

Chapter Three

Food Package – General

Overview

Introduction

Specific food packages are designed, each of which is appropriate for a category of participants, taking into consideration the specific needs of the individuals to be served.

A Tri-State Food Package Committee determines which foods will be authorized for inclusion in the Arizona WIC Programs Food List. The nutritional value of all foods selected must meet federal regulations 7 CFR 246.10 (c).

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Overview (Continued)

In this Chapter

This chapter is divided into the following twelve (12) sections; each details State and Local Agency responsibilities, and describes the various food packages. It also includes a section on contracted formula samples and five (5) appendices.

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Section A

State Agency Responsibilities

Introduction	The State Agency will develop and distribute a list of authorized foods, and will develop food packages for participants by category and for those with special needs.
Criteria for Inclusion on the Food List	<p>Those foods authorized by the Food Package Committee are selected on the basis of:</p> <ul style="list-style-type: none">• Nutritional criteria – as listed in Appendix A• Cost – the cost of each food item will be similar to like food types, and will not exceed 130 percent of the cost of like foods• Availability – the food item will be readily available in the marketplace• Time in Market – with the exception of rebated infant formula, all food items approved by the Arizona WIC Program will have been in the market for at least one (1) year
Food Distribution List	The list of approved foods will be provided to all local agencies, participants, and vendors. The list will be reviewed periodically, and additions or deletions will be made as required or recommended by the Food Package Committee.
Food Packages	Food packages, conforming to federal food package specifications and based on recognized principles of nutrition, will be developed for each category of participant. Additionally, packages will be created for those participants with special needs.

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Section B

Local Agency Responsibilities

Introduction	Local Agency staff will issue and explain the use of food instruments for food package purchases, and tailor food packages for individual clients needs. It is the responsibility of the Local Agency to verify and document food packages for those participants with special needs.
Local Agency Register	The Local Agency WIC Director or designee will maintain a current listing of the staff authorized to issue supplemental food packages. The list will include the names, signatures, and titles of those staff members.
Certification/ Explanation	During certification, Local Agency staff will explain the food package to the participant. The explanation will include a list of which foods can be purchased and how they are relevant to the participant's nutritional risk.
Custom Food Packages	The State Agency will provide custom food packages at the request of the Local Agency.
Food Instrument Issuance	Local Agency staff will issue to participants (or their proxies) food instruments that can be used to purchase supplemental foods. Note: The amount of supplemental foods authorized for purchase will not exceed the maximum quantities specified in Appendix C. The amount can be tailored downward if the participant needs or requests less.

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Section C

Introduction of Infant Foods

Policy

Infant juices will be issued when the infant has the developmental skills to sit up and sip from a cup with help. Juice will be issued no earlier than six (6) months of age, and no later than ten (10) months of age.

Infant cereal may be issued when the child is six (6) months of age.

**Local Agency
Responsibility**

Local Agency staff will instruct the parent or caregiver to feed juice to the infant from a cup and not from a bottle. This will help prevent bottle tooth decay.

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Section D

Food Packages for Breastfed Infants

Introduction

Local Agency staff will actively support and encourage breastfeeding to pregnant and postpartum participants.

Definition

A breastfeeding infant is one who receives breast milk at least once a day.

The amount of formula issued to supplement infants being partially breastfed will be tailored to the needs of the mother and the infant. Because formula supplementation is known to decrease mother's milk production, only enough formula to meet the current need will be authorized.

If formula is necessary, the use of powdered formula should be encouraged because it allows greater flexibility in storage and preparation.

Cereal/Juice Package

Infants who are breastfed are issued infant cereal and juice at the designated time, whether or not they are receiving supplemental formula.

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Section E

Food Packages for Formula Fed Infants

Policy	<p>Rebated iron-fortified milk or soy-based powdered formulas should be issued to all infants in their first year of life if breastfeeding is not chosen. Issuance of any other formula or type (i.e. liquid) must follow prescribed procedures as outlined in Chapter 3, section F.</p> <p>Written medical documentation and nutritionist approval must be obtained for any non-contract brand infant formula. State nutritionist approval is required for any regular non-contract brand infant formula (i.e. Enfamil Lipil).</p>
Exceptions	<p>Other formulas are authorized only when a physician determines that the infant has a medical condition which contraindicates the use of conventional infant formula. Contraindicated medical conditions include, but are not limited to, metabolic disorders, inborn errors of amino acid metabolism, gastrointestinal disorder, malabsorption syndromes, and allergies.</p> <p>Note: Low-calorie formulas are not authorized solely for the purpose of managing the body weight of infants.</p>
Cost Containment	<p>The USDA mandates cost containment in the Federal Regulations so that WIC can serve more participants. The terms of the infant formula contract states that the Arizona WIC Program will use the specified formula in order to receive rebates. As infant formula is the most expensive food WIC provides, it is important to issue rebated infant formula whenever possible in order to maximize food dollars. The State Agency will establish and monitor formula exception rates.</p> <p>The State Agency will monitor formula usage and counsel local agencies with exception rates above 3 percent.</p> <p>During Management Evaluations, chart reviews will focus on proper documentation for exceptions to the issuance of rebated formula according to procedures contained in this chapter.</p>
Disallowed Milks	<p>During the first year of life, infants will not be issued fluid, evaporated, or powdered milk of any fat composition (i.e., whole, 2 percent, or skim).</p>

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Section F

Food Packages for Formula Fed Infants – Issuance of Liquid Formula

Introduction

Although liquid infant formula is commercially sterile, powdered infant formula is not. Powdered infant formula contains low levels of *E. sakazakii*, which is a gram-negative, non-spore-forming bacterium belonging to the Enterobacteriaceae family. *E. sakazakii* has been associated with sepsis, meningitis, cerebritis and necrotizing enterocolitis. Pre-term infants, low-birth-weight infants or immunocompromised infants (children <1 year) are at particular risk.

Improper preparation and refrigeration of powdered infant formula can cause an increase in the level of contamination of *E. sakazakii* in powdered formula.

The World Health Organization recommends: “In situations where the mother cannot breastfeed or chooses not to breastfeed for any reason, encourage caregivers of infants, particularly those at high risk, to use, whenever possible and appropriate, commercially sterile formula (e.g. liquid) or formula which has undergone an effective point-of-use decontamination procedure (e.g. heating reconstituted formula).”

Definition

Infants who are born three or more weeks early (< 37 weeks gestational age) are considered premature.

Infants who weigh less than 2,500 grams (< 5.5 pounds) at birth are considered low-birth-weight.

Policy

The Arizona WIC program will issue liquid concentrate infant formula, which is commercially sterile, to preterm, low-birth-weight infants, and/or immunocompromised infants for up to six months corrected age.

When liquid concentrate is not available in the prescribed formula, powdered formula will only be issued to preterm, low-birth weight, and/or immunocompromised infants with a physician’s prescription.

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Section F (Continued)

Food Packages for Formula Fed Infants – Issuance of Liquid Formula

Ready To Feed Formula

Ready to feed formula may be authorized without a prescription when the Competent Professional Authority determines and documents that one of the following applies:

- The participant's household has an unsanitary or restricted water supply.
- There is poor or no refrigeration available.
- The caregiver may have difficulty in correctly diluting concentrated liquid or powdered formula.
- When no other forms of the prescribed formula are available.

Concentrate Formula

In the case of rebate formula, concentrate may be issued without prescription for multiples (twins, triplets), premature, low-birth-weight infants, immunocompromised infants, or for better formula toleration when consulted by the nutritionist or approved Registered Nurse.

All other requests for concentrate formula require written prescriptions from the prescriptive authority.

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Section G

Food Packages for Homeless Participants

Policy

The Local Agency will provide food instruments for the purchase of supplemental foods, which are the most appropriate to the homeless participant's situation.

Documentation

In order to authorize a homeless food package, there must be documentation in the client's record of the following conditions:

- Client is homeless
 - The food instruments will benefit the client, not a homeless facility or institution
 - WIC foods will not be used in communal feeding
-

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Section H

Tailoring the Food Package

Policy	Maximum food packages will be adjusted, by category, to meet the recommendations of nutrition and medical professionals to ensure healthy supplementation of the diet.
Women	Meets Federal Regulations.
Children 1-2 years old	Reduction of milk by eight (8) quarts and juice by 92 ounces. Justification in Appendix C.
Children 3-4 years old	Reduction of milk by four (4) quarts.
Peanut Butter	Available for women and children age 4 only.
Milk Type	Whole milk packages will be available to children age 1. One percent or skim will be the preferred package for women and children age 2 and over. Whole and 2 percent milk packages will be monitored for appropriateness.
Special Conditions	<p>The certifier will document in the participant’s file all special conditions that require tailoring of the food package and issuance of special products. This will include, but is not limited to:</p> <ul style="list-style-type: none">• Special dietary needs as determined by a competent Health Professional.• Lactose Intolerance which might necessitate the authorization of lactose-reduced milk or extra-cheese.• Poor refrigeration or an unsafe water supply that necessitates issuance of ready-to-feed formula or a long shelf life food package.• Homelessness. <p>The need for a participant’s food package to be tailored can only be determined on an individual basis. This type of reduction shall not be automatic.</p>

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Section I

Use of the Full Food Package

Policy

The designated authority will prescribe types of supplemental foods in quantities appropriate for each participant, taking into consideration the participant's category and nutritional needs. The amounts of supplemental foods shall not exceed the maximum quantities specified in the USDA Federal Regulations.

Procedure

All children shall be prescribed a food package that meets the participants' nutritional needs. Children not requiring a special needs food package shall be offered the standard food package.

Food Package tailoring continues to be the preferred standard when issuing appropriate food packages to participants. Keep in mind that this package should only be issued upon request and should not be encouraged or offered.

If the parent or caregiver of the participant requests a full food package, the Local Agency staff will explain the health benefits of the tailored package and how the tailored package complies with Arizona WIC's Best Practice guidelines.

If the parent then requests a full food package, issue it and provide appropriate nutrition education.

The Local Agency staff will then record the reason for the full food package issuance in the notes section of the AIM Care Plan screen.

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Section J

Authorization of Poor Water/Refrigeration Packages

Policy The Local Agency will provide participants food instruments with which to purchase supplemental foods most appropriate to the participant's living situation.

Documentation Documentation in the client's record of the following conditions must exist prior to the authorization of poor water/refrigeration packages:

- Unsanitary water supply and/or
 - Lack of refrigeration
-

Authorized Foods

- Ready-to-feed formula
- Long-shelf-life milk (UHT)
- Juice in six (6) ounce cans

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Section K

Lactose-Reduced Milk

Policy

Documentation of Lactose Intolerance must be recorded in the health history screen of the participant's file. The nutritionist may review the participant's file to determine if follow up with the nutritionist is required.

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Section L

Substitution of Cheese for Milk

Policy

Cheese is substituted for milk at the rate of one (1) pound of cheese to three (3) quarts of milk.

The maximum amount of cheese that may be issued according to client preference is two (2) pounds.

Food packages with cheese substituted for milk may be chosen for the participant based on nutritional need and individual preference.

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Appendix A
Authorized Supplemental Food – Basic Specifications

See following pages

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Food Package – General

Authorized Supplemental Food – Basic Specifications

Infant Formula	<p>Meets the standards for nutrient content specified in the Infant Formula Act of 1980, as amended.</p> <p>Provides at least twenty (20) Kilocalories per fluid ounce of formula at standard dilution.</p> <p>Provides ten (10) milligrams of iron per liter of formula at standard dilution. (Low iron formulas, supplied in cases of specific need, will be fortified at less than ten (10) mg of iron per liter).</p>
Infant Cereal	<p>Provides no less than 6.4 milligrams of iron per each half-ounce serving (or 45 milligrams of iron per 100 grams) of dry cereal.</p>
Dry Cereal	<p>Supplies no less than 8.1 milligrams of iron per one ounce serving (or 28 milligrams of iron per 100 grams) of dry cereal.</p> <p>Contains no more than 6 grams of sugar per ounce (or 21.2 grams of sugar per 100 grams) of dry cereal.</p>
Juice	<p>Provides a minimum of 60 milligrams of Vitamin C in each 6 ounce serving (or 30 milligrams of Vitamin C per 100 milliliters) of juice, whether it is single strength or prepared from frozen concentrate).</p> <p>Contains no added sucrose or other sugars.</p>
Milk	<p>Fluid milk is pasteurized and provides 400 I.U. of Vitamin D per quart</p> <p>Fluid skim/nonfat, low fat, and reduced fat milk are fortified to provide 2,000 I.U. of Vitamin A per quart, in addition to meeting the specifications for fluid whole milk</p> <p>Reconstituted evaporated or dry milk will provide the same amounts of Vitamins A and D as the corresponding fluid milks</p> <p>Note: No chocolate, flavored, buttermilk, soy, or goat milk is allowed.</p>

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Authorized Supplemental Food – Basic Specifications (Continued)

Eggs	No hard cooked or deli eggs are allowed. No organic or specialty eggs. No small, medium, or extra large, jumbo, or brown eggs.
Cheese	Allowable types are Monterey Jack, Colby, includes Longhorn, Colby Jack, Mozzarella, including string cheese, and Cheddar. May not contain other foods (e.g., sausage, jalapeno peppers) and may not be cheese product, food, or spread. Must be of domestic origin.
Mature dry beans or peas	May be any mature legume, including but not limited to, lentils, black, navy, pinto, garbanzo, soy, mung, lima, red kidney beans, crowder, cow, split, and black-eyed peas.
Canned beans	May be any plain, canned, mature beans. Note: Canned beans are provided for homeless participants only.
Peanut butter	May be smooth, creamy, crunchy, or natural. May not be whipped or contain jelly, honey, or any other item. No peanut spread is allowed.
Canned Tuna	Must be water packed. No organic, albacore, solid white, oil-packed, pouches, or lunch kits.
Carrots	May be plain, fresh, frozen, or canned. No organic, fresh sliced, or shredded.
Other	Food items will be selected based on their lower sodium content.

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Appendix B
Food Packages – Maximum Monthly Quantity

See following pages

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Food Package – General

Maximum Monthly Quantity

1. INFANTS (0-5 months)		Federal Food Package I – 7 CFR 246.10(c)(1)	
		Non-Homeless	Homeless
Formula			
-Concentrate OR	13 oz can	31	0
-Powder OR	12 oz can	10	0
	14 oz can	9	0
	16 oz can	8	0
-Ready-To-Feed	8 oz can	96	96
	32 oz can	25	0
Cereal (at 4 months)			
-Infant Cereal		24 oz.	24 oz.
2. INFANTS (6-12 months)		Federal Food Package II – 7 CFR 246.10(c)(2)	
Formula			
-Concentrate OR	13 oz can	31	0
-Powder OR	12 oz can	10	0
	14 oz can	9	0
	16 oz can	8	0
-Ready-To-Feed	8 oz can	96	96
	32 oz can	25	0
Cereal			
-Infant Cereal		24 oz	24 oz
Juice			
-Infant juice	4.0 or 4.2 oz	15	15

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Maximum Monthly Quantity (Continued)

3. CHILDREN		Federal Food Package IV – 7 CFR 246.10 (c)(4)	
		Non-Homeless	Homeless
Milk			
-Fluid (whole, reduced fat, skim/nonfat, low fat, acidophilus, long-shelf life, lactose-reduced, OR		24 qt	18 qt
-Dry (non-fat, low-fat) OR		24 qt (4.8 lb)	18 qt (3.6 lb)
-Evaporated	12 oz can	26	19
ALL ONE YEAR OLD CHILDREN WILL BE ISSUED WHOLE MILK ONLY			
Cheese			
		0	2 lb
<ul style="list-style-type: none"> Remember 1 pound of cheese reduces the amount of milk by 3 quarts. A maximum of 2 pounds of cheese can be authorized without documentation of lactose intolerance (Reference: Chapter 3, Section L). The food package for a homeless participant will contain 2 pounds of cheese. 			
Eggs			
-Grade A		2 dozen	0
Cereal			
-Regular, hot or cold		36 oz dry	36 oz dry
Juice			
-Single strength, OR	46 oz can	6	0
	6 oz can	0	46
-Frozen concentrate	12 oz can	6	0
Peanut Butter, OR			
		18 oz	24 oz
Dry Beans or Peas			
		1 lb	0
Canned Beans			
		0	64 oz

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Food Package – General

Maximum Monthly Quantity (Continued)

4. PREGNANT AND BREASTFEEDING WOMEN			
Federal Food Package V - 7 CFR 246.10 (c)(5)			
		Non-Homeless	Homeless
Milk			
-Fluid (whole, reduced-fat, skim/nonfat, low fat, acidophilus, long-shelf life, lactose reduced) OR		28 qt	22 qt
-Dry (non-fat, low fat) OR		28 qt (5.6 lb)	22 qt (4.4 lb)
-Evaporated	12 oz can	30	23
Cheese			
<ul style="list-style-type: none"> • Additional pounds of cheese will be substituted at a rate of 1 pound of cheese for 3 quarts of milk. • A maximum of 2 pounds of cheese can be authorized without documentation of lactose intolerance (Reference: Chapter 3, Section L). • The food package for a homeless participant will contain 2 pounds of cheese. 			
Eggs			
-Grade A		2 dozen	0
Cereal			
-Regular, hot or cold		36 oz dry	36 oz dry
Juice			
-Single strength, OR	46 oz can 6 oz can	6 0	0 46
-Frozen concentrate	12 oz can	6	0
Peanut Butter, OR			
Dry Beans or Peas			
Canned Beans			
		1 lb	0
		0	64 oz

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Food Package – General

Maximum Monthly Quantity (Continued)

5. BREASTFEEDING WOMEN (Enhanced Package)			
Federal Food Package VII – 7 CFR 246.10 (c)(7)			
		Non-Homeless	Homeless
Milk			
-Fluid (whole, low-fat, skim, acidophilus, long-shelf life, lactose-reduced) OR		28 qt	22 qt
-Dry (non-fat, low-fat) OR		28 qt (5.6 lb)	22 qt (4.4 lb)
-Evaporated	12 oz can	30	23
Cheese			
<ul style="list-style-type: none"> • Additional pounds of cheese will be substituted at a rate of 1 pound of cheese for 3 quarts of milk. • A maximum of 2 pounds of cheese can be authorized without documentation of lactose intolerance (Reference: Chapter 3, Section L). • The food package for a homeless participant will contain 3 pounds of cheese. 			
Eggs			
-Grade A		2 dozen	0
Cereal			
-Regular, hot or cold		36 oz dry	36 oz dry
Juice			
-Single strength, OR	46 oz can	7	0
	6 oz can	0	53
-Frozen concentrate	12 oz can	7	0
Dry Beans			
Canned Beans			
Peanut Butter, OR			
Additional Dry Beans or Peas			
Tuna			
Carrots			
-Canned		32 oz	32 oz
-Fresh or Frozen		2 lb	2 lb

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Food Package – General

Maximum Monthly Quantity (Continued)

6. POSTPARTUM, NON-BREASTFEEDING WOMEN			
Federal Food Package VI - 7 CFR 246.10 (c)(6)			
		Non-Homeless	Homeless
Milk			
-Fluid (whole, reduced-fat, skim/nonfat, low fat acidophilus, long-shelf life, lactose-reduced) OR		24 qt	18 qt
-Dry (non-fat, low-fat) OR		24 qt (4.8 lb)	18 qt (3.6 lb)
-Evaporated	12 oz can	26	19
Cheese			
<ul style="list-style-type: none"> • Additional pounds of cheese will be substituted at a rate of 1 pound of cheese for 3 quarts of milk. • A maximum of 2 pounds of cheese can be authorized without documentation of lactose intolerance (Reference: Chapter 3, Section L). • The food package for a homeless participant will contain 2 pounds of cheese. 			
Eggs			
-Grade A		2 dozen	0
Cereal			
-Regular, hot or cold		36 oz dry	36 oz dry
Juice			
-Single strength OR	46 oz can 6 oz can	4 30	0 30
-Frozen concentrate	12 oz can	4	0
Peanut Butter			
		0	24 oz

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Food Package – General

Maximum Monthly Quantity (Continued)

7. CHILDREN AND WOMEN WITH SPECIAL NEEDS			
Federal Food Package III –7 CFR 246.10 (c)(3)			
		Basic Package	Additional*
Formula			
-Concentrate, OR	13 oz can	31	4
-Powder, OR	12 oz can	10	1
	14 oz can	9	1
	16 oz can	8	1
-Ready-To-Feed	8 oz can	96	12
	32 oz can	25	3
*Can be authorized according to procedures for women and children with special needs.			
Cereal			
Regular, hot or cold		36 oz	0
Juice			
-Single-strength, OR	46 oz cans	3	0
-Frozen concentrate	12 oz cans	3	0

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Appendix C

Justification for Tailored Food Packages

See following pages

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Justification for Tailored Food Packages

The Arizona WIC Program feels that the quantity of milk and juice provided in the maximum food package must be adjusted, and peanut butter removed, to meet the recommendations of nutrition and medical professionals to ensure healthy supplementation of children's diets.

The maximum quantities in the food package for children allowed by the federal regulations provide significantly more than the quantity of milk recommended by Bright Futures. The maximum food package currently provides 24 quarts of milk, the equivalent of 3.2 cups per day, or more than six child-sized portions. Bright Futures recommends that for children 2-5 years old, "Milk should be limited to two cups per day, which is sufficient to meet calcium needs."¹ Professionals also recommend a variety of foods from all of the food groups. Children who are provided with large quantities of milk may fill up on the milk and therefore consume inadequate quantities of other healthy foods. Childhood obesity, from excess caloric intake, could be another consequence of providing too much milk.

Although the maximum quantity of juice is appropriate for 2-4 year olds, it is excessive for one year olds. Bright Futures recommends 4 ounces a day for 1 year olds. The maximum quantity of juice provides over 9 ounces per day, which is more than twice the recommendation.

Table 1 below reflects that the quantities of milk and juice provided in the tailored food package for one year olds provides more than 100% of all the target nutrients and meet the above recommendations (with the exception of vitamin D, which is manufactured in the body to meet needs).

Table 1: One Year Old Children					
Food Item	Quantity Provided in Tailored Pkg	Quantity of Target Nutrient ^{2,3} Provided by Tailored Food Package per day ⁴			
		Calcium ⁶ (mg)	Protein (g)	Vitamin D (mg)	Vitamin C (mg)*
Whole Milk	16 quarts	610	17	5	N/A
Juice	184 fluid ounces	N/A	N/A	N/A	62-73
RDA ⁵		500	16	10	40
%RDA		>100%	100%	50%	>100%

* Ranges represent different fat content of whole milk and different types of juices

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Justification for Tailored Food Packages (Continued)

Table 2 reflects that the quantity of milk provided in the tailored food package for 2-3 year olds provides at least 100% of all the target nutrients, and meets the above recommendations (with the exception of vitamin D which is manufactured in the body to meet needs). Table 2 also illustrates that at least 70% of the needs for target nutrients are met by the tailored food package for four year olds (again with the exception of vitamin D).

Food Item	Quantity Provided in Tailored Pkg	Quantity of Target Nutrient ^{2,3} Provided by Tailored Food Package per day ⁴			
		Calcium ⁶ (mg)	Protein (g)	Vitamin A (mgRE)	Vitamin D (mg)
Low fat Milk	20 quarts	789	21	368	6
RDA ⁵		500 (2-3 yrs) 800 (4 yrs)	16 (2-3 yrs) 24 (4 yrs)	400 (2-3 yrs) 500 (4 yrs)	10 (2-3 yrs) 10 (4 yrs)
%RDA		>100%(2-3 yrs) 99% (4yrs)	>100%(2-3 yrs) 88% (4yrs)	92%(2-3 yrs) 74% (4yrs)	60%(2-3 yrs) 60% (4yrs)

Although peanut butter does not meet nutritional recommendations, Bright Futures does recommend that peanut butter not be given to one (1) and two (2) year olds, and with caution to three (3) year olds.¹ The Arizona WIC Program will continue to provide beans to these children and peanut butter to the women and four (4) year olds.

Local Agencies shall tailor the participant's food package to address their individual nutritional needs, medical condition, or personal desires. Tailoring a participant's standard food package can only be done with the participant's knowledge, understanding, and consent.

References:

¹Story, M; Holt, K; Sofka, D., eds. 2002. Bright Futures in Practice: Nutrition (2nd ed). Arlington, VA: National Center for Education in Maternal and Child Health.

² 7 CFR Ch.11, 246.10 (c)(4)(I)

³The New Food Label from A WIC Perspective, Determining WIC Eligibility of Foods Using the Food Label, Nutrition and Technical Services Division, Food and Consumer Service, USDA, June 1995.

⁴Bowes and Church's Food Values of Portions Commonly Used, 16th Edition.

⁵ Recommended Dietary Allowances, 10th Edition.

⁶ National Academy of Science's, Institute of Medicine, Dietary References Intakes for Calcium, Phosphorus, Magnesium, Vitamin D, and Fluoride as per Nutrition Week Community Nutrition Institute), Volume XXVI, No. 32, August 22, 1997 and per draft of report at www.nap.edu.

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Appendix D

Justification for Tailoring Breastfeeding Infant Food Packages

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Justification for Tailoring Breastfeeding Infant Food Packages

Breastfeeding promotion and support is an essential component of the Arizona WIC Program services. The WIC program promotes breastfeeding as the norm for infant feeding with rare exceptions. Exclusive breastfeeding is ideal nutrition and sufficient to support optimal growth and development for approximately the first six months after birth. Exclusive breastfeeding is defined as the provision of breast milk only, with no other liquids or solids. Gradual introduction of iron-enriched solid foods in the second half of the first year should complement the breast milk diet. Breastfeeding should continue through the infants first birthday. The use of supplemental infant formula for breastfed infants, particularly in the early postpartum period should be kept to a minimum as it interferes with the establishment of lactation, is associated with early termination of breastfeeding, and decreases the protective benefits of breastfeeding.

Women know that breastfeeding is best; however they need **support** to succeed. Some women may become discouraged by community **barriers** such as lack of support from friends and family, returning to work and formula company advertising practices.

According to the AAP, "Enthusiastic support and involvement of all health organizations, especially public health organizations in promotion of breastfeeding and assuring a supportive environment for successful breastfeeding is essential to the achievement of optimal infant and child health, growth, and development."

The Arizona WIC Program's vision is that the norm for infant feeding will be exclusive breastfeeding for approximately the first six months of life with continued breastfeeding through the infant's first birthday. Every woman enrolled in the Arizona WIC Program will have the information, resources, and support to breastfeed for at least 12 months. When supplemental formula is requested, counseling support is required to ensure the continuation of successful breastfeeding. Ideally, the breastfed infant will require no supplemental formula, especially during the first few months of life.

Food Package Tailoring:

Local Agencies will establish a policy to tailor food packages to the particular needs of the breastfeeding dyad that change from exclusively breastfeeding to combination feeding, utilizing the following table and guidelines.

Guidelines:

Local Agencies shall not tailor food packages for any reason other than those that are based on assessment of the participant's individual nutritional needs, medical condition, or personal desires. Tailoring a participant's standard food package can only be done with the participant's knowledge, understanding and consent.

Chapter Three

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Justification for Tailoring Breastfeeding Infant Food Packages (cont)

Guidelines (continued):

A combination breastfed/ formula fed infant who does not require the full formula amount may be issued as much formula as he/she is currently consuming or expected to consume before the next WIC appointment.

Local agencies shall not establish a policy for automatic tailoring of a breastfeeding food package for women who change from exclusively breastfeeding to combination feeding her infant regardless of the amount of formula her infant receives.

Documentation:

Local agencies shall document the reason for and duration of food package tailoring in AIM. Documentation **MUST** be in the notes on the medical, health, or care plan screens. These comments will serve as documentation that food package tailoring has occurred.

# Of ounces of formula consumed per 24 Hours	# Of Cans of Powdered Formula Per Month 12.9 ounce Can	# Of Cans of Powdered Formula Per Month 14.3 ounce Can
0-4	2	2
5-8	3	3
9-12	5	4
13-14	6	5
15-16	6	6
17-18	7	6
19-20	8	7
21-22	9	8
23-24	9	8

Tips:

- Assess the need for supplemental formula before issuance
- Discuss using breast pump instead of supplemental formula
- Encourage mom to delay supplementation until 4 weeks of age
- Offer the smallest formula supplement package possible so that mom does not supplement more than originally intended

First priority should be to help the woman successfully breastfeed. Inform the mom about the impact of supplementation to breastfeeding (i.e., that milk production will decrease when a woman breastfeeds less frequently, along with health benefits).

Chapter Three Food Package – General

Appendix E WIC Equivalent Calculator

See following page

Chapter Three Food Package – General

WIC Equivalent Calculator

The chart below identifies equivalent quantities of food as stated on WIC drafts

Food	Quantity	Equivalency
Milk	$\frac{3}{4}$ Gallon	= $\frac{1}{2}$ Gallon + 1 Quart
		= 3 Quarts
	1 Gallon	= 2 x $\frac{1}{2}$ Gallon
		= $\frac{1}{2}$ Gallon x 2 Quarts
		= 4 Quarts
	1 $\frac{1}{4}$ Gallons	= 2 x $\frac{1}{2}$ Gallon + 1 Quart
		= $\frac{1}{2}$ Gallon + 3 Quarts
		= 5 Quarts
	1 $\frac{1}{2}$ Gallon	= 3 x $\frac{1}{2}$ Gallon
		= 1 Gallon + 2 Quarts
= 6 Quarts		
Note: No Pints Allowed		
Cheese	1 x 16 ounce package	
	up to 16 ounce package (not less than a 10 oz package)	
	up to 16 ounce random weight natural cheese	
Cereal	Up to 36 ounces of cereal, but not more than 36 ounces. Cold and hot cereal may be combined	
	Cold	36 ounces = 1 x 20 ounce AND 1 x 16 ounce box
		35 ounces = 2 x 17.5 ounce boxes
	Hot	35 ounces = 1 x 35 ounce box
		36 ounces = 3 x 12 ounce boxes
Beans	1 pound package or up to 1 pound bulk beans, but not more than 1 pound (16 ounces)	
	Juice	2-46 ounce cans or 2-12 ounce frozen
NOTE: No 6 ounce frozen cans allowed		