

Division of WIC & Community Nutrition Services

Subject: **Food Package VII – Fully Breastfeeding**

Policy: **FDS 02.2.6**

Reference: **N / A**

Effective: **October 1, 2014**

Supersedes: **August 12, 2013**

I. Policy:

All women who fully breastfeed their infants (i.e., does not receive any formula from the WIC Program) OR women who are pregnant and breastfeeding shall be prescribed a food package that is based on age, meets the participant's nutritional needs, cultural preferences and household conditions. The Fully Breastfeeding Food Package VII includes more variety and quantity of food.

II. Procedure:

- A. The CPA shall use VENA to help determine the participant's food usage.
- B. All fully breastfeeding participants not requiring a Special Needs food package shall be offered the standard package consisting of the following:
 1. 6 gallons of 1% milk, low-fat milk, or skim milk
 2. 1 pound of cheese
 3. 2 dozen eggs
 4. 1 pound of dry beans or 4 (15-16 oz) cans of beans AND 16-18 oz peanut butter
 5. 3 (12 oz) cans of frozen juice concentrate
 6. 36 ounces of cereal
 7. 1 pounds of whole grains (whole wheat bread, brown rice or soft corn or whole wheat tortilla)
 8. \$10.00 cash value benefit for fresh, frozen or canned fruits and vegetables
 9. 30 ounces tuna or salmon
- C. If formula is requested for the infant(s), discontinue Food Package VII prescription.
 - 1) Counsel the breastfeeding participant on the effects formula supplementation will have on breast milk production.
 - 2) Refer the breastfeeding participant to a breastfeeding peer counselor.

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- D. Women who are fully breastfeeding multiple infants will receive 1.5 times the amount of food in Food Package VII.
- E. Additional quantities of food will be added to the first month of food instruments in the certification period and will then alternate every other month on the food instruments.
- F. The CPA can do the following individual tailoring:
 - 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
 - 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