

New WIC

Food



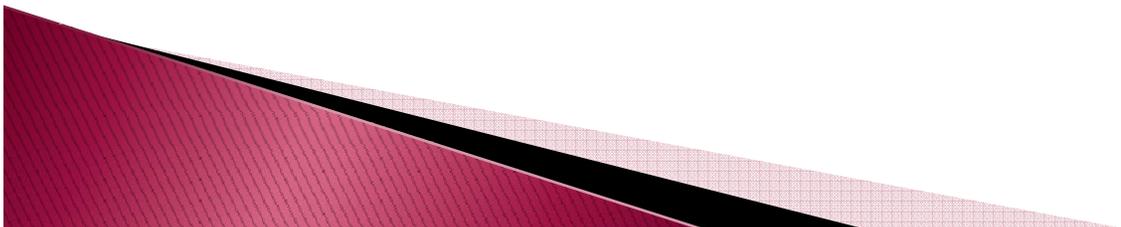
Packages

The New WIC Food Package

Women's Food Packages

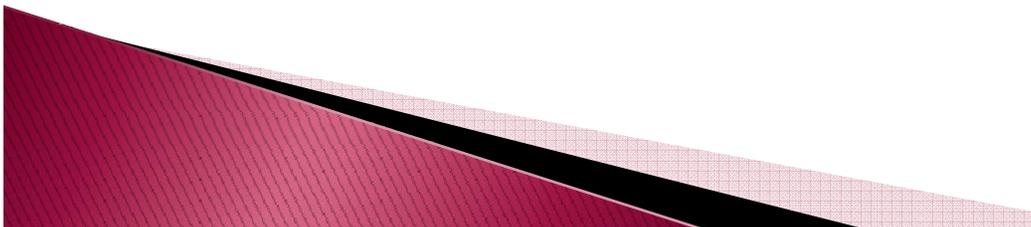
Women's Food Packages

- ▶ There are four participant categories of women who qualify for the WIC program:
 - Pregnant Women
 - Exclusively Breastfeeding Women
 - Partially Breastfeeding Women
 - Non-breastfeeding Postpartum Women
- ▶ The food package a woman receives will depend upon her participant category.



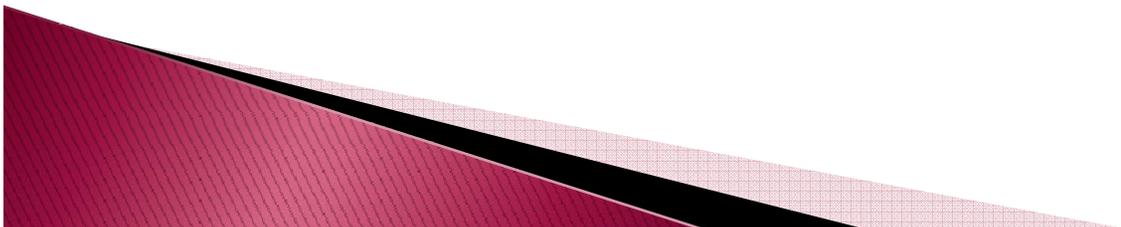
Women's Food Packages

- ▶ Women can receive one of four different food packages:
 - Food Package III
 - Food Package V
 - Food Package VI
 - Food Package VII



Food Package V

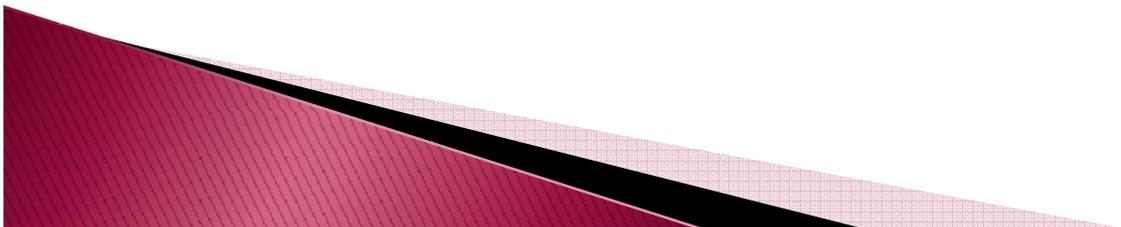
- ▶ Food Package V is for pregnant or partially breastfeeding mothers.
- ▶ Partially breastfeeding mothers qualify for Food Package V up to one year postpartum.



Food Package V

▶ Pregnant Woman

- 3 containers juice
- 4 gallons, 1 half gallon, 1 quart of reduced fat, low-fat, or skim milk
- 36 ounces cereal
- 1 pound cheese
- 1 dozen eggs
- 1 pound whole grains
- 1 pound dry beans or 64 ounces canned beans
- 18 ounces peanut butter
- \$8.00 cash value benefit for fruits and vegetables



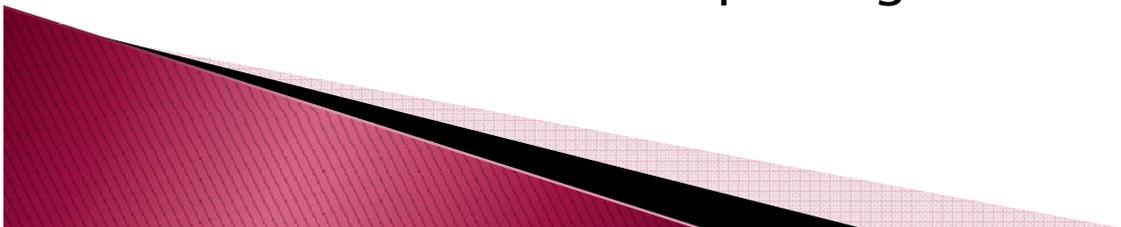
Food Package V



Food Package V

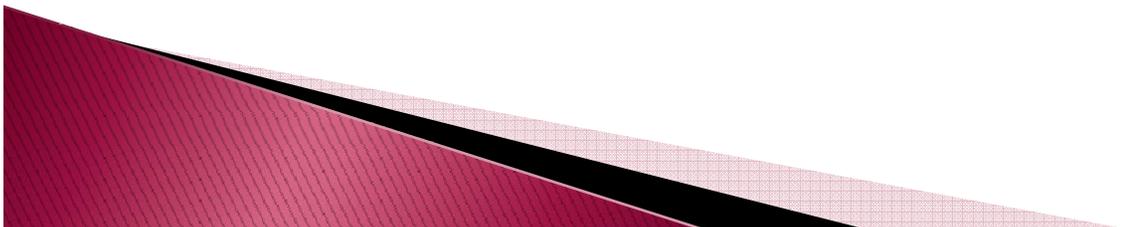
▶ Partially Breastfeeding Woman

- This woman receives all the supplemental foods that the pregnant woman receives, plus:
 - 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 VI

- ▶ Non-breastfeeding Postpartum Woman
 - 2 containers juice
 - 3 gallons, 1 quart reduced fat, low-fat or skim milk
 - 36 ounces cereal
 - 1 pound cheese
 - 1 dozen eggs
 - 1 pound dry beans or 64 ounces canned beans
 - \$8.00 cash value benefit for fruits and vegetables



Food Package VI

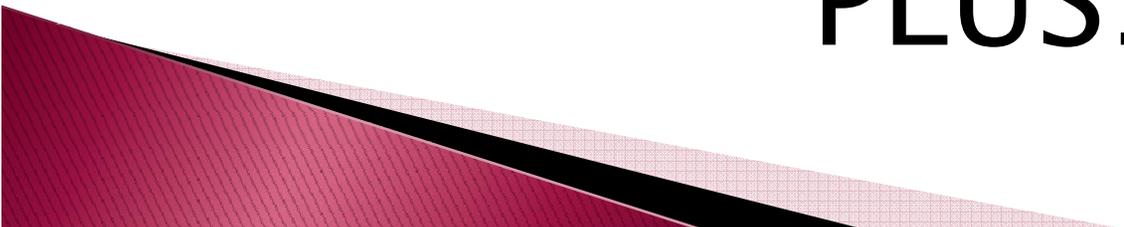
- ▶ A Non-breastfeeding Postpartum Woman is eligible to receive Food Package VI for up to six months postpartum.



Food Package VII

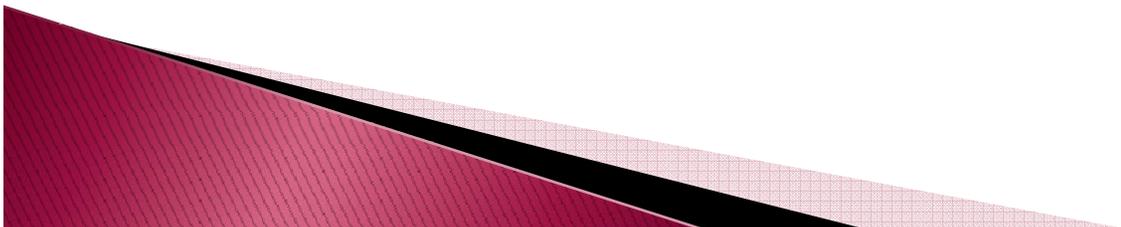
- ▶ Exclusively Breastfeeding Women
 - Breastfeeding education and support services at all Health Units or any CPA
 - Breastfeeding referrals such as the Helpline, Peer Counselors
 - Breast pump
 - Breastfeeding supplies such as bra pads, battery packs, car adaptor
 - Breastfeeding classes available at some Health Units
 - Enhanced food package for mom's breastmilk

PLUS...



Food Package VII

- 3 containers juice
- 5 gallons, 1 quart reduced fat, low-fat or skim milk
- 36 ounces cereal
- 2 pounds cheese
- 2 dozen eggs
- 1 pound whole grains
- 30 ounces canned fish (tuna, salmon, or sardines)
- 1 pound dry beans or 64 ounces canned beans
- 18 ounces peanut butter
- \$10.00 cash value benefit for fruits and vegetables



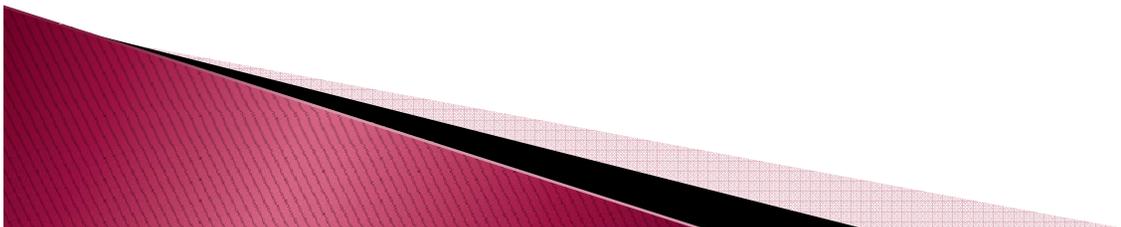
Food Package VII

- ▶ If a mother is pregnant with multiples (twins, triplets, etc.) she qualifies to receive Food Package VII.
- ▶ If a mother is partially breastfeeding multiples she qualifies to receive Food Package VII.



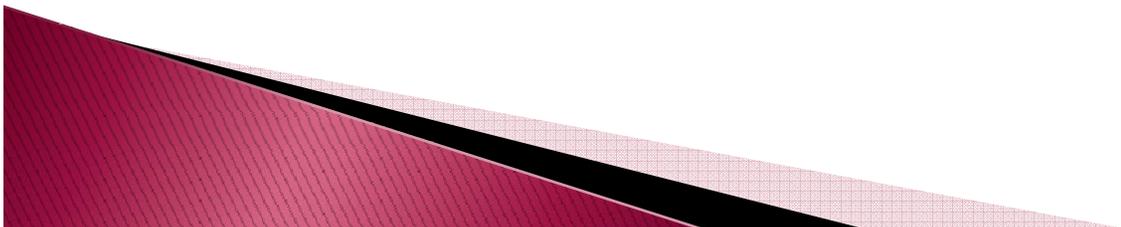
Food Package VII

- ▶ If a mother is exclusively breastfeeding multiples (twins, triplets, etc.) she will receive 1.5 times Food Package VII.
- ▶ The amount of supplemental foods the exclusively breastfeeding multiples woman receives will vary by odd and even months of certification.



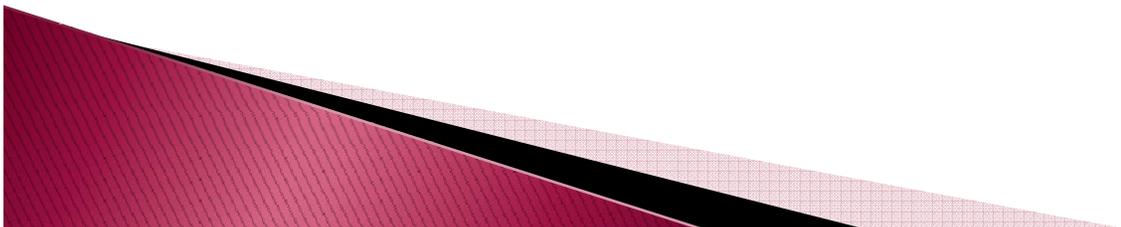
Food Package VII

- ▶ Months 1, 3, 5, 7, 9, 11
 - 5 containers juice
 - 8 gallons and 1 half gallon reduced fat, low-fat, or skim milk
 - 54 ounces cereal
 - 3 pounds cheese
 - 3 dozen eggs
 - 2 pounds whole grains
 - 45 ounces canned fish (tuna, salmon, or sardines)
 - 2 pounds dry beans or 128 ounces canned beans
 - 36 ounces peanut butter
 - \$15.00 cash value benefit for fruits and vegetables



Food Package VII

- ▶ Months 2, 4, 6, 8, 10, 12
 - 4 containers juice
 - 8 gallons reduced fat, low-fat, or skim milk
 - 54 ounces cereal
 - 2 pounds cheese
 - 3 dozen eggs
 - 1 pound whole grains
 - 45 ounces canned fish (tuna, salmon, or sardines)
 - 1 pound dry beans or 64 ounces canned beans
 - 18 ounces peanut butter
 - \$15.00 cash value benefit for fruits and vegetables

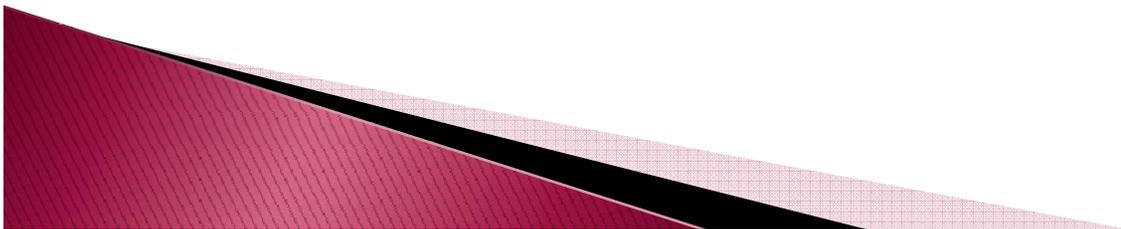


Other Food Package Exceptions

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

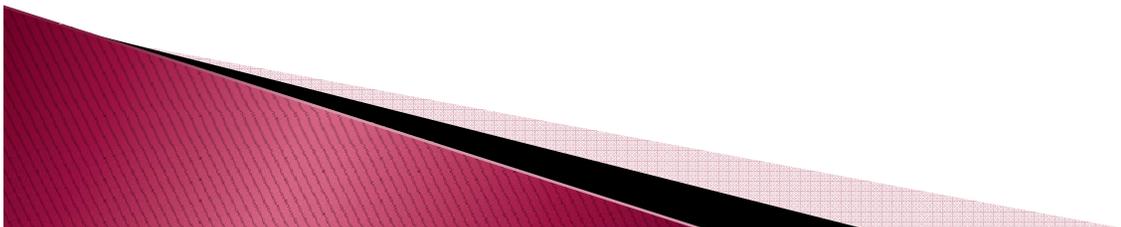


- ▶ Any breastfeeding mom whose infant receives formula during the first month of life is not eligible to receive an electric breast pump from the WIC Program.
- ▶ There may be very rare exceptions to this policy. All exceptions must be referred to the State WIC Office for consideration.



Food Package III

- ▶ Any woman that receives a prescribed formula for herself will receive Food Package III instead of Food Package V, VI, or VII.
- ▶ Women who receive Food Package III will still qualify to receive the same amounts of supplemental foods as in Food Package V, VI, or VII with a valid and approved prescription in addition to the formula.



Other Food Substitutions

Peanut butter

Peanut butter can be issued to women with a qualifying risk factor in place of their beans

- ▶ Pregnant
 - 101 Underweight
 - 131 Low maternal weight gain
 - 132 Maternal weight loss during pregnancy
 - 331 Pregnancy at a young age
 - 335 Multifetal Gestation
 - 338 Pregnant woman currently breastfeeding
 - 801 Homeless
 - 802 Migrant
- ▶ Partially Breastfeeding Woman
 - 101 Underweight
 - 331 Pregnancy at a young age
 - 335 Multifetal gestation
 - 801 Homeless
 - 802 Migrant

- ▶ Exclusively Breastfeeding Woman
 - 101 Underweight
 - 331 Pregnancy at a young age
 - 335 Multifetal gestation
 - 801 Homeless
 - 802 Migrant

- ▶ Non-breastfeeding Postpartum Woman
 - 101 Underweight
 - 331 Pregnancy at a young age
 - 335 Multi-fetal gestation
 - 801 Homeless
 - 802 Migrant
 - 103 Underweight
 - 135 Inadequate growth
 - 801 Homeless
 - 802 Migrant



- If a pregnant or breastfeeding woman has a qualifying risk factor for peanut butter, they may receive a maximum of 36 ounces of peanut butter.
 - 18 ounces peanut butter as issued in the default food package + 18 ounces peanut butter tailored to replace beans = 36 ounces total



Other Food Substitutions

- If a pregnant or breastfeeding woman does not want peanut butter, the default food package can be tailored and additional beans issued.
- 1 pound dry beans or 64 ounces canned beans as issued on default food package + 1 pound dry beans or 64 ounces canned beans as tailored to replace peanut butter = 2 pounds dry beans or 128 ounces canned beans



Other Food Substitutions

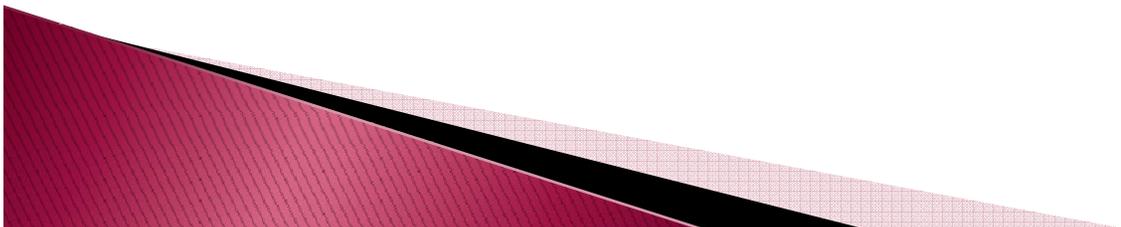
▶ Milk

- Any woman can substitute a soy-based beverage for regular fluid milk. Unlike with children, a prescription is not needed for a woman to receive a soy-based beverage.



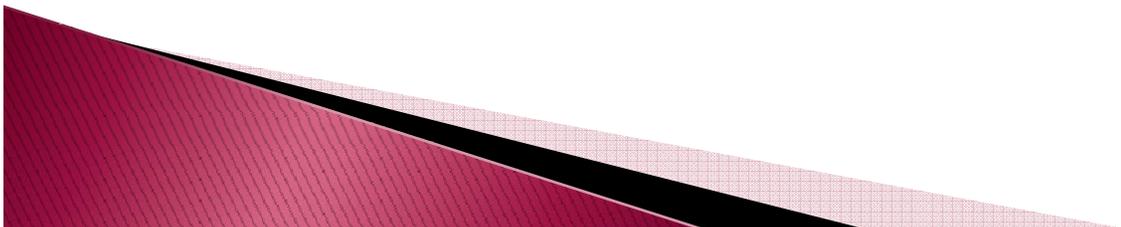
Other Food Substitutions

- Any woman can receive additional cheese up to the maximum allowance of fluid milk at a substitution rate of 1 pound cheese = $\frac{3}{4}$ gallon of milk. A doctor's prescription is required for additional cheese.
- Food Package VI allows for 3 gallons and 1 quart fluid milk. If mom has a prescription for cheese up to the maximum amount allowed that would mean 13 quarts / 3 units = 4.33 pounds of cheese. Mom would receive 4 pounds of cheese in addition to the cheese on the default food package and if desired 1 quart of milk.

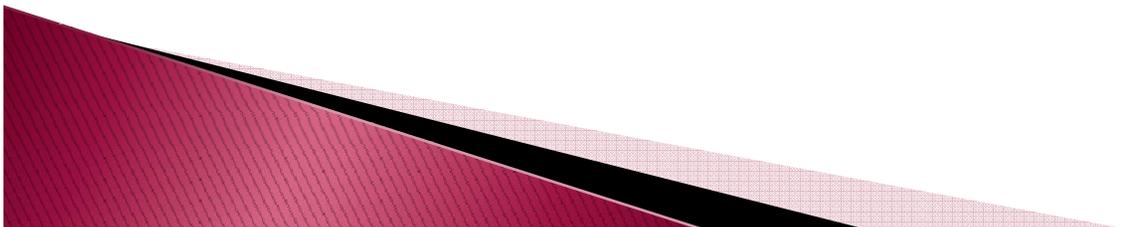


A Little Practice—Scenario 1

- ▶ A partially breastfeeding mom and her 7 month old infant return to the clinic today. Mom informs you that her infant needs more formula than what she is receiving from WIC. The infant is receiving the maximum amount of formula allowed for a partially breastfeeding infant. Mom states she cannot afford to buy the formula. What can the CPA do?



- ▶ A. Tell the mom that her baby is receiving the maximum amount and there is nothing you can do for her but refer her to some community resources.
- ▶ B. Give the mom some “extra” formula you have in stock to help make-up the difference, but tell her it will be for this month only.
- ▶ C. Give mom the option to receive the same amount of formula for a 7 month fully formula fed infant, and to eliminate her food package. Mom and infant remain in the system as partially breastfeeding.
- ▶ D. Give mom the option to receive the same amount of formula for a 7 month fully formula fed infant, and to eliminate her food package. Mom is discharged and infant changed in the system to fully formula fed.



The correct answer is C!

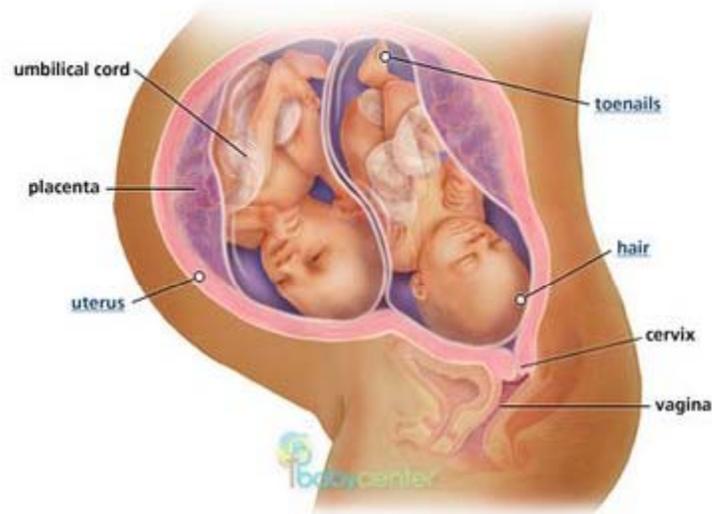
If the infant receives additional formula up to the amount issued to a fully formula fed infant, a partially breastfeeding mother may reduce or eliminate her food package.

If the infant is under six months of age, a partially breastfeeding woman's food package can be reduced to the non-breastfeeding postpartum food package.

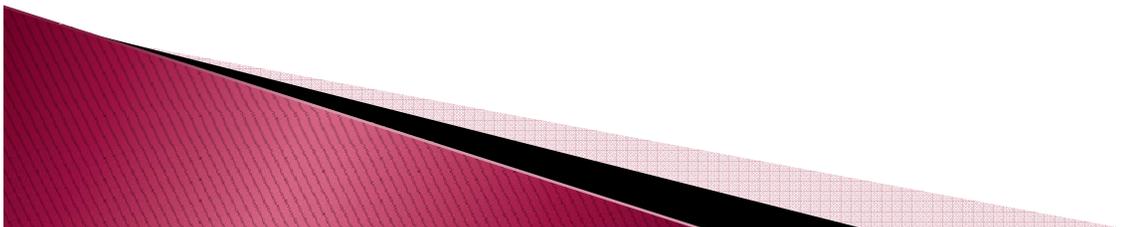
If the infant is six months of age or older, no food package is received, but the woman is still counted as breastfeeding partially.

Scenario 2

- ▶ A pregnant woman is in for certification today. During the course of her Value Enhanced Nutrition Assessment (VENA), you learn she is having twins. What food package will you issue her?



- ▶ A. Food Package V—Pregnant and Partially Breastfeeding Women
- ▶ B. Food Package VI—Non-breastfeeding Postpartum Woman
- ▶ C. Food Package VII—Exclusively Breastfeeding Woman
- ▶ D. Food Package III—Woman with Special Needs



The correct answer is C.

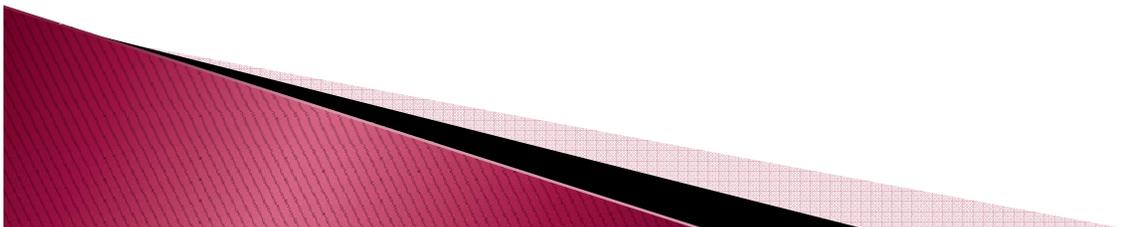
Women who are pregnant with multiples are to be issued Food Package VII, the same food package issued to Exclusively Breastfeeding Women

Scenario 3

- ▶ A mother of twins is in for recertification after the birth of her babies. One twin is exclusively breastfed and the other twin is partially breastfed. What food package does this mom qualify for?



- ▶ A. Food Package V—Pregnant and Partially Breastfeeding Women
- ▶ B. Food Package VI—Non-breastfeeding Postpartum Woman
- ▶ C. Food Package VII—Exclusively Breastfeeding Woman
- ▶ D. Food Package III—Woman with Special Needs
- ▶ E. Food Package VII at 1.5 times the amount

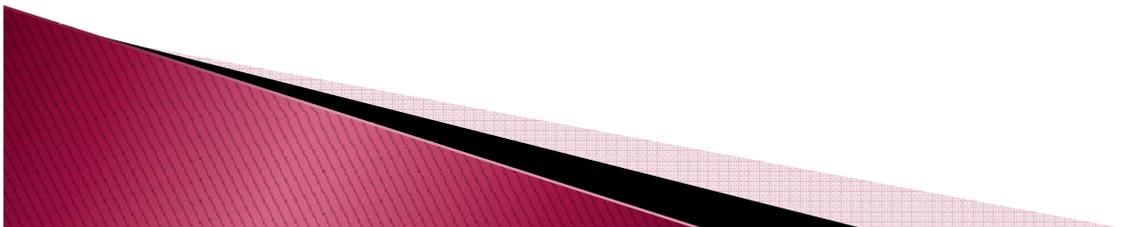


The correct answer is C.

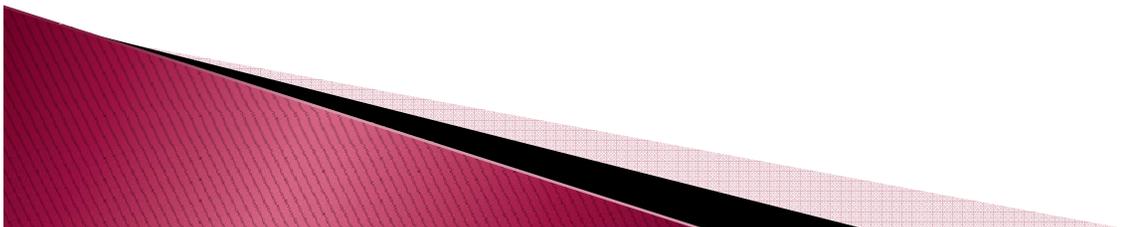
This mother qualifies for Food Package VII, the same food package as for Exclusively Breastfeeding Women. She is breastfeeding the same amount or more as a breastfeeding woman partially breastfeeding multiples, thus she would receive Food Package VII.

Scenario 4

- ▶ A pregnant woman is in today for certification. During the course of her Value Enhanced Nutrition Assessment (VENA) it is revealed that she is allergic to peanut butter. Since peanut butter is now given on the default food package for pregnant women, what can the CPA do?



- ▶ A. Remove the peanut butter from the package
- ▶ B. Remove the peanut butter from the package and offer to substitute beans instead
- ▶ C. Remove the peanut butter and give the mom beans without asking
- ▶ D. None of the above

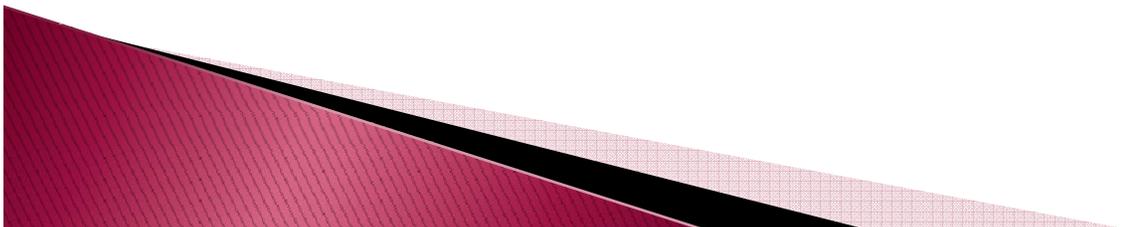


The correct answer is B.

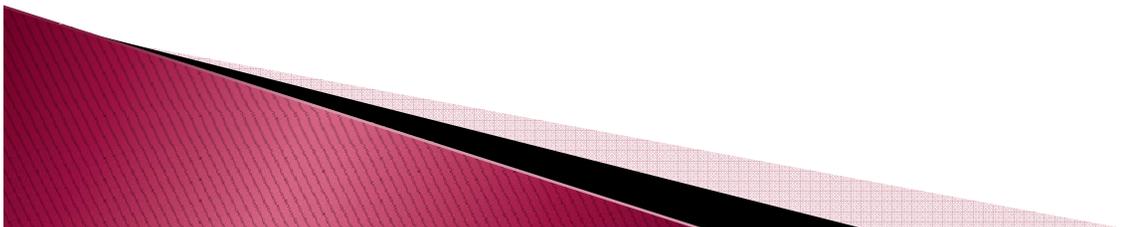
Since this mother cannot use the peanut butter given on the default food package, the CPA can offer to substitute beans in its place. The CPA should discuss this option with mom and make sure that she wants additional beans.

Scenario 5

- ▶ A non-breastfeeding postpartum mom of twins is in for certification today. She reports no problems and the only risk factor identified is 427 (Inappropriate nutrition practices for women). What food package would she be issued?



- ▶ A. Food Package V—Pregnant and Partially Breastfeeding Women
- ▶ B. Food Package VI—Non-breastfeeding Postpartum Woman
- ▶ C. Food Package VII—Exclusively Breastfeeding Woman
- ▶ D. Food Package III—Woman with Special Needs



The correct answer is B.

Food Package VI would be issued to a non-breastfeeding postpartum woman. Even though the woman had twins and would have qualified for Food Package VII while pregnant, she is not breastfeeding and can only qualify for Food Package VI.

- ▶ The new food packages are designed to better meet women's nutritional needs throughout the critical times of pregnancy, breastfeeding, and postpartum healing.
- ▶ With the wider variety of options offered by the new food packages, meeting these nutritional needs should be easier and more enjoyable for our moms!

