

Nutrition/Health Volume
Food Package Section

Guidelines for Issuance of Food Package IV to Children (2.07800)

ER# 2.07800

Authority Federal Register/Vol. 79, No. 42/Tuesday, March 4, 2014
Issued 1/81
Revised 4/15

POLICY: Food Package IV shall be issued to children 1 through 4 years of age who do not have a condition qualifying them to receive Food Package III.

Participants shall redeem food instruments only for Missouri WIC approved foods. Refer to the Missouri WIC Approved Food List for authorized foods. See chart below for maximum monthly allowances of supplemental food for children in Food Package IV.

Maximum Monthly Allowances of Supplemental food for Children in Food Package IV	
Juice, single strength	128 oz. (2-64 oz. containers)
Milk, Fluid	16 quarts (4 gallons)
Breakfast Cereal	36 oz.
Eggs	1 dozen
Fruits and Vegetables	\$8.00 cash value benefit/voucher (CVB/CVV)
Whole Wheat Bread or Other Whole Grains	2 pounds
Legumes, dry/canned or Peanut butter	1 pound or 4 -16 oz. cans or 16-18 oz.

PROCEDURES

- A. Refer to the Food and Formula Reference Guide for the default food package to issue.
- B. Milk Issuance
 - 1. Children 12 through 23 months
 - a. Whole milk is the standard authorized milk for children 12 through 23 months.
 - b. The following milk may be issued to children 12 through 23 months
 - i. Whole milk
 - ii. Evaporated whole milk
 - iii. Lactose free whole milk
 - iv. Evaporated whole goat milk
 - c. 2% milk may be issued to children 12 through 23 months under Food Package IV based on CPA determination of need. Refer to B.4 below.
 - i. The participant's risk factors must include 114, 115, or the CPA must identify a pattern of excessive weight gain.
 - ii. Consultation with the child's health care provider is not required unless

considered appropriate by the CPA.

2. Children 24 months through 59 months
 - a. Skim thru 1% milk is the standard authorized milk for children 24 through 59 months.
 - b. The following milk may be issued to children 24 through 59 months
 - i. Skim thru 1% milk
 - ii. Non-fat dry milk
 - iii. 1% cultured buttermilk
 - iv. Skim thru 1% lactose free milk
 - v. Skim thru 1% evaporated milk
 - vi. Non-fat powdered goat milk
 - c. 2% milk may be issued to children 24 through 59 months of age under Food Package IV based on CPA determination of need when risk factor 103, 134, or 135 is assigned or when an appropriate medical condition has been diagnosed by the healthcare provider. Refer to B.4 below.
 - i. The diagnosis must be written or verbal and must be scanned or documented in MOWINS.
 - ii. Consultation with the child's health care provider is not required unless considered appropriate by the CPA.
 - d. Whole milk may only be issued to children 24 through 59 months with medical documentation using Food Package III. Refer to [ER# 2.07000](#).
3. Dairy Substitutions for Fluid Milk:
 - a. 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.
 - b. Soy milk and tofu may be issued to children under Food Package IV based on CPA determination of need for situations that include, but are not limited to, milk allergy, lactose intolerance, vegan diets, and cultural food preference. Refer to B.4 below.
 - i. The substitution rate for soy milk is 1 quart soy milk per 1 quart milk up to the total maximum allowance for milk.
 - ii. The substitution rate for tofu is 1 pound tofu per quart of milk up to 4 quarts of milk.
 - iii. Consultation with the child's health care provider is not required unless considered appropriate by the CPA.
 - c. Cheese may be substituted for milk without CPA determination of need.
 - i. The substitution rate is 1 pound of cheese per 3 quarts of milk.

- ii. A maximum of one pound of cheese may be substituted.
 - d. A maximum of 1 quart of non-fat or low-fat yogurt may be substituted for milk.
 - i. The substitution rate is 1 quart of yogurt per 1 quart of milk.
 - e. No more than a total of 4 quarts of milk may be substituted for cheese, tofu, and yogurt, or any combination thereof for children in Food Packages IV.
 - i. If the amount of tofu in the cheese, tofu, and yogurt 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.
 - f. When milk substitution results in a dangling quart of milk, one of the following should be substituted for the dangling quart:
 - i. 12 oz. can of evaporated skim thru 1% milk
 - ii. 1 qt. of 1% cultured buttermilk
 - iii. 1 lb. of tofu within the policy as stated under C.6.d. and C.6.e.
 - iv. 1 qt. of skim thru 1% milk
 - v. 1 qt. of nonfat or low-fat yogurt
- 4. CPA determination of need for issuance of milk substitutes and dairy products with fat content other than that authorized in the standard food package.
 - a. The CPA determination of need shall include:
 - i. A review of the most recent nutrition assessment completed at certification or mid-certification.
 - ii. A review of any new information relevant to the determination of need.
 - iii. Collection of current anthropometric data as appropriate.
 - b. The participant's healthcare provider shall be consulted when deemed appropriate by the CPA.
 - c. The following must be documented in MOWINS:
 - i. Justification for the determination of need.
 - ii. Name and contact information for the healthcare provider if consulted.
 - iii. Recommendations made by the healthcare provider if consulted.
- C. Cash Value Benefit/Voucher (CVB/CVV) for Fruits and Vegetables: (Refer to [ER# 2.06950](#) for additional information regarding the CVB/CVV).
 - 1. The CVB/CVV allows the purchase of fresh and frozen fruits and vegetables.
 - 2. Educate the participant or guardian using the Guidelines for Use of the Cash Value Benefit.
- D. Tailoring Food Packages
 - 1. The full maximum monthly allowances for all supplemental foods in all food packages

must be made available to participants if medically or nutritionally warranted.

2. Tailoring must be completed by the CPA.
 3. The CPA may issue less than the maximum monthly allowance of supplemental foods to a participant only when:
 - a. Medically or nutritionally warranted (e.g., to eliminate a food due to a food allergy);
 - b. The participant refuses or cannot use the maximum monthly allowance; or
 - c. The quantities necessary to supplement another programs' contribution to fill a medical prescription would be less than the maximum monthly allowance.
- E. When prescribing a food package, emphasize that the food is only for the participant to whom it was issued.
- F. The CPA shall counsel the participant about the nutrition content of the food provided and the importance of good nutrition. Education should be provided on what foods to add to ensure the diet is nutritionally complete.