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# **Supplement to Food & Formula Reference Guide (FFRG) - Guidelines**

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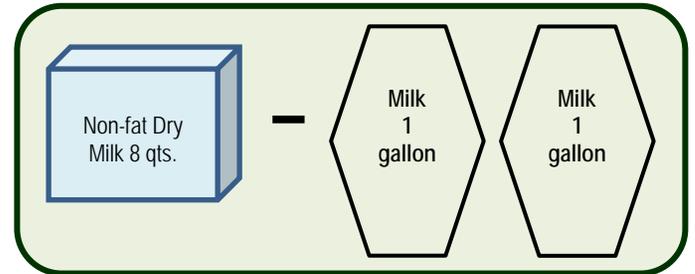
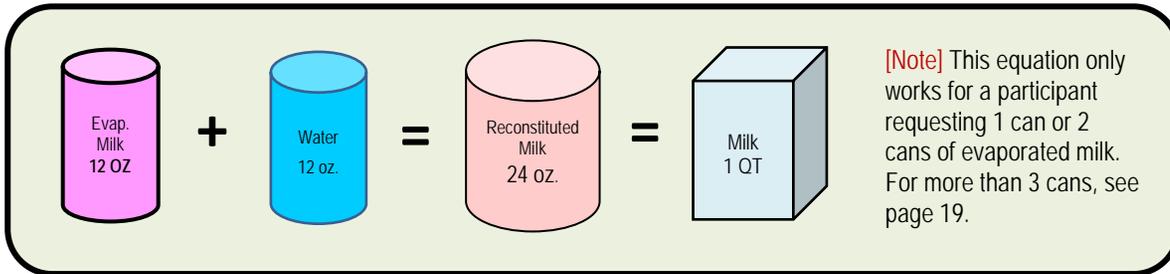
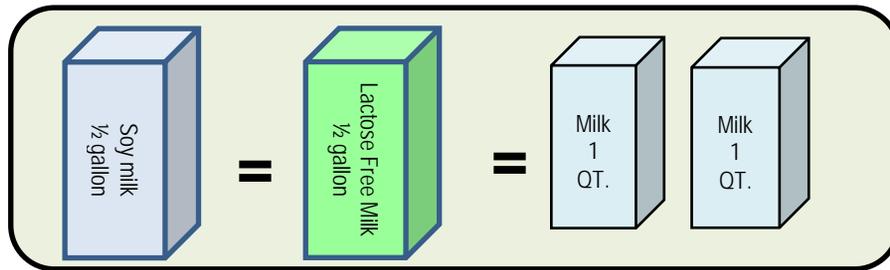
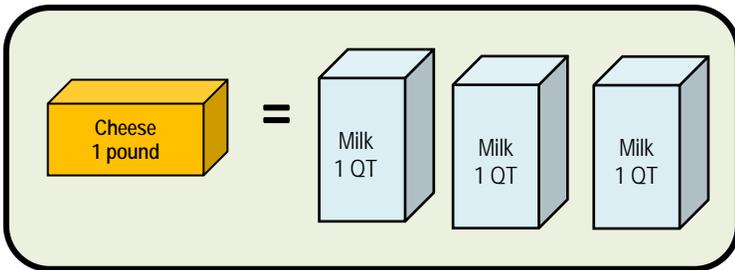
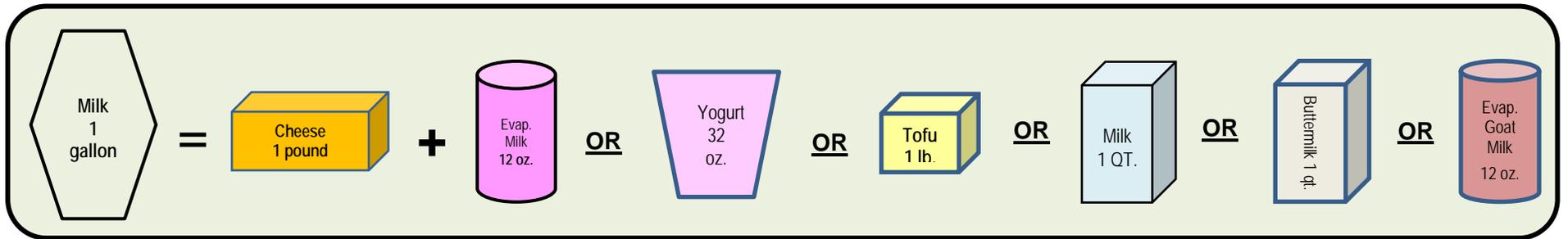
## Issuing Milk & Milk Substitutes

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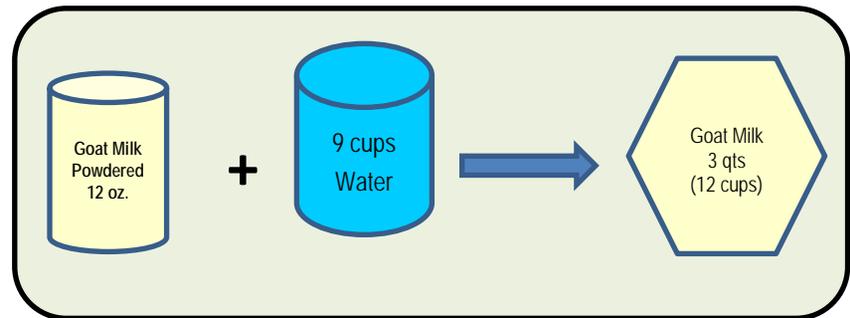
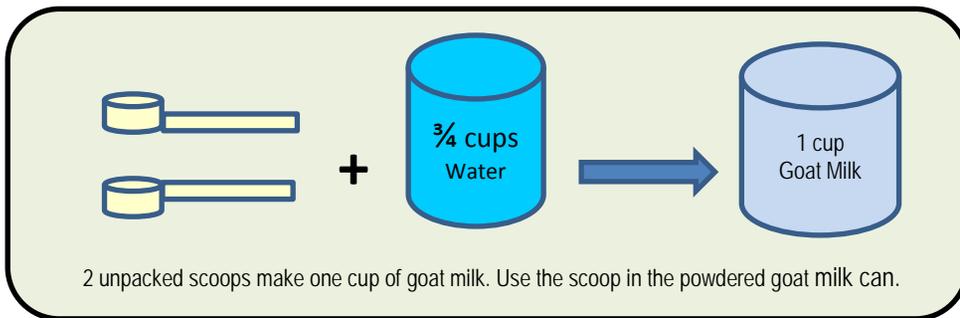
Issue Date: January 19, 2016

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# 1. Equations & Conversions - Milk, Evaporated Milk, Yogurt Cultured Buttermilk, Tofu, Goat Milk and Cheese



## [Powdered Goat Milk]



## 2. Basic Rules for Issuing Milk Substitutes

### A. Cheese Without CPA Approval:

#### Children & Women

No more than 1 lb. of cheese may be substituted for 3 qts. of milk.

#### Fully Breastfeeding Women

No more than 2 lbs. of cheese may be substituted for 6 qts. of milk.

### B. Lowfat/Fat Free Yogurt:

- Children (24-59 months) & Women - A maximum of 32 oz. of yogurt milk may be substituted for milk.
  - *CPA's Assessment, determination and documentation are NOT required.*
  - *Medical Documentation (WIC 27) is NOT required.*
- Children (12-23 months) are not allowed to receive yogurt.

### C. Tofu:

Children (12-59 months) & Women - A maximum of 4 lb. of tofu may be substituted for milk.

- *Children - CPA's Assessment, determination and documentation are required.*
- *Medical Documentation (WIC 27) is NOT required.*

If the amount of tofu in the cheese, yogurt, tofu combination is less than 4 pounds, additional tofu, up to a total of 4 pounds, may be substituted with CPA determination of need for food allergy, lactose intolerance, vegan diets, and cultural food preference. (ER 2.07900, 2.07800)

### D. A Combination of Cheese, Yogurt OR Tofu Without CPA Approval:

#### Women

No more than a total of 4 qts. of milk may be substituted for a combination of cheese, yogurt or tofu.

#### Children

No more than a total of 4 qts. of milk may be substituted for a combination of cheese and yogurt. Issuance of any tofu requires CPA approval.

#### Fully Breastfeeding Women

No more than a total of 6 qts. of milk may be substituted for a combination of cheese, yogurt or tofu

### E. Soy milk:

Children - May issue up to the total maximum allowance of milk.

- *CPA's Assessment, determination and documentation are required.*
- *Medical Documentation (WIC 27) is NOT required.*

Women – May issue up to the total maximum allowance of milk without CPA approval.

#### [Note]

Parents and caregivers should be made aware that children's diets may be nutritionally inadequate when milk is replaced by other foods, and should be provided appropriate nutrition education.

The value of milk for WIC participants, particularly in the development of bone mass for children, should be emphasized. Lactose-free or lactose-reduced fortified dairy products should be offered before non-dairy milk alternatives to those participants with lactose intolerance that cannot drink milk.

Also, if milk is replaced by milk alternatives that are not vitamin D fortified, vitamin D intakes may be inadequate. Thus, replacements for milk are to be approached with caution even if they are rich in calcium. Issuance of tofu and soy-based beverage as substitutes for milk for children requires an individual nutritional assessment by the CPA.

(12276 Federal Register / Vol. 79, No. 42 / Tuesday, March 4, 2014 / Rules and Regulations)

### 3. Issuing a combination of Cheese, Yogurt, and Tofu to Women

a. If a woman receiving Food Package V or VI requests **Cheese (1 lb.)**, Yogurt (32 oz.) and Tofu,

<ul style="list-style-type: none"><li>• Cheese (1 lb.)</li><li>• Yogurt (32 oz.)</li></ul> <a href="#">No CPA Approval</a>	<ul style="list-style-type: none"><li>• Cheese (1 lb.)</li><li>• Tofu (1 lb.)</li></ul> <a href="#">No CPA Approval</a>	<ul style="list-style-type: none"><li>• Cheese (1 lb.)</li><li>• Yogurt (32 oz.)</li><li>• Tofu (1 lb. to 4lbs.)</li></ul> <a href="#">Requires CPA Approval</a>	<ul style="list-style-type: none"><li>• Cheese (1 lb.)</li><li>• Tofu (2 to 4 lbs.)</li></ul> <a href="#">Requires CPA Approval</a>
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b. If a fully breastfeeding woman requests **Cheese (1 lb.)** in addition to Cheese (1 lb.) in the default food package,

<ul style="list-style-type: none"><li>• Cheese (1 lb.)</li><li>• Yogurt (32 oz.)</li></ul> <a href="#">No CPA Approval</a>	<ul style="list-style-type: none"><li>• Cheese (1 lb.)</li><li>• Tofu (1 lb. to 3 lbs.)</li></ul> <a href="#">No CPA Approval</a>	<ul style="list-style-type: none"><li>• Cheese (1 lb.)</li><li>• Yogurt (32 oz.)</li><li>• Tofu (1 lb. or 2 lbs.)</li></ul> <a href="#">No CPA Approval</a>	<ul style="list-style-type: none"><li>• Cheese (1 lb.)</li><li>• Yogurt (32 oz.)</li><li>• Tofu (3 lbs. or 4lbs.)</li></ul> <a href="#">Requires CPA Approval</a>
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c. If a fully breastfeeding woman requests **Cheese (2 lbs.)** in addition to Cheese (1 lb.) in the default food package,

Yogurt is <b>NOT</b> allowed	<ul style="list-style-type: none"><li>• Cheese (2 lbs.)</li><li>• Tofu (1 lb. to 4 lbs.)</li></ul> <a href="#">Requires CPA Approval</a>
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#### 4. Examples for Issuing A Combinations for Issuing Cheese, Tofu, and Yogurt to Children (24-59 months)

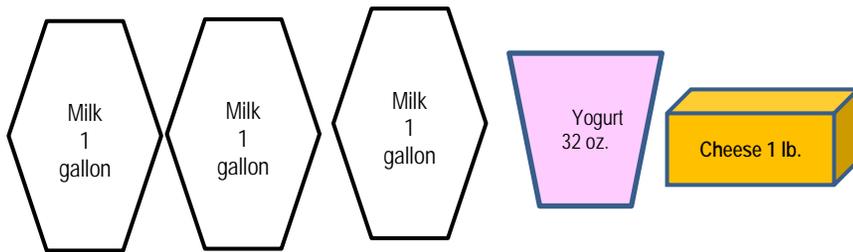
Children 24-59 Months

##### Children

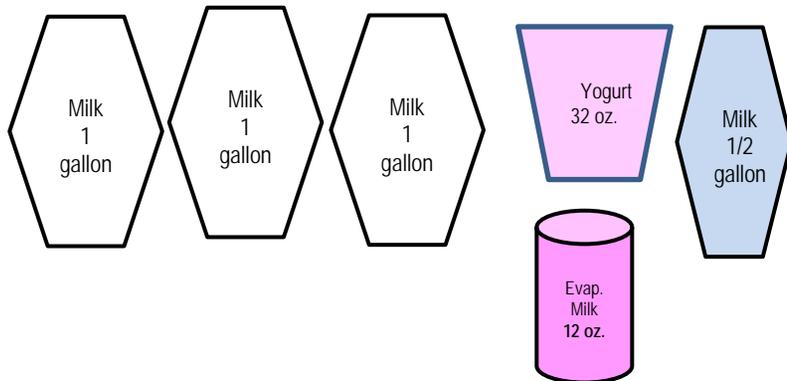
- No more than a total of 4 qts. of milk may be substituted for a combination of cheese and yogurt.
- Issuance of any tofu requires CPA approval.

##### Examples that do not require CPA Approval

(1)

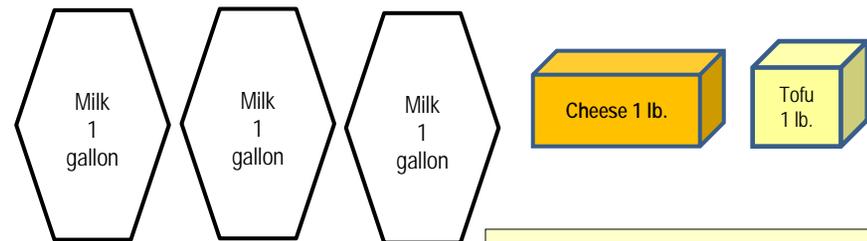


(2)



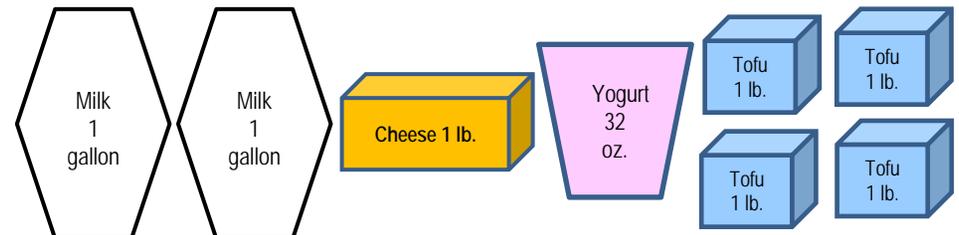
##### Examples that require CPA Approval

(1)



[Note] Any tofu for children, even if it falls within the 4 qts. rule, requires CPA approval.

(2)



[Note] Any tofu for children, even if it falls within the 4 qts. rule, requires CPA approval. In addition, all the tofu in this example is in excess of the 4 qts. rule.

##### Important!

- Yogurt is not allowed for children (12-23 months)
- Issuing tofu to children requires CPA approval.



Represents tofu (1 lb.) the amount allowed under the cheese, yogurt, tofu combination rule.



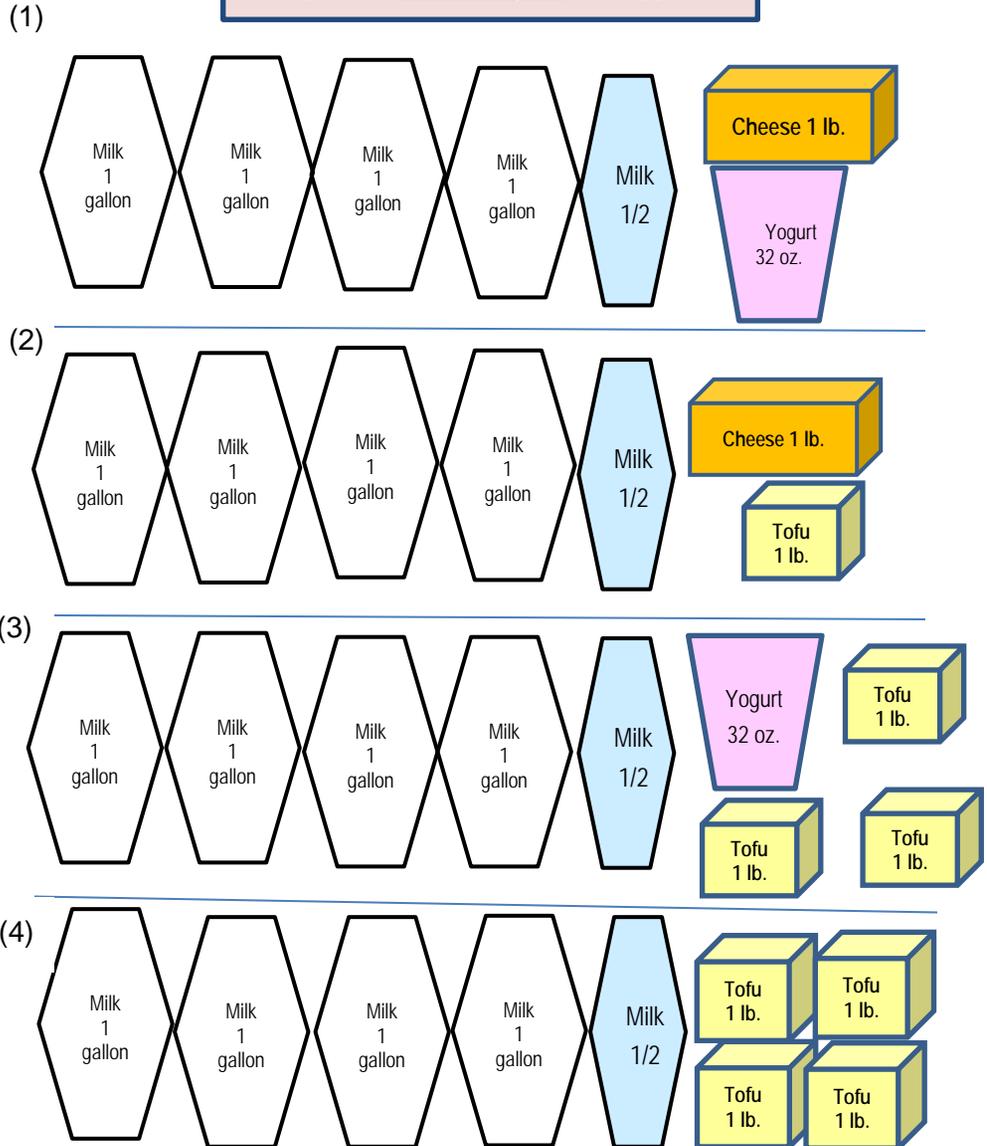
Represents tofu (1 lb.) in excess of the amount allowed under the cheese, yogurt, tofu combination rule.

5. Examples for Issuing a Combination of Cheese, Tofu, and Yogurt to Women (Food Package V)

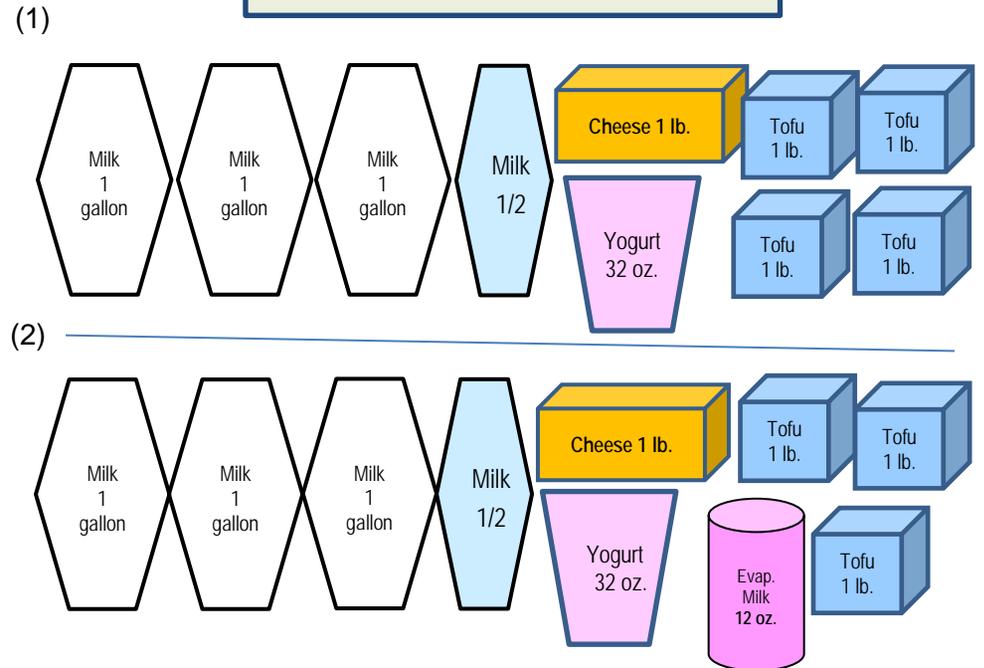
Women

No more than a total of 4 qts. of milk may be substituted for a combination of cheese, yogurt or tofu.

Examples that do not require CPA Approval



Examples that require CPA Approval



[Note] Issuing tofu (1 lb. to 4 lbs.) to women in addition to amount of tofu allowed under the cheese, yogurt, and tofu combination requires CPA approval.



Represents tofu (1 lb.) the amount allowed under the cheese, yogurt, tofu combination rule.



Represents tofu (1 lb.) in excess of the amount allowed under the cheese, yogurt, tofu combination rule.

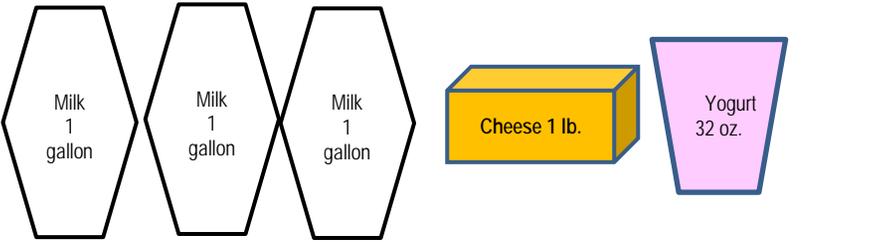
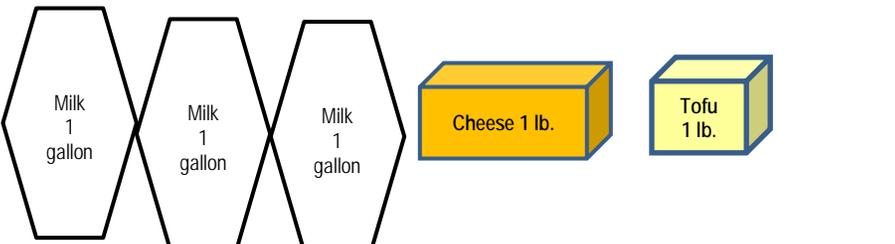
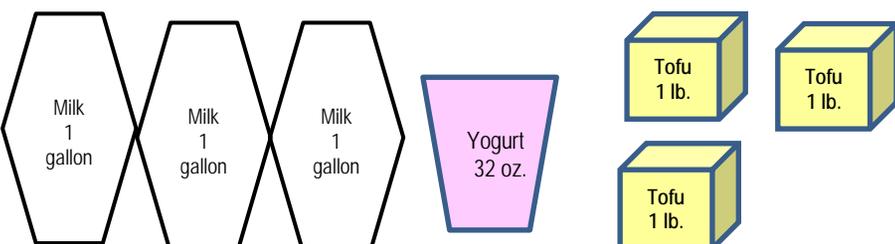
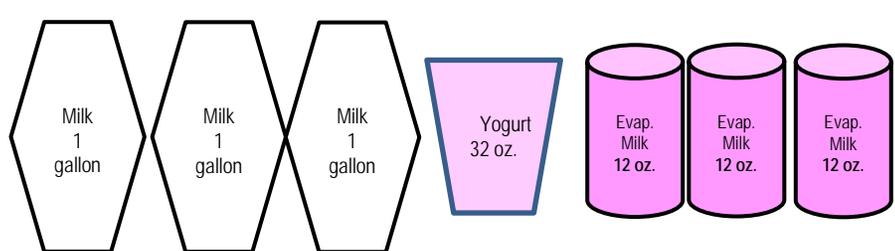
## 6. Examples for Issuing a Combination of Cheese, Tofu, and Yogurt to Women (Food Package VI)

### Women

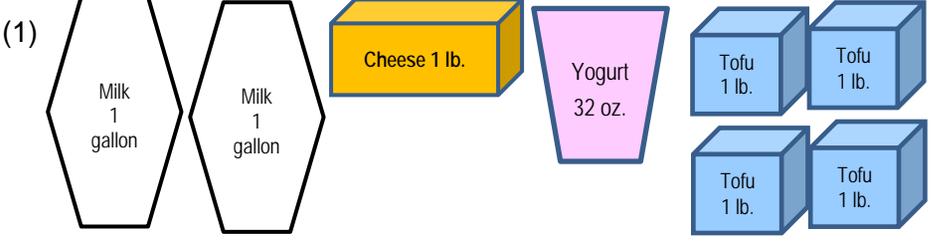
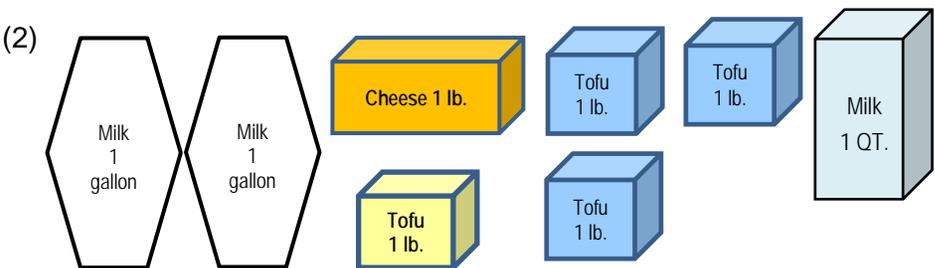
No more than a total of 4 qts. of milk may be substituted for a combination of cheese, yogurt or tofu.

Food Package VI

Examples that do not require CPA Approval

- (1) 
- (2) 
- (3) 
- (4) 

Examples that require CPA Approval

- (1) 
- (2) 

[Note] Issuing tofu (1 lb. to 4 lbs.) to women in addition to amount of tofu allowed under the cheese, yogurt, and tofu combination requires CPA approval.

 Represents tofu (1 lb.) the amount allowed under the cheese, yogurt, tofu combination rule.

 Represents tofu (1 lb.) in excess of the amount allowed under the cheese, yogurt, tofu combination rule.

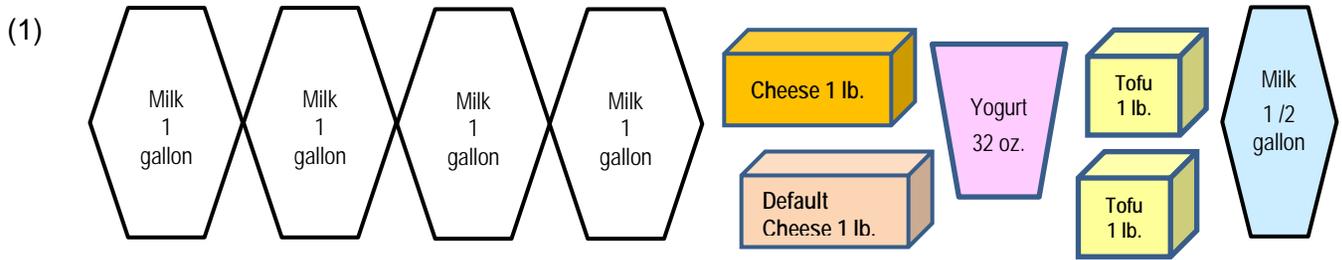
6. Examples for Issuing a Combination of Cheese, Tofu, and Yogurt to Fully Breastfeeding Women

Fully Breastfeeding Women

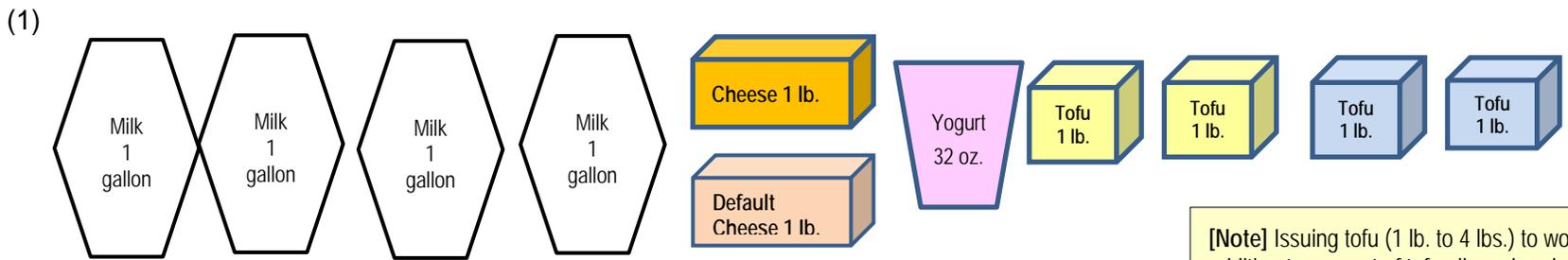
No more than a total of 6 qts. of milk may be substituted for a combination of cheese, yogurt or tofu

When a fully breastfeeding woman requests Cheese (1 lb.) in addition to cheese (1 lb.) in a default food package,

Example that **does not** require CPA approval



Example that **requires** CPA approval



[Note] Issuing tofu (1 lb. to 4 lbs.) to women in addition to amount of tofu allowed under the cheese, yogurt, and tofu combination requires CPA approval.

Represents tofu (1 lb.) the amount allowed under the cheese, yogurt, tofu combination rule.

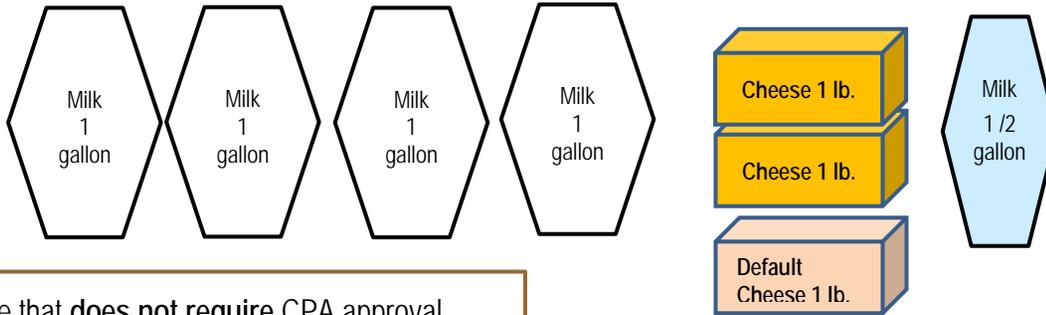
Represents tofu (1 lb.) in excess of the amount allowed under the cheese, yogurt, tofu combination rule.

**7. Examples for Issuing a Combination of Cheese, Tofu, and Yogurt to Fully Breastfeeding Women**

No more than a total of 6 qts. of milk may be substituted for a combination of cheese, yogurt or tofu

When a fully breastfeeding woman requests Cheese (2 lbs.) in addition to cheese (1 lbs.) in a default food package,

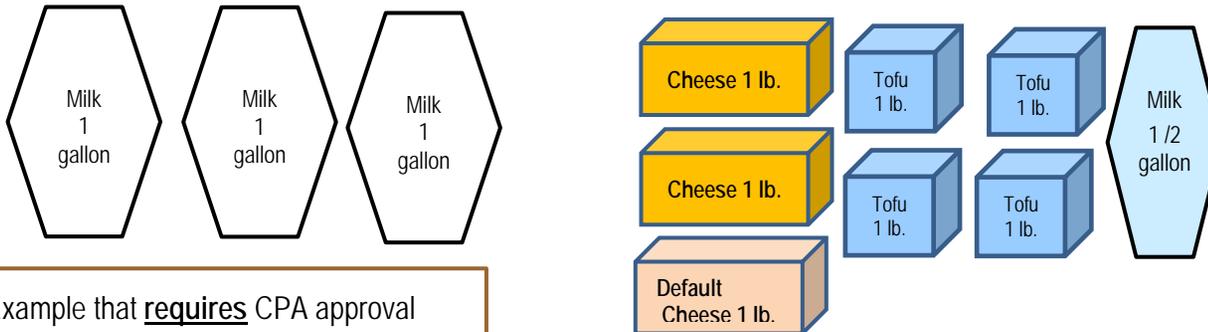
(1)



Example that does not require CPA approval

**[Note]** Does not require CPA approval WIC approved milk 2 qts. OR 1/2 gallon is allowed (Evaporated milk, Soymilk, Lactose Free Milk, Buttermilk, goat milk)

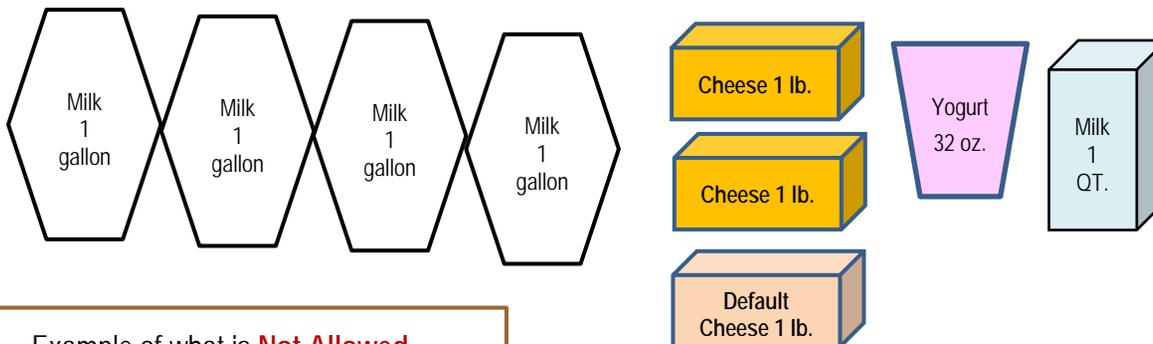
(1)



Example that requires CPA approval

**[Note]** Issuing tofu (1 lb. to 4 lbs.) to women in addition to amount of tofu allowed under the cheese, yogurt, and tofu combination requires CPA approval.

(1)



Example of what is Not Allowed

**[Note]** This example issues cheese and yogurt in excess of 6 qts. (No more than a total of 6 qts. of milk may be substituted for a combination of cheese, yogurt or tofu)

Represents tofu (1 lb.) the amount allowed under the cheese, yogurt, tofu combination rule.

Represents tofu (1 lb.) in excess of the amount allowed under the cheese, yogurt, tofu combination rule.