formula Feeding Infant Foods



Summary of Food Package II

- ▶ Food Package II is for infants 6 through 11 months of age who do not receive a special formula
- ▶ Food Package II is divided into subcategories based on feeding type
- ▶ Partially breastfeeding infants will receive a reduced amount of formula compared to the fully formula fed infant, but they will continue to receive breastfeeding support and services.



Summary of Food Package II

- ▶ Juice has been completely eliminated from the infant food package
- ▶ Infant fruits and vegetables have been added to the food package



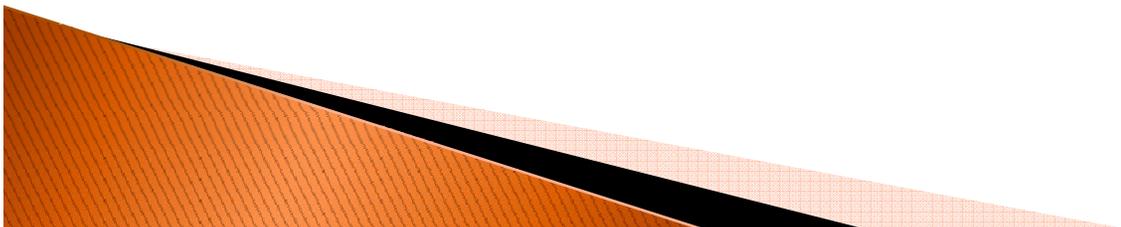
Summary of Food Package II

- ▶ Exclusively breastfeeding infants will receive infant meats
- ▶ Cereal and infant foods will be issued beginning at 6 months of age



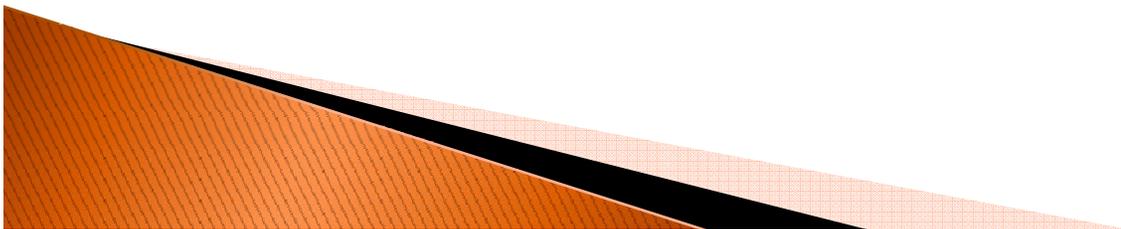
Food Package III

- ▶ Any infant birth through 11 months of age that receives a special formula will receive Food Package III instead of Food Package I or Food Package II.
- ▶ Food Package III will be discussed in more detail in the Special Needs Food Package module.



Why the change in the amount of formula?

- ▶ The amounts are based on the American Academy of Pediatrics Infant Feeding Guidelines.
- ▶ The amount of formula changes to meet the infant's needs.
- ▶ Infants need less formula as complimentary foods are introduced.
- ▶ The amounts promote breastfeeding as the ultimate choice in infant feeding.



Formula Amounts

- ▶ Basically, formula amounts will start off smaller than currently issued. As the infant's nutrition needs increase the amount of formula increases, with the peak amount of formula being issued 4 through 5 months of age. At 6 months, the amount of formula is reduced and complimentary foods are introduced to supplement the formula in the infant food package.



Partially Breastfeeding Infants

- ▶ A partially breastfeeding infant could receive more than the standard amount of formula if deemed necessary by the CPA.
- ▶ However, if at any time a partially breastfeeding infant receives more formula than the standard amount prescribed in the food packages, the mother's food package will be affected.



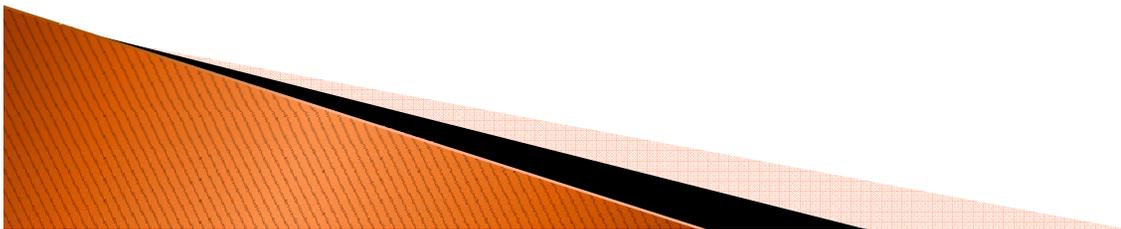
Partially Breastfeeding Infant

- ▶ A mother of a partially breastfeeding infant, birth through 5 months of age, who is receiving more than the standard amount of formula will receive a non-breastfeeding postpartum package.
- ▶ A mother of a partially breastfeeding infant, 6 through 11 months of age, who is receiving more than the standard amount of formula will not receive a food package, but she still will be counted as an active participant and can still receive breastfeeding services and support.



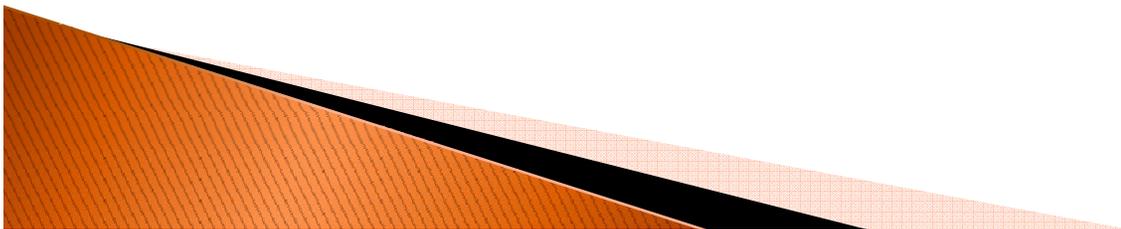
What do all those ounces mean?

- ▶ With the new food rule, formula amounts are no longer issued by can size, they are now issued based on the amount the can makes. Thus the amount of formula issued by the Arkansas WIC program will change.



- ▶ Example: Currently, all formulas that come in a 16 ounce can are issued at a flat rate of 8 cans per infant no matter how many fluid ounces of formula the can makes; however, let's say can A makes 85 ounces but can B makes 108 ounces. If the infant is to receive 960 fluid ounces reconstituted powder, then 12 cans of can A would be issued versus 9 cans of can B.

$$A: 960/85=12 \text{ vs. } B: 960/108=9$$



A Little Practice

- ▶ A partially breastfeeding infant is being certified today. The infant is 2 months old. Mom reports she breastfeeds when she is at home with him. She is going back to school and now only breastfeeds only 4 times a day. The infant usually drinks about 5—3 ounce bottles of regular formula.
- ▶ What do you do?



- ▶ A. Tell the mom since she is partially breastfeeding you can't give her any formula because it is the baby's first month on the program
- ▶ B. Automatically give mom the maximum amount of formula, which would be 435 fluid ounces reconstituted powder formula
- ▶ C. Assess the amount of formula mom is feeding each day, take that amount and determine the amount needed for the month and issue the number of cans that will meet the infant's needs without going over the 435 fluid ounces reconstituted powder formula
- ▶ D. Tell mom if she wants enough formula for her baby each month, then she better say she if fully formula feeding



The correct answer is C!

C. Assess the amount of formula mom is feeding each day, take that amount and determine the amount needed for the month and issue the number of cans that will meet the infant's needs without going over the 435 fluid ounces reconstituted powder formula

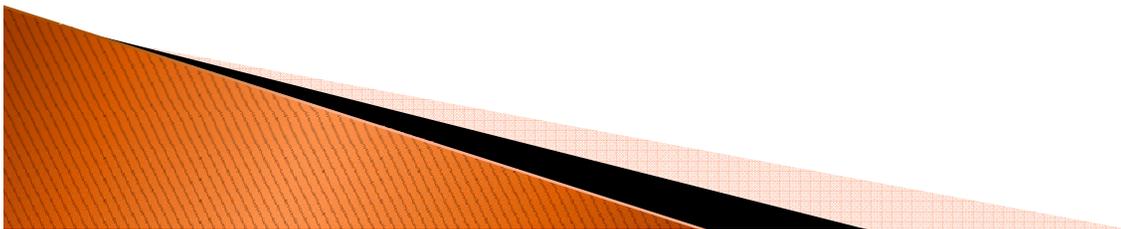
- ▶ How many ounces of reconstituted powder formula would that infant need each month?



To determine the amount needed monthly,
you would multiply 15 ounces x 30 days per
month

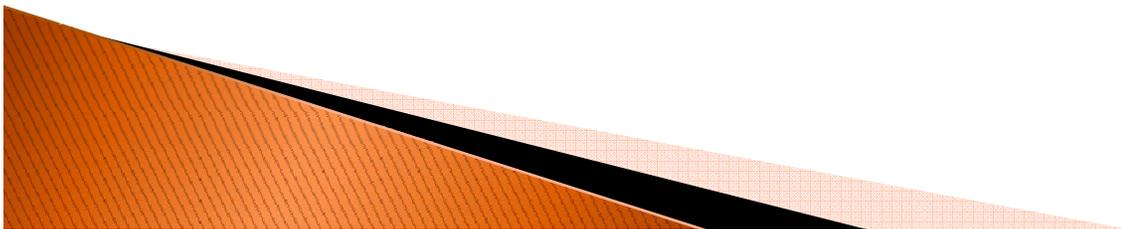
$$\text{Ex. } 15 \times 30 = 450 \text{ ounces}$$

- ▶ So, would the infant need all 435 fluid ounces of reconstituted powder?
- ▶ Would you issue a full partially breastfeeding infant package to this family?



The answer is:
Yes, to both!

- ▶ A fully formula feeding infant comes in with a prescription for Nutramigen LIPIL. He is 7 months old and has previously been on Gentlease LIPIL but now is no longer tolerating the formula. What food package would this infant be issued?



- ▶ A. Food Package I
- ▶ B. Food Package II
- ▶ C. Food Package III
- ▶ D. None of the above



The correct answer is C.

C. Food Package III

Since this child is going from a standard formula to a special-exempt formula, this infant will now receive Food Package III.

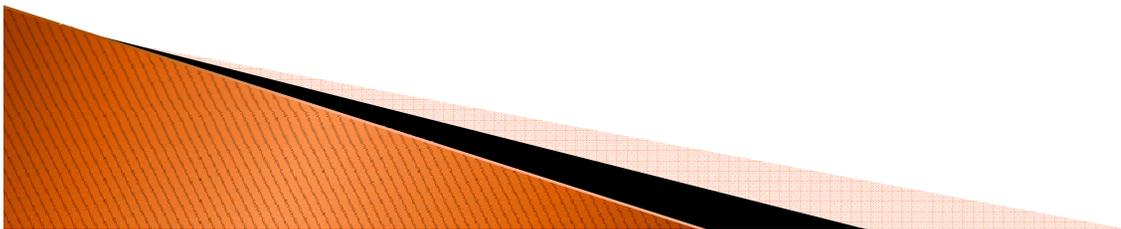
- ▶ If the infant had stayed on Gentlease LIPIL, what food package would he be receiving?



Food Package II

Food Package II would have been issued to an infant that is 6 months or older and receives a standard formula

- ▶ A 4 month old partially breastfeeding infant is getting about 24 ounces a day of formula and is only receiving breastmilk once a day. You have assessed that the infant needs 720 ounces of formula per month, but the maximum amount of formula that can be issued is 522 fluid ounces of reconstituted powder. How much formula do you give the mom?



- ▶ A. You give mom the maximum amount for a partially breastfeeding infant, all 522 fluid ounces reconstituted powder and that is it.
- ▶ B. You tell her that she is going to have to change to a fully formula feeding infant in order to get her needed 720 ounces because the partially BF package will only give her 522 ounces.
- ▶ C. You discuss the possibility of mom receiving the maximum amount for a partially breastfeeding infant of 522 fluid ounces, and buying the additional formula needed.
- ▶ D. You discuss the possibility of the infant receiving the 720 ounces needed from WIC as a partially breastfeeding infant, but inform mom that she will receive a reduced food package.



Both C and D are correct answers!

Partially breastfeeding moms need to know their options.

If a mother wants to keep her food package and does not mind to buy the extra formula, that is one option.

However, if mom is adamant that she cannot afford to buy the extra formula, then reducing her food package and giving the infant more than the standard amount for a partially breastfeeding food package may be the right choice.

- ▶ If the mother opted to get the extra formula for her 4 month old from WIC, and to reduce her food package, what food package would she receive?



- ▶ A. Food Package V—Pregnant and Partially Breastfeeding
- ▶ B. Food Package VI—Non-breastfeeding Postpartum
- ▶ C. Food Package VII—Exclusively Breastfeeding



The correct answer is B!

B. Food Package VI—Non-breastfeeding Postpartum

A partially breastfeeding woman, whose infant receives more formula than the maximum allowed amount for the partially breastfeeding infant, will receive a reduced food package.

If the woman is less than 6 months postpartum, she will receive the non-breastfeeding postpartum package.

If the woman is greater than 6 months postpartum, she will receive no food package, but is still counted as a breastfeeding woman for caseload, and receives breastfeeding support.

- ▶ A 2 week infant comes to the clinic for certification. Mom brings in a prescription for Enfamil LIPIIL. She is fully formula feeding her infant. What food package will this infant receive?



- ▶ Even though mom has a prescription, Enfamil LIPIIL is a standard formula and a prescription is not needed, thus this infant would receive Food Package I.

Options

- ▶ The new WIC Food Packages are all about options! Food Packages I and II give moms many options when it comes to selecting the appropriate food package for their infant.
- ▶ By listening to mom, her concerns, and her needs, we as CPAs should be able to help mom take the best possible care of her baby.

