

II. Nutrition Services

3. Food Package

2.3.040 Issuance of Food Package IV to Children

Authority 2019 7 CFR 246.10; Letter to WIC State Agency Directors-FY19 Increase in the CVV for Children -8-27-18
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POLICY: Food Package IV shall be issued to children one (1) through four (4) years of age without a condition qualifying them to receive Food Package III. The maximum monthly allowances of all supplemental foods shall be made available to participants.

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.

Maximum Monthly Allowances of Supplemental Food for Children in Food Package IV	
Juice, single strength	2 x [64 oz containers] (128 fluid ounces)
Milk, fluid	16 qt
Breakfast cereal	36 oz
Eggs	1 dozen
Fruits and vegetables	\$9.00 CVB
Whole wheat bread or whole grains	32 oz
Legumes, dry/canned and/or peanut butter	1 lb or 4 -16 oz cans or 16-18 oz

*Cash Value Benefit

PROCEDURES

- A. Issuance of milk to children 12 through 23 months of age:
1. Standard authorized milk types for children 12 through 23 months of age are whole milk varieties including:
 - a. Cow's milk
 - b. Lactose-free milk
 - c. Evaporated milk
 - d. Evaporated goat milk
 2. After a competent professional authority (CPA) determination of need, 2% milk may be issued for certain conditions, including, but not limited to, overweight or obesity (risk factors 113, 114, and 115). Consultation with the child's health care provider is not required unless considered appropriate.
 - a. The CPA determination of need shall include:
 - i. A review of the most recent nutrition assessment.
 - ii. A review of any new information relevant to the determination of need.

- iii. Collection of current anthropometric data as appropriate.
- iv. Documentation of the reason for issuance in the Missouri WIC Information Network System (MOWINS), name, and contact information for the health care provider, if consulted, and recommendations made by the health care provider, if applicable.

B. Issuance of milk to children 24 through 59 months of age:

1. Standard authorized milk types for children 24 through 59 months of age are skim through 1% milk varieties including:
 - a. Cow's milk
 - b. Lactose-free milk
 - c. Evaporated milk
 - d. Non-fat dry milk
 - e. Cultured buttermilk
 - f. Non-fat powdered goat milk
2. After a CPA determination of need (refer to the A.2.a procedure), 2% milk may be issued for certain conditions, including but not limited to, underweight (risk factor 103 and 134). Consultation with the child's health care provider is not required unless considered appropriate.
3. Whole milk may be issued to children \geq 24 months of age with medical documentation (WIC-27) from the health care provider. A formula or WIC-eligible nutritional shall also be prescribed. Refer to policy [2.3.030](#) for medical documentation information.

C. Substitutions for milk:

1. Lactose-free or lactose-reduced fortified dairy products should be offered before non-dairy milk alternatives to participants with lactose intolerance.
2. After CPA determination of need, (refer to the A.2.a procedure), soy-based beverage and tofu may be issued for situations that include, but are not limited to, milk allergy, lactose intolerance, vegan diets, and cultural preference.
 - a. Soy substitutions:
 - i. One (1) quart soy-based beverage per one (1) quart milk, up to the maximum allowance for milk.
 - ii. One (1) pound tofu per one (1) quart of milk, up to the maximum allowance for milk.
3. Cheese may be substituted for milk without CPA determination of need.
 - a. One (1) pound of cheese per three (3) quarts of milk
 - i. A maximum of one (1) pound of cheese may be substituted.
4. Yogurt may be substituted for milk without CPA determination of need.

- a. One (1) quart of yogurt per one (1) quart of milk.
 - i. A maximum of one (1) quart of yogurt may be substituted.
 - b. Whole yogurt is the standard yogurt for issuance to children 12 through 23 months of age.
 - c. Low-fat or non-fat yogurts are the standard yogurt types for issuance to children 24 through 59 months of age.
- D. Tailoring the food package shall be accompanied with a complete assessment and nutrition education documented in MOWINS. The provision of less than the maximum monthly allowances of supplemental food 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 allowances; or
 - 3. The quantities necessary to supplement another program's contribution to fill a medical prescription would be less than the maximum monthly allowances.