

## II. Nutrition Services

### 3. Food Package

#### 2.3.020 Issuance of Food Package I and II to Infants

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**POLICY:** Food Package I and II shall be issued to infants from birth through 11 months of age who do not have a condition qualifying them to receive Food Package III. The maximum monthly allowances of all supplemental foods shall be made available to participants.

At one (1) month through 11 months of age, there are four (4) feeding choices: fully breastfeeding, partially (mostly) breastfeeding, partially (some) breastfeeding, or fully formula feeding.

The competent professional authority (CPA) may tailor the amount of formula to reflect the individual needs of the infant, but formula will not be routinely provided to breastfeeding infants during the first month after birth in order to facilitate successful breastfeeding.

At six (6) months of age, infants shall be issued infant cereal, infant fruits and vegetables. Fully breastfeeding infants shall be issued infant meat, infant cereal, infant fruits and vegetables.

The local agency (LA) shall issue food benefits for an appropriate food package on the same day a participant is declared eligible for program benefits. Exceptions are breastfeeding infants eligible for the program but not receiving supplemental foods.

A mother's food prescription is determined by her infant(s) breastfeeding amount, which is linked in the Missouri WIC Information Network System (MOWINS).

The table below shows how MOWINS determines women's default food packages when infant feeding information is changed.

Infant Feeding Choices	Women Category Description	Women Food Packages*
Fully breastfeeding	A breastfeeding woman who is up to one (1) year postpartum, whose infant does not receive formula from WIC.	Food package VII
Partially (mostly) breastfeeding	A breastfeeding woman who is up to one (1) year postpartum, whose infant receives infant formula from WIC up to the maximum provided for a mostly breastfeeding infant.	Food package V
Partially (some) breastfeeding	A breastfeeding woman who is up to one (1) year postpartum, whose infant receives more than the maximum amount of infant formula from WIC provided for a mostly breastfeeding infant, but less than the amount provided for a non-breastfeeding infant.	Food package VI
Fully formula feeding	A mother who is not breastfeeding and is less than six (6) months postpartum.	

\*Refer to policy [2.3.050](#) to select a women's food package in accordance with federal regulations and state policy.

**Maximum Monthly Allowances of Supplemental Foods for Infants in Food Packages (Pkg) I and II**

Foods	Fully Breastfeeding		Mostly Breastfeeding		Fully Formula Feeding (includes some breastfeeding)	
	Food Pkg. I 0-5 months	Food Pkg. II 6-11 months	Food Pkg. I A: 0-1 month B: 1-3 months C: 4-5 months	Food Pkg. II 6-11 months	Food Pkg. I A: 0-3 months B: 4-5 months	Food Pkg. II 6-11 months
WIC Formula			<b>A:</b> no formula provided  <b>B:</b> MMA* = 388 fl oz reconstituted liquid concentrate or 384 fl oz RTF or 435 fl oz reconstituted powder  <b>C:</b> MMA* = 460 fl oz reconstituted liquid concentrate or 474 fl oz RTF or 522 fl oz reconstituted powder	MMA* = 315 fl oz reconstituted liquid concentrate or 338 fl oz RTF or 384 fl oz reconstituted powder	<b>A:</b> MMA* = 823 fl oz reconstituted liquid concentrate or 832 fl oz RTF or 870 fl oz reconstituted powder  <b>B:</b> MMA* = 896 fl oz reconstituted liquid concentrate or 913 fl oz RTF or 960 fl oz reconstituted powder	MMA* = 630 fl oz reconstituted liquid concentrate Or 643 fl oz RTF or 696 fl oz reconstituted powder
Infant cereal		24 oz		24 oz		24 oz
Infant food fruits and vegetables		256 oz		128 oz		128 oz
Infant meat		77.5 oz				

MMA\* = Maximum Monthly Allowance

**PROCEDURES:**

**A. Supporting long-term, exclusive breastfeeding:**

1. All WIC staff have the responsibility to promote and support long-term, exclusive breastfeeding.
2. All prenatal women shall be counseled by the certifying staff on the benefits of exclusive breastfeeding. The mother shall be informed that the breastfeeding assessment and plan for breastfeeding serve as the basis for determining food package issuance for all breastfeeding women.
3. Infant formula shall not be routinely provided during the first month after birth to breastfed infants in order to support the successful establishment of the mother's milk supply.
4. Breastfeeding mothers whose infants receive formula from WIC are to be

supported to breastfeed to the maximum extent possible with minimal supplementation of infant formula. Formula may be issued to breastfed infants only when a mother requests it, the CPA has completed a breastfeeding assessment, and the infant is > one (1) month of age.

B. Issuance of formula:

1. Formula amounts for breastfed infants, even those in the fully formula fed category, should be individually tailored to the amounts that meet their nutritional needs.
2. Formula issued to infants shall be iron-fortified, milk- or soy-based, and in powder or concentrated form.
  - a. Powder formula is recommended until the partially breastfed infant reaches four (4) months of age, due to its longer shelf life and to minimize waste.
  - b. Liquid concentrate formula may be issued if the breastfed infant is supplemented with more than 13 ounces per day.
  - c. Ready-to-feed (RTF) formula may be authorized when the CPA determines and documents in the Missouri WIC Information Network System (MOWINS) that:
    - i. The participant's household has an unsanitary or restricted water supply or poor refrigeration;
    - ii. The person caring for the participant may have difficulty in correctly diluting concentrated or powder forms; or
    - iii. The formula is only available in RTF.
    - iv. Refer to policy [2.3.030](#) for additional circumstances when RTF may be issued in Food Package III.
3. The CPA shall instruct the guardian to follow the manufacturer's instructions for mixing and storing formula.
4. Caregiver's should be encouraged to purchase only one (1) can of formula initially, to determine tolerance and acceptance of the product.
5. Refer to the Food and Formula Reference Guide (FFRG) for issuance of all formula.

C. Issuance of complimentary foods at six (6) months of age:

1. Partially and fully formula fed infants shall be issued up to:
  - a. 24 ounces of iron-fortified infant cereal, and
  - b. 128 ounces of infant fruits and vegetables
2. Fully breast fed infants shall be issued up to:
  - a. 24 ounces of iron-fortified infant cereal;
  - b. 256 ounces of infant fruits and vegetables; and

- c. 77.5 ounces of infant meats.
- D. Issuance of cash value benefit (CVB) at nine (9) to 11 months of age:
  1. CPA determination of need is required and shall include:
    - a. A review of the most recent nutrition assessment.
    - b. A review of any new information relevant to the determination of need.
    - c. Collection of current anthropometric data as appropriate.
    - d. Documentation of reason for issuance and the nutrition education contact in MOWINS.
  2. The CPA shall counsel and educate on:
    - a. Signs that indicate developmental readiness for solids;
    - b. How to introduce complimentary foods;
    - c. How much and how often to feed;
    - d. Proper preparation;
    - e. Sanitation;
    - f. Storage of infant food; and
    - g. Signs of a food allergy.
  3. Participants shall not return purchased infant food to the LA in exchange for the infant CVB. Future benefits may be exchanged.
  4. Infants determined to be developmentally ready may be issued benefits for fresh fruits and vegetables in place of a portion of the infant fruits and vegetables.
    - a. Fully breastfed infants may receive:
      - i. \$8 CVB for fresh fruits and vegetables; plus
      - ii. 128 ounces of infant fruits and vegetables.
    - b. Partially breastfed and fully formula fed infants may receive:
      - i. \$4 CVB for fresh fruits and vegetables; plus
      - ii. 64 ounces of infant fruits and vegetables.
- E. Tailoring of food packages shall be accompanied with a complete assessment and nutrition education documentation in MOWINS. The provision of less than the maximum monthly allowances of supplemental foods in all food packages is appropriate only when:
  1. Medically or nutritionally warranted (i.e., to eliminate a food due to a food allergy);
  2. Participant refuses or cannot use the maximum monthly allowance; or
  3. The quantities necessary to supplement another programs' contribution to fill a medical prescription would be less than the maximum monthly allowance.