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
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 |

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