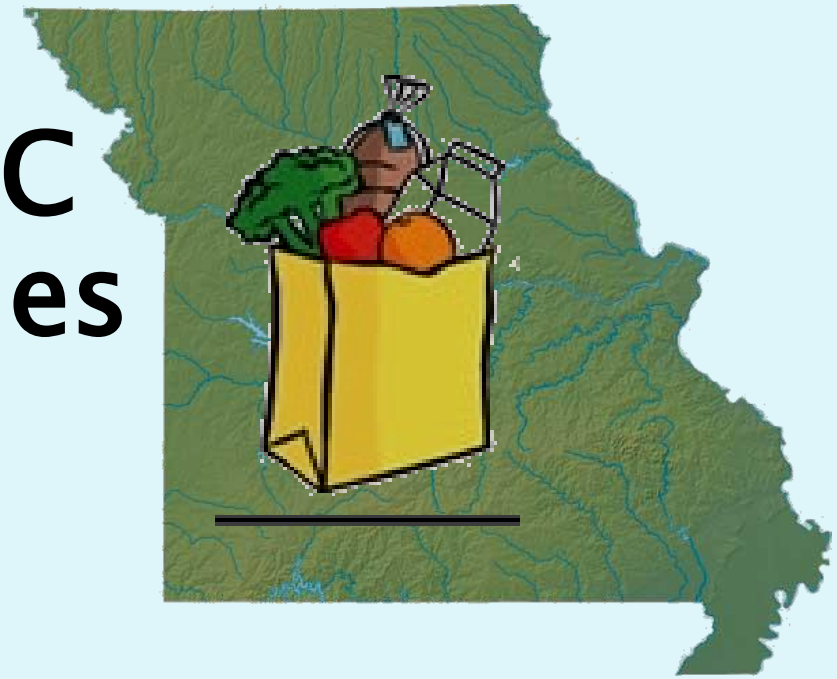
The NEW Missouri WIC Food Packages

Food and Focus!



Objectives

1. Identify reasons why the WIC food packages are changing.
2. Recognize the major changes to the WIC food packages.
3. Identify how has the infant food package changed.
4. Identify what extra food benefits a fully breastfeeding moms and their babies receive.
5. Identify which food items need a medical documentation from a health care provider.

Background to WIC Food Packages …1974

The WIC food packages were designed to supplement participants' diets with foods rich in **five** (5) target nutrients known to be lacking in the diets of the WIC target population:

vitamins A and **C**, **calcium**, **iron** and **protein.**

History of WIC Foods

Since 1980, the only significant change made in the WIC food packages occurred in 1992, when the amount of foods provided for breastfeeding women was increased.

Requests for Change

Over the years USDA received numerous requests to revise the WIC food packages.

- Advocacy groups
- Congress
- WIC Administrators
- Medical and scientific communities
- WIC Participants

Why Revise the WIC Food Packages?

Short duration of breastfeeding

Diets lacking in whole grains, fruit and vegetables

Overweight and obesity

Shift in the ethnic composition of the WIC population

Major Changes to WIC Foods

- **New foods**
  - Fruits and vegetables
  - Whole wheat/grain breads
  - Infant foods
- **New alternatives**
  - Soy beverage
  - Tofu
  - Brown rice or whole wheat tortillas
  - Canned beans
  - Canned fish

- **New quantities**
  - Milk, egg, juice and cheese are reduced for women and children
  - Juice is eliminated from infant packages
  - Quantities of infant formula are reduced for partially breastfed and older infants

The New WIC Food Packages….

Reinforce Nutrition Education Messages

- “Babies are meant to be breastfed”
- “Eat more fruits and vegetables”
- “Lower saturated fat”
- “Increase whole grains and fiber”
- “Drink less sweetened beverages and juice”

Provide Breastfeeding Incentives and Support

- Missouri WIC promotes breastfeeding as the preferred infant feeding method
- Every mother should breastfeed unless advised otherwise by a physician
- Health outcomes for both mother and infants are improved by breastfeeding…

Health outcomes for both mother and the infant are improved by breastfeeding…

- Reduced incidence of health problems
- Deceased risk of ear infection by 75%
- Decreased risk of tooth decay
- Improved awareness and brain development
- Less colic
- Reduced allergies

Benefits of breastfeeding for infant

- Weight loss
- Decreased risk of postpartum depression
- Reduced incidence of cancer, osteoporosis, diabetes, etc.
- Fewer complications after delivery
- Convenient and always available
- Savings of over $1,500 on formula

Benefits of breastfeeding for mom

New changes in the WIC food packages help WIC more actively promote and support breastfeeding through the food packages provided to participants.

- Fully breastfeeding mothers receive the most variety, largest quantity of food and a $10 fruit and vegetable check for fruits and vegetables.

- Fully breastfed infants (6 – 12 months) receive infant meats and larger quantities of infant fruits and vegetables.

Fully Breastfeeding Mothers

Fully Breastfeeding Infants

Section 1

Breastfeeding Dyad Infant/Mother

Mother's food package is determined by infant's feeding option

Food Package terminology for women's breastfeeding status

- **Fully Breastfeeding**
  - Infant receives no formula
- **Non-Breastfeeding**
  - Infant is not breastfed
- **Partially Breastfeeding**
  - Receives less than 50% of the full formula food package
- **Partially Breastfeeding > max**
  - Receives more than 50% of the full formula food package
  - Is a tailored food package and mother will not receive food benefits if infant is older than 6 months of age
  - Mother categorized as a "B" and counts in breastfeeding rates

Fully Breastfeeding: Mom & Baby

Infant receives no formula

Monthly

	Birth to 5 months	6 to 11 months
Baby Gets:	Breast milk No Foods	Breast Milk Infant cereal – 24 oz Infant fruits & vegetables – Up to 64 jars (4 oz. jars) Infant meats – Up to 31 jars (2.5 oz. jars)
Mom Gets:	36 oz breakfast cereal 1 lb. whole wheat/grain bread, tortilla or rice $10 worth of fruits/vegetables 144 oz. juice 5 gallons low-fat milk 2 lb. cheese 1 can evaporated milk 1 lb. dry beans or 4-16 oz. can beans 18 oz. peanut butter 30 oz. canned fish 2 dozen eggs	

Mothers who are exclusively breastfeeding multiples will get 1.5 X the Fully Breastfeeding Food Package

Women Fully Breastfeeding Multiple Infants

Food Items	Prenatal Food Package	Food Package 1st month	Food Package 2nd month
Cereal	36 oz.	54 oz.	54 oz.
Juice (can or frozen)	3 x 46/12 oz. can/frozen	3 x 46/12 oz. can/frozen	6 x 46/12 oz. can/frozen
Milk – Skim thru 2%	6 gal.	9 gal.	9 gal.
Cheese	1 lb.	2 lbs.	2 lbs.
Beans /Legumes	1 lb. dry beans OR 4-16 oz. cans beans/peas	1 lb. dry beans + 2 canned beans OR 6-16 oz. cans beans/peas	1 lb. dry beans + 2 canned beans OR 6-16 oz. cans beans/peas
Peanut butter	18 oz Jar	18 oz Jar	2 x 18 oz Jar
Eggs	2 dozen	3 dozen	3dozen
Canned fish	30 oz.	45 oz.	45 oz.
Whole grain	16 oz.	2-16 oz.	16 oz.
Fruit and Vegetable Check (FVC)	$10	$ 15	$ 15

Fully Breastfeeding Food Package

Non-Breastfeeding: Mom & Baby

Monthly

	Birth to 3 months	4 to 5 months (food pkg. I)	6 to 11 months (food pkg. II)
Baby Gets:	Up to 9 cans of powdered formula (Up to 870 oz. of reconstituted)	Up to 10 cans of powdered formula (Up to 960 oz. of reconstituted)	Up to 7 cans of powdered formula (Up to 696 oz. of reconstituted) Infant cereal-24 oz. Infant fruits & vegetables - up to 32 jars (4 oz. jars)
Mom Gets:	36 oz. breakfast cereal $8 worth of fruits and vegetables 2-46 oz. canned/12 oz. frozen 3 gallons of low-fat milk 1 can evaporated milk 1 lb. of dry beans or 4-16 oz. can beans or 18 oz of peanut butter 1 dozen eggs		Mother no longer eligible for the WIC program

Non-Breastfeeding Food Package

New Food Packages for Partially Breastfeeding Infants

- Partially breastfed infants receive less infant formula to allow mothers to feed more breast milk to their infants.
- No routine issuance of formula in first month to help mother maintain milk supply
- Breastfeeding moms with infants over 6 months of age receiving more than ½ the amount of formula in an infant formula food package:
  - No longer receive food for themselves
  - Are counted as participating on the WIC program as breastfeeding women
  - Are given support and education to continue breastfeeding

Partially Breastfeeding – Mom & Baby ≤ max

Monthly

	Birth to 1 month	2 to 3months	4 to 5 months	6 to 11 months (food package II)
Baby Gets:	Breast milk only to establish milk supply	Up to 4 cans of powder formula (Up to 435 oz. of reconstituted)	Up to 5 cans of powder formula (Up to 522 oz. of reconstituted)	Up to 4 cans of powder formula (Up to 384 oz. of reconstituted) 24 oz. infant cereal Up to 32 jars of infant fruits & vegetables (4 oz. jars)
Mom Gets:	Mother receives the Fully Breastfeeding Food Package	36 oz. breakfast cereal 1 lb. whole wheat bread $8 worth of fruits/vegetables 3-46 oz. canned/ 12 oz. frozen juice 4.5 gallons low-fat milk 12 oz. can of Evaporated Milk 1 lb. of cheese 1 lb. dry beans or 4-16 oz. can beans 18 oz. peanut butter 1 doz. eggs		

Receives <u>less than 50%</u> of the full formula food package

Partially Breastfeeding Food Package

Partially Breastfeeding: Infant who receives > maximum

Monthly

	Birth to 1 months	2 to 3 months	4-5 months	6 to 11 months
Baby Gets:	Breastmilk 1 – 8 cans of powder formula	Breast milk 5 – 8 cans of powdered formula	Breastmilk 6 – 9 cans of powdered formula	Breastmilk 5-6 cans of powered formula Infant cereal-24 oz. Infant fruits & vegetables – up to 32 jars (4 oz. jars)
Mom Gets:	36 oz. breakfast cereal $8 worth of fruits and vegetables 2-46 oz. canned/12 oz. frozen juice 3 gallons of low-fat milk 1 can of evaporated milk 1 pound of cheese 1 lb. of dry beans or 4-16 oz. of can beans or 18 oz of peanut butter 1 dozen eggs			Mother no longer eligible for the WIC program

Partially Breastfeeding > Max Food Package

Section 2

Foods for Infants Starting at 6 months

Changes to the infant food package

- Infant cereal provided at 6 months
- No juice for infants
- Infant food provided at 6 months: **Fruit, vegetables, meats***
- Maximum allowances of formula for partially breastfed infants
- More food benefits for the breastfeeding dyad

*Only issued to a fully breasfed infant

Infant Cereal

- Approved sizes:
  - 8 or 16 oz. box
- Approved varieties:
  - Rice, Barley, Oatmeal, Mixed and Multi Grains
- Approved brands:
  - Beech-nut, Gerber and Nature's Goodness

Not allowed:
- Added DHA and/or ARA
- Organic products
- Added fruit

Infant Fruits

- Approved size:
  - 4 oz. jars only
- Approved types:
  - Single ingredient commercial infant fruit
  - Texture may range from strained through diced
- Approved varieties:
  - Applesauce, apricots, bananas, pears and peaches
- Approved brands:
  - Gerber, Nature's Goodness, Beech-Nut and Hy-Vee

Not allowed:

- Mixed fruits
- Added sugars or salt
- Added DHA and/or ARA
- Organic products
- Two pack packages or any multiple packs

Infant Vegetables

- Approved sizes:
  - 4 oz. jars only
- Approved types:
  - Texture can be strained through diced
- Approved varieties:
  - Sweet potatoes, squash, carrots, green beans and peas
- Approved brands:
  - Gerber, Nature's Goodness, Beech-Nut and Hy-Vee

Not allowed:
- Mixed vegetables
- Added sugars or salt
- Added DHA and/or ARA
-Organic products
-Two pack packages or any multiple packs

Infant Meats

- Approved sizes:
  - 2.5 oz. jars only
- Approved types:
  - Added broth or gravy
  - Pureed through diced
- Approved varieties:
  - Beef, chicken, ham, lamb, turkey and veal
- Approved brands:
  - Gerber, Nature's Goodness and Beech-Nut

ONLY ISSUED TO A FULLY BREASTFED INFANT

Not allowed:

- Added sugars or salt
- Added DHA and/or ARA
- Organic products

Section 3

Approved Food for Children and Women

Children 12-23 Months

Default Food Package
2-64 oz. containers of juice
3 gallons of whole milk
1 pound of cheese
1 can of evaporated milk
1 dozen eggs
36 oz. breakfast cereal
2 (16-oz.) packages of whole wheat/grain bread, brown rice, whole wheat tortilla, or soft corn tortilla
1 pound of dry legumes or 4-16 oz. canned beans or 18 oz. peanut butter
$ 6 fruit and vegetable check

Milk Choices 12-23 Months

- Approved amount:
  - 4 gallons (16 quarts)
- Approved varieties:
  - Whole Cow Milk
  - Whole Evaporated Milk
  - Lactaid Whole Milk
  - Whole Evaporated Goat Milk

Children 24 – 59 Months

Default Food Package
2-64 oz. containers of juice
3 gallons of reduced-fat milk
1 pound of cheese
1 can of evaporated milk
1 dozen eggs
36 oz. breakfast cereal
2 (16-oz.) packages of whole wheat/grain bread, brown rice, whole wheat tortilla, or soft corn tortilla
1pound of dry legumes or 4-16 oz. canned beans or 18 oz. peanut butter
$ 6 fruit and vegetable check

Reduced Milk and Dairy Allowances

Reduced quantities of milk and cheese for children and women to align with 2005 Dietary Guidelines for Americans.

Milk Choices 24-59 Months

- Approved amount:
  - 16 quarts
- Approved varieties:
  - Cow Milk (skim thru 2 %)
  - Evaporated Low Fat Milk
  - Non-Fat Dry Milk
  - Cultured Buttermilk
  - Lactaid (skim thru 2%)

Milk Choices for Women

Issuance of ½ gallons is allowed for prenatal and partially breastfeeding women only

- Approved amount:
  - Based on program category
- Approved varieties:
  - Cow Milk (skim thru 2 %)
  - Non-Fat Dry Powder
  - Cultured Buttermilk
  - Lactaid (skim thru 2%)
  - Evaporated Low Fat Milk

Milk choices

No Medical Documentation Required

Approved Milk	Approved Sizes
Milk Skim – 2%	Gallon
Milk Skim – 2%	½ gallon (only for Food Package V)
Cultured Buttermilk	Quart
Non-Fat Dry Milk	Quart (8 oz. box)
Lactaid Low Fat Milk	½ gallon
1% Nutrish a/B Acidophilus Milk	½ gallon
Evaporated Low Fat Milk	12 oz Can

Milk choices which are eliminated due to not being available statewide are: Dairy Ease (whole and skim thru 2 %) and low-fat Goat milk (fresh and canned).

Cheese

- Approved size:
  - 8 or 16 oz.
- Approved types:
  - Block, Natural or Domestic
- Store brand only
- Approved Varieties:
  - American, Cheddar, Colby, Colby Jack, Monterey Jack and Mozzarella Cheese
- With medical documentation additional cheese can be provided

Peanut Butter

- Approved size:
  - 18 oz jar
- Approved varieties:
  - Regular or creamy
  - Smooth
- Store brand only

Not allowed

- Crunchy
- Low fat
- Low salt/sodium
- Organic
- Mixtures with jam, jellies or honey

Reduced Quantities of Eggs

Reduced quantity of eggs
to align with
2005 Dietary Guidelines for Americans.

Eggs

- Approved size:
  - Large
  - White eggs
  - Grade A or AA
- One dozen package
- Any store brand

Not allowed

Low cholesterol

Organic

Brown

Specialty

Require Whole Grain Cereals

- At least half of the cereals on a State agency's food list must be whole grain.

Breakfast Cereals

- Approved amount:
  - 12 to 36 oz. bag or box
  - Mix and match up to 36 oz. per month
- Approved varieties:
  - Whole Grain
    - Whole grain is the primary ingredient by weight
  - Rice-based
  - Corn-based

Rice Chex

- General Mills
  - Gluten Free
- Approved only for participants with risk factors:
  - 353 (Food Allergies) and/or
  - 354 (Celiac Disease)
- Medical documentation is not required
- CPA issuance required

Whole Grain Selections

- Brown Rice

  or
- Whole Wheat Bread

  or
- Whole Wheat Tortilla

  or
- Soft Corn Tortilla

Benefits of Whole Grains

Three servings per day to:

- Reduce the risk for Coronary heart disease and type 2 diabetes
- Help maintain a healthy body weight
- Increase dietary fiber

Whole Wheat/Grain Bread

- Approved size:
  - 16 oz. loaf
- Approved varieties:
  - Wonder – 100% Soft Whole Wheat
  - Best Choice – 100% Whole Wheat
  - Blue Bunny – 100% Whole Wheat
  - Healthy Life – 100% Whole Wheat Grain

Not allowed:
- Wraps or flatbreads
- Buns and rolls
- Any other brands

Whole Wheat & Soft Corn Tortillas

- Approved size:
  - 16 oz. package
- Approved brands:
  - Whole Wheat Tortillas
    - Best Choice – 100% Whole Wheat
    - Chi-Chi's Whole Wheat Fajitastyle
    - Hy-Vee – Whole Wheat
    - Manny's Whole Wheat
  - Corn Tortillas
    - Best Choice – Corn

Not allowed:
- Organic
- Seasoned
- Flavored
- Any other brands

Brown Rice

- Approved size:
  - 16 or 32 oz. packages
- Store brands only
- Approved types:
  - Regular
  - Short or long grain

Not allowed

- Seasoned
- Organic
- Ready-to-Eat (Microwaveable)
- Ready-to-Boil (Boil in Bag)
- Instant
- Individual Servings or pouches

Reduce Juice Allowance for Children and Women

Amounts align with the 2005 Dietary Guidelines for Americans and recommendations of the American Academy of Pediatrics

Juice for Children

- Ready-To-Serve juices (non-refrigerated) in 64 fluid ounce containers are approved
- Any store brand ORANGE juice (refrigerated and non-refrigerated) in 64 fluid ounce containers is allowed
- Total amount issued 2-64 oz. containers

Juice for Women

- Ready-To-Serve
  - 46 fluid oz. can
- Frozen
  - 12 oz. can
- Approved store brands
- Approved varieties:
  - Refer to approved food list
- Total issued 3 depending on program category

Dry Beans and Peas

- Approved size:
  - 16 oz bag
- Approved varieties:
  - Any variety of plain, mature, dry beans, peas or lentils
  - Mixed dried beans and peas
- Any store brand

Not allowed

- Additives
- Organic
- Flavors/Seasonings

Other Changes…

- Add legumes
- Add new canned fish for fully breastfeeding women
- Add new milk and dairy alternatives

Add Legumes

- Adds legumes (beans or peanut butter) to food package for postpartum women to improve the intake of iron, folate, Vitamin E, and fiber.

- Allows canned beans to be substituted for dried beans for all children and women.

Canned Legumes (Beans/Peas)

- Approved size:
  - 16 oz. cans
- Approved varieties:
  - Kidney, Garbanzo, Pinto and Red
- Approved Brand:
  - Bush's Best Brand

Not allowed

- Seasoned
- Organic
- Added ingredients

Add New Canned Fish for Fully Breastfeeding Women

- Continues to allow canned light tuna (no albacore)
- Allows other canned fish identified as lower in mercury
  - Salmon
  - Sardines

Canned Fish

Fully Breastfeeding Women

- Tuna
  - Any brand
  - 5 and 6 oz. cans
  - Water packed only
  - Chunk, solid or grated
- Pink Salmon
  - Any brand
  - 5, 6, 7.5 oz. cans
  - Water packed only
- Sardines
  - Any brand
  - 3.75 oz. cans
  - Water or soybean oil packed

Add New Milk and Dairy Alternatives

- Tofu
- Soy-based beverage

Medical documentation is required for children to receive soy-based beverage and tofu as alternatives to milk.

Tofu

- Approved textures:
  - Soft, firm, extra firm
  - Blocks only
- Approved brands:
  - Mori-Nu (12 – 12.3 oz.)
    - Silken Tofu (Soft, Firm and Extra Firm)
    - Silken Lite Tofu (firm)
    - Organic Silken tofu (firm)
  - Azumaya Brand (14 oz. firm)
  - NaSoya Brand (14-16 oz.)
    - Firm or Silken Organic

Not allowed

- Added flavors and sauces
- Cubed Tofu

Soy milk

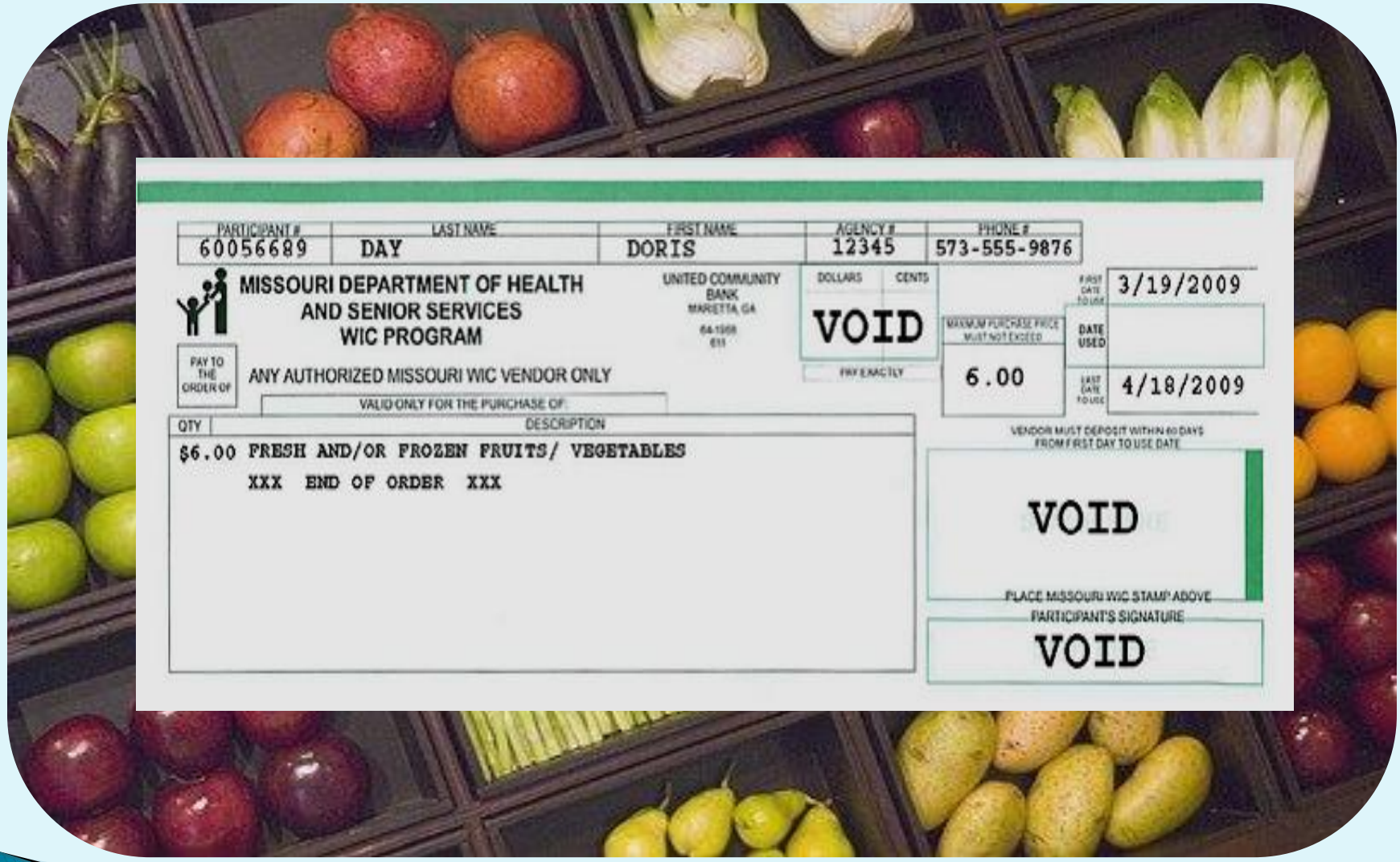
- Soy milk for children (12–59 months old) with medical documentation
  - Women do not require medical documentation for issuance
- Half-gallon container
- Approved brand:
  - 8th Continent Original

Add Fruits and Vegetables

- Fruit and Vegetable Check FVC for fruits and vegetables for children and women
- Participants may choose from a wide variety of fruits and vegetables
- Fresh and frozen allowed

Children	$6.00
Pregnant Women	$8.00
Pregnant Women Carrying Multiples	$10.00
Partially Breastfeeding Women	$8.00
Non-Breastfeeding Women	$8.00
Fully Breastfeeding Women	$10.00
Fully Breastfeeding Multiples	$15.00

Fruit and Vegetable Check



Fruits: Fresh or Frozen

- Fresh
  - Any variety of fresh whole or cut
  - Fruits packed in juice or with added fruit juice concentrate
- Frozen
  - Any brand, type and package size
    - Any plain fruit, plain fruit mixtures
      - Any frozen fruit with fruit juice, water or artificial sweeteners (e.g. Splenda)

Vegetables: Fresh or Frozen

- Fresh
  - Any variety of fresh whole or cut
  - Yams and sweet potatoes, garlic and ginger, bagged lettuce and salad greens (without dressing)
- Frozen
  - Any brand, type and package size

SHOPPING GUIDE FOR BUYING FRUITS AND VEGETABLES

SHOPPING GUIDE FOR BUYING FRUITS AND VEGETABLES

This shopping guide is to assist you in getting the most for your WIC fruit and vegetable check. Use this shopping list to keep track of your fruit and vegetable purchases. When choosing fruits or vegetables that are priced by the pound, please complete the following steps:

- Place the item on the scale in the produce section..
- Round the weight up to the nearest pound or half pound.
- Estimate the cost of the item based on this chart below.
- Write the item and price on this shopping list.

When you get to the check out counter, sort your foods. First, be sure to place the fresh fruits and vegetables on the conveyor belt or counter, then follow with the frozen fruits and vegetables.

REMINDERS:

1. More than one WIC check for fruits and vegetables may be added together for one WIC sale. Other WIC food checks must be rung up separately.
2. Your fruit and vegetable purchases must be the amount of the WIC check ($6, $8, or $10) or less. You may NOT pay the difference if your purchases exceed the WIC check amount. You may have to return some item(s) to reduce the amount of the sale to the amount of the WIC check or less.

Price per lb.	1 lb.	1 ½ lbs.	2 lbs.	2 ½ lbs.	3 lbs.	3 ½ lbs.	4 lbs.	4 ½ lbs.
0.49	0.49	0.74	0.98	1.23	1.47	1.72	1.96	2.21
0.59	0.59	0.89	1.18	1.48	1.77	2.07	2.36	2.66
0.69	0.69	1.04	1.38	1.73	2.07	2.42	2.76	3.11
0.79	0.79	1.19	1.58	1.98	2.37	2.77	3.16	3.56
0.89	0.89	1.34	1.78	2.23	2.67	3.12	3.56	4.01
0.99	0.99	1.49	1.98	2.48	2.97	3.47	3.96	4.46
1.09	1.09	1.64	2.18	2.73	3.27	3.82	4.36	4.91
1.19	1.19	1.79	2.38	2.98	3.57	4.17	4.76	5.36
1.29	1.29	1.94	2.58	3.23	3.87	4.52	5.16	5.81
1.39	1.39	2.09	2.78	3.48	4.17	4.87	5.56	6.26
1.49	1.49	2.24	2.98	3.73	4.47	5.22	5.96	6.71
1.59	1.59	2.39	3.18	3.98	4.77	5.57	6.36	7.16
1.69	1.69	2.54	3.38	4.23	5.07	5.92	6.76	7.61
1.79	1.79	2.69	3.58	4.48	5.37	6.27	7.16	8.06
1.89	1.89	2.84	3.78	4.73	5.67	6.62	7.56	8.51
1.99	1.99	2.99	3.98	4.98	5.97	6.97	7.96	8.96
2.09	2.09	3.14	4.18	5.23	6.27	7.32	8.36	9.41
2.19	2.19	3.29	4.38	5.48	6.57	7.67	8.76	9.86
2.29	2.29	3.44	4.58	5.73	6.87	8.02	9.16	10.31
2.39	2.39	3.59	4.78	5.98	7.17	8.37	9.56	10.76
2.49	2.49	3.74	4.98	6.23	7.47	8.72	9.96	11.21
2.59	2.59	3.89	5.18	6.48	7.77	9.07	10.36	11.66
2.69	2.69	4.04	5.38	6.73	8.07	9.42	10.76	12.11
2.79	2.79	4.19	5.58	6.98	8.37	9.77	11.16	12.56
2.89	2.89	4.34	5.78	7.23	8.67	10.12	11.56	13.01
2.99	2.99	4.49	5.98	7.48	8.97	10.47	11.96	13.46
3.09	3.09	4.64	6.18	5.23	9.27	10.82	12.36	13.91
3.19	3.19	4.49	6.38	7.98	9.57	11.17	12.76	14.36
3.29	3.29	4.94	6.58	8.23	9.87	11.52	13.16	14.81
3.39	3.39	5.09	6.78	8.48	10.17	11.87	13.56	15.26
3.49	3.49	5.24	6.98	8.73	10.47	12.22	13.96	15.71

SHOPPING LIST

Fresh Produce Priced by the Pound (Will need to be weighed)

Item	Price by Pound

Estimated Total: _____

Fixed Price – Fruits & Vegetables

Item	Price	Quantity	Total
		x =	
		x =	
		x =	
		x =	
		x =	

Estimated Total: _____

Frozen Fruits & Vegetables

Item	Price	Quantity	Total
		x =	
		x =	
		x =	
		x =	
		x =	

Estimated Total: _____

Estimated Grand Total: _____

WIC IS AN EQUAL OPPORTUNITY PROVIDER.

#1004 (06-

WIC Approved Food List

For Women and Children

Milk

Allowed
- Any brand
- Reduced/Low Fat milk (skim, ½%, 1%, 2%)
- Whole milk (if printed on WIC check)
- Plastic container size as printed on WIC check
- Cultured buttermilk (quart size)
- Evaporated milk, store brand only (12 oz can)
- Non-fat, dry milk, store brand only (8 quart box)

Not Allowed
- Filled milk
- Flavored milk
- Organic milk
- Substitutions
- Sweetened condensed milk

Specialty Milk
- Type and size will be printed on WIC check

Cheese

Allowed
- Store brand only, block, natural, domestic, American, Cheddar (extra sharp, sharp, medium or mild), Colby, Colby Jack, Monterey Jack, Mozzarella

cheeses part skim or whole (8 or 16 oz)
- Store brand sliced American cheese only

Not Allowed
- Cheese additives
- Deli cheese
- Cheese food
- Cheese spread
- Cheese product
- Cholesterol-reduced cheese
- Individually wrapped slices
- Low Fat/Fat Free cheese
- String cheese
- Grated cheese
- Flavored cheese
- Shredded cheese
- Organic

Eggs

Allowed
- Large, white, grade A or AA (1 dozen package)

Not Allowed
- Low cholesterol eggs
- Organic eggs
- Specialty eggs
- Brown eggs

Dry Beans & Peas

Allowed
- Any variety of plain, mature dried beans, peas or lentils (16 oz package)
- Store brand only

Not Allowed
- Organic products
- Additives or flavors

Peanut Butter

Allowed
- Smooth, creamy or regular, store brand only (18 oz jar)

Not Allowed
- Crunchy peanut butter
- Low fat peanut butter
- Low salt/sodium peanut butter
- Organic peanut butter
- Mixtures with jams, jellies or honey

Canned Beans
- Bush's Best brand (16 oz can) only
- Garbanzo, Kidney, Pinto, and Red Beans

Whole Wheat/Whole Grain Breads
- Wonder 100% Soft Whole Wheat Bread (16 oz)
- Healthy Life 100% Whole Wheat/Whole Grain Bread (16 oz)
- Bunny 100% Whole Wheat Bread (16 oz)
- Best Choice 100% Whole Wheat Bread (16 oz)

Whole Grain Tortillas
- Best Choice 100% Whole Wheat (16oz)
- Chi-Chi's Whole Wheat Fajitastyle (16oz)
- Hy-Vee Whole Wheat (16oz)
- Best Choice Corn Tortilla (16oz)

Brown Rice
- Whole unprocessed grain
- 16 or 32 oz store brand packages
- No instant rice

Soymilk
(issued if meets criteria)
- 8th Continent Original Plain
- Half gallon only
- No flavored

Tofu
(issued if meets criteria)
- **Mori-Nu Brand:**
  - Silken Tofu Soft (12 oz)
  - Silken Tofu Firm (12.3 oz)
  - Silken Tofu Extra Firm (12.3 oz)
  - Silken Lite Tofu Firm (12.3 oz)
  - Organic Silken Tofu Firm (12.3 oz)
- **Azumaya Brand:**
  - Firm Tofu (14 oz)
- **NaSoya Brand:**
  - Firm Tofu-Organic (14 oz)
  - Silken Tofu-Organic (16 oz)

For Infants

Infant Formula
- Brand, type and size printed on WIC check

Infant Cereal
- Plain, dry only (8 or 16 oz)

Beech-Nut	Gerber	Nature's Goodness
• Barley	• Barley	• Mixed
• Multigrain	• Mixed	• Oatmeal
• Oatmeal	• Oatmeal	• Rice
• Rice	• Rice	
	• Whole Wheat	

Infant Fruit
- Only Applesauce, Apricot, Banana, Peach and Pears (4 oz jar)
- Any texture
- No mixed fruits

Beech-Nut, Gerber, Hy-Vee, Nature's Goodness

Infant Vegetables
- Only Carrots, Green Beans, Peas, Squash and Sweet Potatoes (4 oz jar)
- Any texture
- No mixed vegetables

Beech-Nut, Gerber, Hy-Vee, Nature's Goodness

Infant foods **not** allowed: Organic, Multiple-packs, and added DHA/ARA.

For Fully Breastfed Infants Only

Infant Meats
- Only Beef, Chicken, Ham, Lamb, Turkey and Veal (2.5 oz jar)
- Any texture, with broth or gravy

Beech-Nut, Gerber, Nature's Goodness

For Fully Breastfeeding Women

Canned Fish
- Light Tuna, water packed (5 or 6 oz) Chunk, solid or grated
- Pink Salmon (5,6, or 7.5 oz) Water packed only
- Sardines (3.75 oz) Water or soybean oil packed

Missouri Department of Health and Senior Services
WIC and Nutrition Services
P.O. Box 570
Jefferson City, MO 65102-0570
573-751-6204
www.dhss.mo.gov/WIC

DHSS is an equal opportunity/affirmative action employer. Services provided on a nondiscriminatory basis.

Alternate forms of this publication for persons with disabilities may be obtained by contacting the Missouri Department of Health and Senior Services at 573-751-6204. Hearing and speech impaired citizens telephone 1-800-735-2966. VOICE 1-800-735-2466.

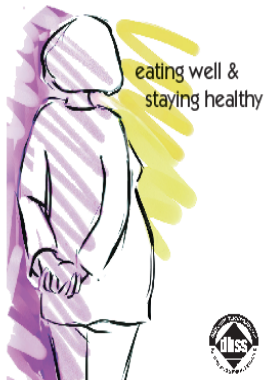
In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write to: USDA, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

WIC-640 (09-09)

Missouri WIC

Special Supplemental Nutrition Program for Women, Infants and Children

Approved Food List



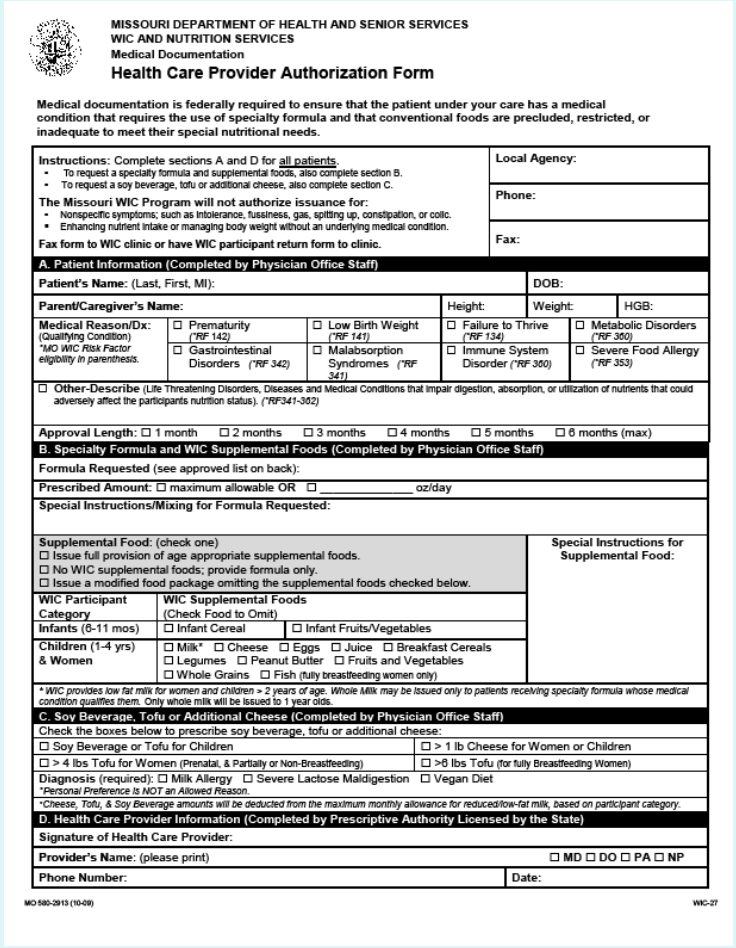
Effective October 1, 2009 – September 30, 2011

NEW

http://www.dhss.mo.gov/wic/FoodPackages/index.html

Medical Documentation WIC 27

- Medical documentation ensures that the participant's physician has determined that foods provided by WIC will not cause harm.
- Medical documentation covers food; medical prescriptions do not.
- Medical documentation from the physician is needed before WIC can issue special formulas, soy milk and tofu for children.



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
WIC AND NUTRITION SERVICES
Medical Documentation
Health Care Provider Authorization Form

Medical documentation is federally required to ensure that the patient under your care has a medical condition that requires the use of specialty formula and that conventional foods are precluded, restricted, or inadequate to meet their special nutritional needs.

Instructions: Complete sections A and D for all patients.
- To request a specialty formula and supplemental foods, also complete section B.
- To request a soy beverage, tofu or additional cheese, also complete section C.

The Missouri WIC Program will not authorize issuance for:
- Nonspecific symptoms; such as intolerance, fussiness, gas, spitting up, constipation, or colic.
- Enhancing nutrient intake or managing body weight without an underlying medical condition.

Fax form to WIC clinic or have WIC participant return form to clinic.

Local Agency:
Phone:
Fax:

A. Patient Information (Completed by Physician Office Staff)

Patient's Name: (Last, First, MI): | **DOB:**

Parent/Caregiver's Name: | Height: | Weight: | HGB:

Medical Reason/Dx: (Qualifying Condition) **MO WIC Risk Factor eligibility in parenthesis.*	☐ Prematurity *(*RF 142)*	☐ Low Birth Weight *(*RF 141)*	☐ Failure to Thrive *(*RF 134)*	☐ Metabolic Disorders *(*RF 360)*
	☐ Gastrointestinal Disorders *(*RF 342)*	☐ Malabsorption Syndromes *(*RF 341)*	☐ Immune System Disorder *(*RF 360)*	☐ Severe Food Allergy *(*RF 353)*

☐ **Other-Describe** (Life Threatening Disorders, Diseases and Medical Conditions that impair digestion, absorption, or utilization of nutrients that could adversely affect the participants nutrition status). *(*RF341-362)*

Approval Length: ☐ 1 month ☐ 2 months ☐ 3 months ☐ 4 months ☐ 5 months ☐ 6 months (max)

B. Specialty Formula and WIC Supplemental Foods (Completed by Physician Office Staff)

Formula Requested (see approved list on back):

Prescribed Amount: ☐ maximum allowable OR ☐ _____ oz/day

Special Instructions/Mixing for Formula Requested:

Supplemental Food: (check one)
☐ Issue full provision of age appropriate supplemental foods.
☐ No WIC supplemental foods; provide formula only.
☐ Issue a modified food package omitting the supplemental foods checked below.

Special Instructions for Supplemental Food:

WIC Participant Category	**WIC Supplemental Foods** (Check Food to Omit)	
Infants (6-11 mos)	☐ Infant Cereal	☐ Infant Fruits/Vegetables
Children (1-4 yrs) **& Women**	☐ Milk* ☐ Cheese ☐ Eggs ☐ Juice ☐ Breakfast Cereals ☐ Legumes ☐ Peanut Butter ☐ Fruits and Vegetables ☐ Whole Grains ☐ Fish (fully breastfeeding women only)	

** WIC provides low fat milk for women and children > 2 years of age. Whole Milk may be issued only to patients receiving specialty formula whose medical condition qualifies them. Only whole milk will be issued to 1 year olds.*

C. Soy Beverage, Tofu or Additional Cheese (Completed by Physician Office Staff)

Check the boxes below to prescribe soy beverage, tofu or additional cheese:

☐ Soy Beverage or Tofu for Children	☐ > 1 lb Cheese for Women or Children
☐ > 4 lbs Tofu for Women (Prenatal, & Partially or Non-Breastfeeding)	☐ >6 lbs Tofu (for fully Breastfeeding Women)

Diagnosis (required): ☐ Milk Allergy ☐ Severe Lactose Maldigestion ☐ Vegan Diet
**Personal Preference is NOT an Allowed Reason.*

**Cheese, Tofu, & Soy Beverage amounts will be deducted from the maximum monthly allowance for reduced/low-fat milk, based on participant category.*

D. Health Care Provider Information (Completed by Prescriptive Authority Licensed by the State)

Signature of Health Care Provider:

Provider's Name: (please print) ☐ MD ☐ DO ☐ PA ☐ NP

Phone Number: | **Date:**

MO 580-2913 (10-09) WIC-27

http://www.dhss.mo.gov/wic/FoodPackages/InfoforLWPs.html

When is Medical Documentation Required?

- Special infant formulas
- Any infant formula for children
- Medical foods for women and children
- Whole milk for anyone 2 years and older

Medical Documentation (Continued)

Cheese

- Greater than 1 pound for children and prenatal, partially breastfeeding and non-breastfeeding women
- Greater than 2 pounds for fully breastfeeding women

Soy beverage

- For children (1-4 years old)

Tofu

- Greater than 4 pounds for prenatal, partially and non-breastfeeding women
- Greater than 6 pounds for fully breastfeeding women
- Children any amount

October 1, 2009

New WIC Food Packages are coming in October 2009!

Food Packages will include:

- *Baby food fruits and vegetables*
- *Cash value checks for children and women to purchase fresh and/or frozen fruits and vegetables.*

AN EQUAL OPPORTUNITY / AFFIRMATIVE ACTION EMPLOYER: Services provided on a nondiscriminatory basis.

Sources:

- Food and Nutrition Service. WIC Food Packages. http://www.fns.usda.gov/wic/benefitsandservices/foodpkg.htm
- WIC Works Resource System. New WIC Food Packages Resources for WIC Staff. http://www.nal.usda.gov/wicworks/Learning_Center/Food_Packages.html
- Food and Nutrition Service (FNS). WIC Food Packages. http://www.fns.usda.gov/wic/benefitsandservices/foodpkg.htm
- California WIC Association. New WIC Foods: WIConnect http://www.calwic.org/newfood.aspx