

II. Nutrition Services

3. Food Package

2.3.050 Issuance of Food Packages V, VI, and VII to Women

Authority 2019 7 CFR 246.10; WIC Policy Memorandum #2015-4
Increase in the Cash Value Voucher for Pregnant, Postpartum, and
Breastfeeding Women

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POLICY: The following food packages shall be issued to women participants who do not have a condition qualifying them to receive Food Package III. The maximum monthly allowances of all supplemental foods must be made available to participants. Breastfeeding assessment and the mother's plans for breastfeeding serve as the basis for determining food package issuance for all breastfeeding women.

Food Package V shall be issued to: 1) pregnant women with singleton pregnancies; 2) partially (mostly) breastfeeding women, up to one year postpartum, whose participating infant receives formula from the WIC program in amounts that do not exceed the maximum allowed for a partially (mostly) breastfed infant; and 3) partially (mostly) breastfeeding women with twins, when only one (1) infant is mostly breastfed, up to one (1) year postpartum.

Food Package VI shall be issued to: 1) nonbreastfeeding women up to six (6) months postpartum; and 2) breastfeeding women who are breastfeeding singleton or multiple infants from the same pregnancy up to six (6) months postpartum whose participating infant receives more than the maximum amount of formula allowed for partially (mostly) breastfed infants.

Partially breastfeeding women will no longer receive a food package after six (6) months postpartum when they request more than the maximum amount of formula allowed for a partially (mostly) breastfed infant. They will continue to be counted as WIC participants and are eligible for the following benefits: nutrition education, breastfeeding promotion and support, and referrals to health services.

Food Package VII shall be issued to: 1) fully breastfeeding women up to one (1) year postpartum whose infants do not receive infant formula from the WIC program; 2) women pregnant with two (2) or more fetuses; 3) women partially (mostly) breastfeeding multiple infants from the same pregnancy; and 4) pregnant women who are also fully or partially (mostly) breastfeeding singleton infants.

Women fully breastfeeding multiple infants from the same pregnancy shall receive 1.5 times the supplemental foods provided in Food Package VII.

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 Allowance of Supplemental Foods for Women in Food Package V, VI, and VII			
	Food Package V:	Food Package VI:	Food Package VII:
Foods	Pregnant women with singleton pregnancies Partially (mostly) breastfeeding women - up to one (1) year postpartum Partially breastfeeding women with twins - up to one (1) year postpartum when only one (1) infant is mostly breastfed	Nonbreastfeeding women - up to six (6) months postpartum Breastfeeding women who are breastfeeding singleton or multiple infants from the same pregnancy up to six (6) months postpartum whose participating infant receives more than the maximum amount of formula allowed for partially (mostly) breastfed infants	Pregnant with two or more fetuses Pregnant women who are fully or mostly breastfeeding singleton infants Fully breastfeeding women whose infants do not receive formula from the WIC Program Partially (mostly) breastfeeding multiple infants from the same pregnancy
Juice	3 x [11.5 -12 oz cans] (144 fluid ounces)	2 x [11.5 -12 oz cans] (96 fluid ounces)	3 x [11.5 -12 oz cans] (144 fluid ounces)
Milk, fluid	22 qt	16 qt	24 qt
Breakfast cereal	36 oz	36 oz	36 oz
Cheese	N/A	N/A	1 lb
Eggs	1 dozen	1 dozen	2 dozen
Fresh and frozen fruits and vegetables	\$11.00 CVB*	\$11.00 CVB*	\$11.00 CVB*
Whole wheat bread or other whole grains	16 oz	N/A	16 oz
Fish (canned)	N/A	N/A	30 oz
Legumes, dry/canned and/or peanut butter	2 containers: [1 lb dry legumes/4 (15-16 oz) cans beans, and/or 16-18 oz jar peanut butter]	1 container: 1 lb dry legumes, or 4 (15-16 oz) cans beans, or 16-18 oz peanut butter	2 containers: [1 lb dry legumes/4 (15-16 oz) cans beans, and/or 16-18 oz jar peanut butter]

*Cash Value Benefit

MOWINS Issuance for Food Package VII

Foods	Food Package VII: Fully Breastfeeding Mother of Multiples from the Same Pregnancy	The following is automatically issued in MOWINS. Risk Factor 335 must be assigned.
Juice	4 1/2 cans [11.5-12 oz cans]	4 cans one month 5 cans next month
Milk, fluid	36 qt	(all in one month)
Breakfast cereal	54 oz	(all in one month)
Cheese	1.5 lbs	(all in one month)

Eggs	3 dozen	(all in one month)
Fresh and frozen fruits and vegetables	\$16.50 in CVB	(all in one month)
Whole wheat bread or other whole grains	24 oz	16 oz one month 32 oz next month
Fish (canned)	45 oz	(all in one month)
Legumes, dry/canned and/or peanut butter	3 containers: [1 lb dry legumes, or 4 (15-16 oz) cans beans, or 16-18 oz jar peanut butter]	(all in one month)

PROCEDURES:

A. Issuance of milk to women:

1. Standard authorized milk types for women 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 competent professional authority (CPA) determination of need, 2% milk may be issued for certain conditions, including, but not limited to, underweight (i.e., risk factor 101, 131). Consultation with the 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 Missouri WIC Information Network System (MOWINS).
 - (a) Include the health care provider's name, contact information, and recommendations, if consulted.
3. Issuance of whole milk to women requires the completion of medical documentation (WIC-27) by a health care provider. A formula or WIC-eligible nutritional shall also be prescribed. Refer to policy [2.3.030 for medical documentation information.](#)

B. 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 a CPA determination of need, (refer to the procedure A.2.a., above) 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 of soy-based beverage per one (1) quart milk, up to the maximum allowance for milk.
 - ii. One (1) pound tofu per one (1) quart 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. Food Packages V and VI may substitute a maximum of one (1) pound.
 - ii. Food Package VII may substitute a maximum of two (2) pounds in addition to the one (1) pound included in the default food package.
 - (a) Six (6) quarts of milk is the maximum substitution for Food Package VII.
4. Low-fat 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 non-fat or low-fat yogurt may be substituted for milk.

C. Tailoring the food package must be accompanied with a complete assessment and should include 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 (e.g., 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.