Supplement to Food & Formula Reference Guide (FFRG) - Guidelines

Issuing Milk & Milk Substitutes

Issue Date: January 19, 2016
1. Equations & Conversions - Milk, Evaporated Milk, Yogurt Cultured Buttermilk, Tofu, Goat Milk and Cheese

![Diagram showing equations and conversions between different types of milk and dairy products.]

**[Powdered Goat Milk]**

2 unpacked scoops make one cup of goat milk. Use the scoop in the powdered goat milk can.

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**Note** This equation only works for a participant requesting 1 can or 2 cans of evaporated milk. For more than 3 cans, see page 19.
2. Basic Rules for Issuing Milk Substitutes

<table>
<thead>
<tr>
<th>A. Cheese Without CPA Approval:</th>
<th>E. Soymilk:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children &amp; Women</td>
<td>Children - May issue up to the total maximum allowance of milk.</td>
</tr>
<tr>
<td>No more than 1 lb. of cheese may be substituted for 3 qts. of milk.</td>
<td>– CPA’s Assessment, determination and documentation are required.</td>
</tr>
<tr>
<td>Fully Breastfeeding Women</td>
<td>– Medical Documentation (WIC 27) is NOT required.</td>
</tr>
<tr>
<td>No more than 2 lbs. of cheese may be substituted for 6 qts. of milk.</td>
<td>Women – May issue up to the total maximum allowance of milk without CPA approval.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>B. Lowfat/Fat Free Yogurt:</th>
<th>[Note]</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Children (24-59 months) &amp; Women - A maximum of 32 oz. of yogurt milk may be substituted for milk.</td>
<td>Parents and caregivers should be made aware that children's diets may be nutritionally inadequate when milk is replaced by other foods, and should be provided appropriate nutrition education.</td>
</tr>
<tr>
<td>– CPA’s Assessment, determination and documentation are NOT required.</td>
<td>The value of milk for WIC participants, particularly in the development of bone mass for children, should be emphasized. Lactose-free or lactose-reduced fortified dairy products should be offered before non-dairy milk alternatives to those participants with lactose intolerance that cannot drink milk.</td>
</tr>
<tr>
<td>– Medical Documentation (WIC 27) is NOT required.</td>
<td>Also, if milk is replaced by milk alternatives that are not vitamin D fortified, vitamin D intakes may be inadequate. Thus, replacements for milk are to be approached with caution even if they are rich in calcium. Issuance of tofu and soy-based beverage as substitutes for milk for children requires an individual nutritional assessment by the CPA.</td>
</tr>
<tr>
<td>• Children (12-23 months) are not allowed to receive yogurt.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>C. Tofu:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Children (12-59 months) &amp; Women - A maximum of 4 lb. of tofu may be substituted for milk.</td>
<td></td>
</tr>
<tr>
<td>– Children - CPA’s Assessment, determination and documentation are required.</td>
<td></td>
</tr>
<tr>
<td>– Medical Documentation (WIC 27) is NOT required.</td>
<td></td>
</tr>
<tr>
<td>If the amount of tofu in the cheese, yogurt, tofu combination is less than 4 pounds, additional tofu, up to a total of 4 pounds, may be substituted with CPA determination of need for food allergy, lactose intolerance, vegan diets, and cultural food preference. (ER 2.07900, 2.07900)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>D. A Combination of Cheese, Yogurt OR Tofu Without CPA Approval:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Women</td>
<td></td>
</tr>
<tr>
<td>No more than a total of 4 qts. of milk may be substituted for a combination of cheese, yogurt or tofu.</td>
<td></td>
</tr>
<tr>
<td>Children</td>
<td></td>
</tr>
<tr>
<td>No more than a total of 4 qts. of milk may be substituted for a combination of cheese and yogurt. Issuance of any tofu requires CPA approval.</td>
<td></td>
</tr>
<tr>
<td>Fully Breastfeeding Women</td>
<td></td>
</tr>
<tr>
<td>No more than a total of 6 qts. of milk may be substituted for a combination of cheese, yogurt or tofu</td>
<td></td>
</tr>
</tbody>
</table>
3. Issuing a combination of Cheese, Yogurt, and Tofu to Women

a. If a woman receiving Food Package V or VI requests **Cheese (1 lb.),** Yogurt (32 oz.) and Tofu,

- Cheese (1 lb.)
- Yogurt (32 oz.)
  
  **No CPA Approval**

- Cheese (1 lb.)
- Tofu (1 lb.)
  
  **No CPA Approval**

- Cheese (1 lb.)
- Yogurt (32 oz.)
- Tofu (1 lb. to 4 lbs.)
  
  **Requires CPA Approval**

- Cheese (1 lb.)
- Tofu (2 to 4 lbs.)
  
  **Requires CPA Approval**

b. If a fully breastfeeding woman requests **Cheese (1 lb.)** in addition to Cheese (1 lb.) in the default food package,

- Cheese (1 lb.)
- Yogurt (32 oz.)
  
  **No CPA Approval**

- Cheese (1 lb.)
- Tofu (1 lb. to 3 lbs.)
  
  **No CPA Approval**

- Cheese (1 lb.)
- Yogurt (32 oz.)
- Tofu (1 lb. or 2 lbs.)
  
  **No CPA Approval**

- Cheese (1 lb.)
- Yogurt (32 oz.)
- Tofu (3 lbs. or 4 lbs.)
  
  **Requires CPA Approval**

c. If a fully breastfeeding woman requests **Cheese (2 lbs.)** in addition to Cheese (1 lb.) in the default food package,

- Yogurt is **NOT allowed**

- Cheese (2 lbs.)
- Tofu (1 lb. to 4 lbs.)
  
  **Requires CPA Approval**
4. Examples for Issuing A Combinations for Issuing Cheese, Tofu, and Yogurt to Children (24-59 months)

**Children**

- No more than a total of 4 qts. of milk may be substituted for a combination of cheese and yogurt.
- Issuance of any tofu requires CPA approval.

**Examples that do not require CPA Approval**

(1)

- **Milk** 1 gallon
- **Milk** 1 gallon
- **Milk** 1 gallon
- **Yogurt** 32 oz.
- **Cheese 1 lb.**

(2)

- **Milk** 1 gallon
- **Milk** 1 gallon
- **Milk** 1 gallon
- **Yogurt** 32 oz.
- **Milk** 1/2 gallon

**Examples that require CPA Approval**

(1)

- **Milk** 1 gallon
- **Milk** 1 gallon
- **Milk** 1 gallon

(2)

- **Milk** 1 gallon
- **Milk** 1 gallon

**[Note]** Any tofu for children, even if it falls within the 4 qts. rule, requires CPA approval. In addition, all the tofu in this example is in excess of the 4 qts. rule.

**Important!**

- Yogurt is not allowed for children (12-23 months)
- Issuing tofu to children requires CPA approval.

**[Note]** Any tofu for children, even if it falls within the 4 qts. rule, requires CPA approval.

**[Note]** Any tofu for children, even if it falls within the 4 qts. rule, requires CPA approval.
5. Examples for Issuing a Combination of Cheese, Tofu, and Yogurt to Women (Food Package V)

**Women**
No more than a total of 4 qts. of milk may be substituted for a combination of cheese, yogurt or tofu.

**Examples that do not require CPA Approval**

<table>
<thead>
<tr>
<th>No.</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Milk 1 gallon, Milk 1/2 gallon, Cheese 1 lb.</td>
</tr>
<tr>
<td>2</td>
<td>Milk 1 gallon, Milk 1/2 gallon, Cheese 1 lb., Tofu 1 lb.</td>
</tr>
<tr>
<td>3</td>
<td>Milk 1 gallon, Milk 1/2 gallon, Yogurt 32 oz., Tofu 1 lb.</td>
</tr>
<tr>
<td>4</td>
<td>Milk 1 gallon, Milk 1/2 gallon, Yogurt 32 oz., Tofu 1 lb., Tofu 1 lb.</td>
</tr>
</tbody>
</table>

**Examples that require CPA Approval**

<table>
<thead>
<tr>
<th>No.</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Milk 1 gallon, Milk 1/2 gallon, Cheese 1 lb., Yogurt 32 oz., Tofu 1 lb., Tofu 1 lb.</td>
</tr>
<tr>
<td>2</td>
<td>Milk 1 gallon, Milk 1/2 gallon, Cheese 1 lb., Yogurt 32 oz., Tofu 1 lb., Evap. Milk 12 oz., Tofu 1 lb.</td>
</tr>
</tbody>
</table>

[Note] Issuing tofu (1 lb. to 4 lbs.) to women in addition to amount of tofu allowed under the cheese, yogurt, and tofu combination requires CPA approval.

- Represents tofu (1 lb.) the amount allowed under the cheese, yogurt, tofu combination rule.
- Represents tofu (1 lb.) in excess of the amount allowed under the cheese, yogurt, tofu combination rule.
6. Examples for Issuing a Combination of Cheese, Tofu, and Yogurt to Women (Food Package VI)

**Women**

No more than a total of 4 qts. of milk may be substituted for a combination of cheese, yogurt or tofu.

### Examples that **do not require** CPA Approval

1. \[\text{Milk 1 gallon} \quad \text{Milk 1 gallon} \quad \text{Milk 1 gallon} \quad \text{Cheese 1 lb.} \quad \text{Yogurt 32 oz.}\]

2. \[\text{Milk 1 gallon} \quad \text{Milk 1 gallon} \quad \text{Milk 1 gallon} \quad \text{Cheese 1 lb.} \quad \text{Tofu 1 lb.}\]

3. \[\text{Milk 1 gallon} \quad \text{Milk 1 gallon} \quad \text{Milk 1 gallon} \quad \text{Tofu 1 lb.} \quad \text{Tofu 1 lb.} \quad \text{Yogurt 32 oz.}\]

4. \[\text{Milk 1 gallon} \quad \text{Milk 1 gallon} \quad \text{Milk 1 gallon} \quad \text{Evap. Milk 12 oz.} \quad \text{Evap. Milk 12 oz.} \quad \text{Tofu 1 lb.}\]

### Examples that **require** CPA Approval

1. \[\text{Milk 1 gallon} \quad \text{Milk 1 gallon} \quad \text{Cheese 1 lb.} \quad \text{Yogurt 32 oz.} \quad \text{Tofu 1 lb.} \quad \text{Tofu 1 lb.} \quad \text{Tofu 1 lb.}\]

2. \[\text{Milk 1 gallon} \quad \text{Milk 1 gallon} \quad \text{Tofu 1 lb.} \quad \text{Tofu 1 lb.} \quad \text{Tofu 1 lb.} \quad \text{Milk 1 QT.}\]

### [Note]
Issuing tofu (1 lb. to 4 lbs.) to women in addition to amount of tofu allowed under the cheese, yogurt, and tofu combination requires CPA approval.

**Represent** tofu (1 lb.) the amount allowed under the cheese, yogurt, tofu combination rule.

**Represents** tofu (1 lb.) *in excess of the amount* allowed under the cheese, yogurt, tofu combination rule.
6. Examples for Issuing a Combination of Cheese, Tofu, and Yogurt to Fully Breastfeeding Women

Fully Breastfeeding Women
No more than a total of 6 qts. of milk may be substituted for a combination of cheese, yogurt or tofu

When a fully breastfeeding woman requests **Cheese (1 lb.)** in addition to cheese (1 lb.) in a default food package,

**Example that does not require CPA approval**

(1)

Milk 1 gallon
Milk 1 gallon
Milk 1 gallon
Milk 1 gallon

Cheese 1 lb.
Default Cheese 1 lb.

Yogurt 32 oz.

Tofu 1 lb.
Milk 1/2 gallon

**Example that requires CPA approval**

(1)

Milk 1 gallon
Milk 1 gallon
Milk 1 gallon
Milk 1 gallon

Cheese 1 lb.
Default Cheese 1 lb.

Yogurt 32 oz.

Tofu 1 lb.
Tofu 1 lb.
Tofu 1 lb.
Tofu 1 lb.

[Note] Issuing tofu (1 lb. to 4 lbs.) to women in addition to amount of tofu allowed under the cheese, yogurt, and tofu combination requires CPA approval.

*Milk represents the amount of milk allowed under the cheese, yogurt, tofu combination rule.*

*Milk represents the amount of milk in excess of the amount allowed under the cheese, yogurt, tofu combination rule.*
7. Examples for Issuing a Combination of Cheese, Tofu, and Yogurt to Fully Breastfeeding Women

Fully Breastfeeding Women
No more than a total of 6 qts. of milk may be substituted for a combination of cheese, yogurt or tofu

When a fully breastfeeding woman requests **Cheese (2 lbs.)** in addition to cheese (1 lbs.) in a default food package,

![Diagram of food package](image)

**Example that does not require CPA approval**

- [Note] Does not require CPA approval
  - WIC approved milk 2 qts. OR ½ gallon is allowed (Evaporated milk, Soymilk, Lactose Free Milk, Buttermilk, goat milk)

- [Note] Issuing tofu (1 lb. to 4 lbs.) to women in addition to amount of tofu allowed under the cheese, yogurt, and tofu combination requires CPA approval.

- [Note] This example issues cheese and yogurt in excess of 6 qts. (No more than a total of 6 qts. of milk may be substituted for a combination of cheese, yogurt or tofu)

**Example of what is Not Allowed**

[Diagram of food package]

- Represents tofu (1 lb.) in excess of the amount allowed under the cheese, yogurt, tofu combination rule.
- Represents tofu (1 lb.) the amount allowed under the cheese, yogurt, tofu combination rule.