

## Division of WIC & Community Nutrition Services

<i>Subject:</i> <b>Food Prescription IV – Child</b>		<i>Policy:</i> <b>FDS 02.2.3</b>
<i>Reference:</i> <b>CFR §246.10</b>	<i>Effective:</i> <b>October 1, 2014</b>	<i>Supersedes:</i> <b>August 12, 2013</b>

### I. Policy:

All children shall be prescribed a food prescription that is based on age, meets the participant's nutritional needs, cultural preferences and household conditions.

### II. Procedure:

- A. The CPA shall use VENA to help determine the participant's food usage.
- B. All children under the age of 2 years old not requiring a special needs food package shall be offered the full nutrition benefit consisting of the following:
- 1) 4 gallons of whole milk
  - 2) 1 dozen eggs
  - 3) 1 pound of dry beans or 4 (15-16 oz) cans of beans OR 16-18 oz peanut butter
  - 4) 2 (64 oz) bottles of liquid juice
  - 5) 36 ounces of cereal
  - 6) 2 pounds of whole grains (whole wheat bread, brown rice or soft corn or whole wheat tortilla)
  - 7) \$8.00 cash value voucher for fresh, frozen or canned fruits and vegetables
- C. To determine the appropriate individual tailoring of the food prescription for children under the age of 2 years old, the CPA shall discuss the food and the amounts offered in the standard food prescription.
- 1) If the parent, legal guardian or caretaker of the participant requests milk other than whole milk the CPA shall explain that only whole milk can be offered to children of this age. They shall explain that the fat is still important for brain development. The CPA shall mention that at the age of 2 years old the child will no longer receive whole milk and can switch to lower fat milk at that time.
- D. The CPA can do the following individual tailoring for each child participant under the age of 2 years old:

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- 1) Provide lactose free milk or UHT milk when indicated by the household situation.
  - 2) Provide a special needs food prescription in accordance with FDS 02.2.2 when required.
  - 3) Reduce the quantity of food based on participant preference and food usage.
    - a. If the quantity of food is reduced the reason needs to be recorded in Crossroads
  - 4) Provide 1 pound of cheese based on participant preference.
    - a. If cheese is provided 0.75 gallons of milk will be reduced from the food package
- E. All children 2 years old and older not requiring a special needs food prescription shall be offered the standard prescription consisting of the following:
- 1) 4 gallons of 1% milk, low-fat milk or skim milk
  - 2) 1 dozen eggs
  - 3) 1 pound of dry beans or 4 (15-16 oz) cans of beans OR 16-18 oz peanut butter
  - 4) 2 (64 oz) bottles of liquid juice
  - 5) 36 ounces of cereal
  - 6) 2 pounds of whole grains (whole wheat bread, brown rice or soft corn or whole wheat tortilla)
  - 7) \$8.00 cash value voucher for fresh, frozen or canned fruits and vegetables
- F. To determine the appropriate individual tailoring of the food prescription for children 2 years old and older, the CPA shall discuss the foods and the amounts offered in the standard food prescription.

If the parent, legal guardian or caretaker of the participant requests whole milk, the CPA shall explain that whole milk is only prescribed for children with special needs that require additional calories and/or fat for their medical condition.

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G. The CPA can do the following individual tailoring for each child participant 2 years old and older:

- 1) Provide lactose free milk or UHT milk when indicated by the household situation.
- 2) Provide a special needs food prescription in accordance with FDS 02.2.2 when required.
- 3) Reduce the quantity of food based on the-participant preference and food usage.
  - a. If the quantity of food is reduced the reason needs to be recorded in Crossroads.
- 4) Provide 1 pound of cheese based on participant preference.
  - a. If cheese is provided 0.75 gallons of milk will be reduced from the food package