

II. Nutrition

3. Food Package

2.3.060 Guidelines for Food Issuance: Homeless Women, Infants and Children

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POLICY: The WIC homeless food package is to be provided to WIC participants who are homeless, displaced or migrant or who have limited access to a stove, refrigerator or water.

PROCEDURES:

- A. For all participants or household, the CPA must determine the following prior to issuing the food package:
1. Availability of refrigeration for foods and prepared formula.
 2. Availability of cooking facilities.
 3. Availability of utensils for eating.
 4. Availability of the number and size of bottles for infant formula.
 5. Availability of bottle washing and sterilization facilities.
 6. The guardian's competence in preparing and storing formula.
 7. The amount of food the participant can safely store during the week.
- B. Based on the data obtained in A above, tailor the food package as necessary.
- C. For infants, encourage breastfeeding, because it is the easiest and safest way to feed the infant. The CPA shall counsel on the following:
1. The health benefits of breastfeeding for the mother and her infant, including the reduced risk of illness for her infant.
 2. Breastfeeding will prevent food poisoning and other illnesses caused by having an unsafe or restricted water supply or inadequate refrigeration.
 3. Mothers can re-establish breastfeeding even if they have stopped breastfeeding. Provide support or refer to a lactation consultant, as soon as possible, women who wish to re-lactate.
- D. If the guardian chooses to feed infant formula, issue formula according to the WIC Food and Formula Reference Guide based on the following: Issue quantities according to policy [ER# 2.07600](#).
1. Issue liquid concentrate or powder infant formula when adequate refrigeration and safe water supply are available.
 2. Issue powder infant formula when no refrigeration is available and a safe water supply is available. The CPA shall explain proper preparation of formula and instruct the guardian to prepare only one bottle of formula at a time.

3. Issue ready-to-use (feed) when there is an unsanitary or restricted water supply. Refer to policy [ER# 2.07600](#) for instructions for issuing ready-to-use (feed) formula. Instruct the guardian to discard all formula remaining in the bottle at the end of each feeding.
4. Issue the appropriate amount of infant cereal and jars of infant food according to [ER# 2.07600](#).
 - a. If refrigeration is not available for leftover foods, instruct the caregiver to discard any leftover infant food.
5. Educate the parent/guardian on the need to continue introducing solid foods and decreasing the use of formula accordingly.

E. Milk Issuance

1. If refrigeration is unavailable, issue powder milk.
 - a. Instruct the guardian on how to use the powder milk and the importance of preparing one glass at a time.
 - b. If the participant has been diagnosed as lactose intolerant the CPA shall assess what foods the participant can tolerate and tailor the food package with the appropriate substitutions. Refer to [ER# 2.07800](#) and [ER# 2.07900](#) (Guidelines for Issuing Food Package to Children and Women, respectively.)
 - c. If water is not available issue ultra high treatment UHT milk. Check availability of UHT milk at vendors in the area.

F. Juice Issuance

1. If there is an unsafe or restricted water supply, issue only single strength juice.

G. Egg Issuance

1. If refrigeration is available, issue up to two-dozen eggs.
2. If refrigeration is unavailable, issue an additional 64 ounces of canned beans or 18 ounces of peanut butter for 1 dozen of eggs.
3. Providing additional canned beans or peanut butter as a substitute for eggs may significantly increase the amount of beans/peanut butter the participant can tolerate. The CPA shall assess if the participant could reasonably consume this amount in a month's time.

H. The CPA shall counsel the participant/guardian on the following:

1. The proper/safe storage of food.
2. Emphasize that the food is only for the participant to whom it is issued.
3. 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.

- I. The CPA shall tailor the food package under the Food Prescription tab in MOWINS and document nutrition education provided by selecting the appropriate topics(s) under the Nutrition Education tab.