

# **MI-WIC POLICY**

## ***Food Package***

### **7.0 Food Package**

*Effective Date:* 07/11/2016

#### **7.01 Food Package Determination**

**PURPOSE:** The Competent Professional Authority (CPA) shall assign a food package for each client taking into consideration the client's age and nutritional needs.

**DEFINITION:** Food package determination is the process of identifying the appropriate amounts and types of supplemental foods for each WIC client.

#### **A. POLICY:**

1. The CPA shall prescribe types of supplemental foods in quantities appropriate for each client, taking into consideration the client's age and nutritional needs. For a list of authorized foods, refer to Policy 7.02 Authorized WIC Foods and Policy 7.03 Food Package for Qualifying Conditions.
2. The local agency CPA shall issue a maximum food package to a client unless it is not appropriate. For a list of the types and amounts of foods provided to clients receiving the maximum food package, refer to Policy 7.04 Maximum Food Package.
3. If the local agency CPA determines that the maximum food package is not appropriate for the client, a customized food package shall be provided. For situations in which a CPA assigns a customized food package refer to Policy 7.05 Customized Food Package.
4. A food package shall be assigned for a client each certification period. Clients or their caretaker shall be advised that the supplemental foods issued are only for the person(s) on the program.
5. The CPA considers the following when determining the food package:
  - a. In addition to considering age and nutritional needs when determining the food package, the CPA should consider the client's food preferences, nutritional and medical risks, culture, and food storage and preparation abilities.
  - b. At least one food from each group is offered based on client's category and type of food package allowed by federal regulations. Food groups are defined as milk/cheese/yogurt, juice, cereal, eggs, whole grains, fruits/vegetables, canned fish and legumes.
  - c. If the client declines any of the foods offered in the package, the foods may be excluded.
  - d. A specific food may also be lessened or excluded from an individual's food package if the CPA determines it is contraindicated for the client due to a special medical problem.

6. A change to a client's food package is made to meet the specific nutritional needs of the individual client. Based on an assessment of the client, the CPA changes the food package with input from the client and in accordance with federal and state policies.

When determining the need for food package changes, the CPA should consider the following:

- a. All clients - is the client utilizing all of their WIC foods? Does the client need a different type or form of a WIC food, i.e., lactose free, powdered or evaporated milk in place of some or all fluid milk; powdered rather than concentrated formula? (Refer to Policy 7.05.)
- b. Breastfeeding women - is the food package appropriate for the nutritional needs of the breastfeeding woman? Is the breastfeeding woman nursing two or more infants from the same pregnancy? (Refer to Policy 7.05.)
- c. Breastfeeding infants - is the food package appropriate for the amount of breastfeeding? (Refer to Policy 7.05.)
- d. Infants 6-11 months of age - is the addition of infant food appropriate? (Refer to Policy 7.05.)
- e. Clients receiving exempt infant formulas and WIC-eligible nutritionals - is the client tolerating the exempt formula/WIC-eligible nutritional? (Refer to Policy 7.03 and Policy 7.05.)
- f. Clients on customized food packages - are the modifications from the maximum food package still appropriate for the client? (Refer to Policy 7.05.)

Reference:

WIC Food Packages – Laws and Regulations. Available at Internet site  
<http://www.fns.usda.gov/wic/lawsandregulations/default.htm>

Cross Reference:

- 7.02 Authorized WIC Foods
- 7.03 Food Package for Qualifying Conditions
- 7.04 Maximum Food Package
- 7.05 Customized Food Package