

Division of Community Nutrition

Subject: Food Prescription VI – Postpartum and Women Providing “Some” Breast Milk

Policy: FDS 02.2.5

Reference: N / A

Effective: October 1, 2014

Supersedes: August 12, 2013

I. Policy:

All postpartum women and women providing “some” breast milk (receiving more than half of the maximum allowed amount of formula for their infant) shall be prescribed a food package that is based on age, meets the participant’s nutritional needs, cultural preferences and household conditions. Women who are providing “some” breast milk and continue to breastfeed beyond 6 months will be maintained as active participants without a food prescription.

II. Procedure:

- A. The CPA shall use VENA to help determine the participant’s food usage.
- B. All postpartum women not requiring a special needs food package shall be offered the standard package 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. 3 (12 oz) cans of frozen juice concentrate
 - 5. 36 ounces of cereal
 - 6. No whole grains (whole wheat bread, brown rice or soft corn or whole wheat tortilla)
 - 7. \$10.00 cash value benefit for fresh, frozen or canned fruits and vegetables
- C. The CPA can do the following individual tailoring for each postpartum participant:
 - 1) Provide lactose free milk, soy 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

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- 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