

**PURPOSE:** Food package customizing enables the CPA to modify the form and amounts of allowed WIC foods if the maximum food package is not appropriate.

**DEFINITION:** Food package customizing is adapting the maximum food package to better meet the specific nutrition needs of the individual client. Based on an assessment of the client, the CPA customizes the food package with input from the client and in accordance with federal and state policies.

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

1. If the maximum food package is not appropriate for a WIC client, the Competent Professional Authority (CPA) shall work with the client to customize the client's food package based on, but not limited to, the following situations:
  - a. Client food preference.
  - b. Client's medical and nutritional needs or risks (e.g., eliminate a food due to a food allergy).
  - c. Household conditions (e.g., lack of refrigeration; homelessness).
  - d. Breastfeeding support by adjusting the food package for the partially breastfed infant.
2. A specific food may be lessened or excluded from an individual's food package if the CPA determines the food is contraindicated for the client due to a special medical or nutritional problem or the client refuses or cannot use the maximum monthly allowance. Refer to Policy 7.04 Maximum Food Package Tables A through G for a list of the different food types and maximum quantities allowed. Refer to Policy 7.02 Authorized WIC Foods for a description of the foods available to WIC clients.
3. Substitutions which are allowed include the following:
  - a. Infant cereal and breakfast cereal
    - 1) For children and women, 32 oz of infant cereal may be substituted for 36 oz of breakfast cereal.

- b. Fluid milk and other forms of milk
- 1) Evaporated milk
    - a) Twenty (20) cans of evaporated milk plus one (1) quart of fluid milk may be substituted for 16 quarts of fluid milk (maximum allowance for children and non-lactating postpartum women).
    - b) Twenty-eight (28) cans of evaporated milk plus one (1) quart of fluid milk may be substituted for 22 quarts of fluid milk (maximum allowance for pregnant and partially breastfeeding women).
    - c) Thirty-two (32) cans of evaporated milk may be substituted for 24 quarts of fluid milk (maximum allowance for pregnant women with multiple fetuses, partially breastfeeding women nursing 2 or more infants from the same pregnancy and exclusively breastfeeding women).
  - 2) Powdered dry milk
    - a) Replace 20 quarts of fluid milk with a 64 oz box of powdered dry milk.
    - b) Replace 10 quarts of fluid milk with a 32 oz box of powdered dry milk.
    - c) Replace 8 quarts of fluid milk with a 25.6 oz box of powdered dry milk.
    - d) Replace 22 quarts of fluid milk with a 64 oz box or two (2) 32 oz boxes of powdered milk plus one-half (1/2) gallon of fluid milk (maximum allowance for pregnant and partially breastfeeding women).
- c. Milk and cheese
- 1) For children, pregnant and partially breastfeeding women and non-lactating postpartum women, cheese may be substituted for milk at the rate of 1 pound of cheese per 3 quarts of milk. No more than 1 lb of cheese may be substituted for 3 quarts of milk.
  - 2) For fully breastfeeding women, cheese may be substituted for milk at the rate of 1 pound of cheese per 3 quarts of milk. No more than 2 lbs of cheese may be substituted for 6 quarts of milk. The fully breastfeeding woman may receive no more than a total of 3 lbs of cheese.
- d. Milk and yogurt
- 1) For children, pregnant and partially breastfeeding women and non-lactating postpartum women, yogurt may be substituted for milk at the rate of 1 quart of yogurt per 1 quart of milk. No more than 1 quart of yogurt may be substituted for 1 quart of milk.
  - 2) For fully breastfeeding women, yogurt may be substituted for milk at the rate of 1 quart of yogurt per 1 quart of milk. No more than 1 quart of yogurt may be substituted for 1 quart of milk. The fully breastfeeding woman may receive no more than a total of 1 quart of yogurt.

- e. Soy beverage
  - 1) For women and children, soy beverage may be substituted for milk at the rate of 1 quart of soy beverage per 1 quart of milk.
  - 2) Refer to Policy 7.02, Authorized WIC Foods.
  
- f. Peanut Butter, Dry Beans/Peas, and Canned Beans/Peas
  - 1) For pregnant and partially breastfeeding women and fully breastfeeding women, 1 lb dry bean/peas or 18 oz of peanut butter may be substituted for 64 oz of canned beans/peas. The following combinations are allowed:
    - 1 lb of dry beans/peas and 64 oz canned beans/peas
    - 2 lb of dry beans/peas
    - 128 oz canned beans/peas
    - 36 oz peanut butter
    - 1 lb of dry beans/peas and 18 oz peanut butter
    - 64 oz canned beans/peas and 18 oz peanut butter

**B. GUIDANCE**

- 1. Policy 7.01 Food Package Determination provides the procedure to use when determining a food package.
- 2. Options for customized food packages are available in MI-WIC.

## References:

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

## Cross Reference:

- 7.01 Food Package Determination
- 7.02 Authorized WIC Foods
- 7.03 Food Package for Qualifying Conditions
- 7.04 Maximum Food Package