

# MI-WIC POLICY

## Food Package

### 7.0 Food Package

Effective Date: 03/01/2021

#### 7.01 Food Package Determination and Customization

**PURPOSE:** To provide direction to the Competent Professional Authority (CPA) for determining the most appropriate food package for each client and modifying the amounts of supplemental foods to best meet the client's nutritional needs.

#### DEFINITIONS:

**Standard food package** means the food package containing the full maximum monthly allowances of authorized foods based on client category. The standard food package includes one pound of cheese substituted for three quarts of milk. Note: These pre-configured food packages are available for staff selection in MI-WIC.

**Alternative milk food package** means a food package with milk substitutions based on client preference or nutrition needs. Examples include substituting one quart of milk for one quart of yogurt, providing an alternative milk fat, or providing an alternate physical milk form (e.g., dry milk vs. fluid milk). Note: These pre-configured food packages are available for staff selection in MI-WIC.

**Customized food package** means a food package that has modifications in the amounts of supplemental foods to better meet the specific nutrition needs of the individual client, or that an infant formula, exempt infant formula, or WIC eligible nutritional has been added. Note: These food packages require staff to customize the assigned food package in MI-WIC.

#### POLICY

##### A. Food Package Determination

1. The CPA shall consider the client's age, food preferences, nutrition risks, culture, and food storage and preparation abilities when determining the food package.
2. After a complete nutrition assessment, a standard food package shall be assigned when the CPA determines no adjustments are necessary to the supplemental foods provided to the client (See Policies 2.01, Certification/Eligibility, 2.13, Nutritional Risk Criteria, and 5.01, Nutrition Services Overview).
3. An alternative milk food package shall be provided if the CPA determines a milk substitution to the standard food package is indicated.
4. Allowable reasons for alternative milk food packages are described below.
  - a. A whole milk package is the standard package authorized for children 12 through 23 months of age.
    - i. The CPA may determine the need for reduced fat (2%) milk for children aged 12 through 23 months based on individual nutrition assessment, in consultation with the health care provider as needed, and when one of the following criteria is met

- and documented:
- a) Caregiver reports the health care provider recommends 2% milk.
  - b) Client overweight or obesity is a concern.
  - c) Family history is positive for obesity, dyslipidemia, or cardiovascular disease.
- ii. For a child aged 12-23 months on a food package for qualifying conditions, the determination for 2% milk must be made by the health care provider completing the Special Formula/Food Request DCH-1326 (See Policy 7.03, Food Package for Qualifying Conditions).
- b. A low fat milk (1%, ½%, and skim or fat free) package is the standard food package authorized for women and children 2 through 4 years of age.
    - i. The CPA may determine the need for reduced fat (2%) milk for women and children aged 2 through 4 years based on individual nutrition assessment, in consultation with the health care provider as needed, and when one of the following criteria is met and documented:
      - a. Client meets risk criteria for at-risk of underweight or high-risk underweight.
      - b. Client meets risk criteria for pre-pregnancy underweight, postpartum underweight, low maternal weight gain or maternal weight loss during pregnancy.
    - ii. For women and children 2 through 4 years of age with a qualifying condition that requires the use of a WIC formula, the determination for whole milk must be made by the health care provider completing the Special Formula/Food Request DCH-1326 (See Policy 7.03, Food Package for Qualifying Conditions).
- c. Soy beverage
    - i. The CPA may determine the need to substitute soy beverage for milk, for children who are not receiving a food package for qualifying conditions. The CPA determination must be based on individual nutrition assessment and in consultation with the health care provider as needed.
    - ii. Reasons for this determination must be documented and may include, but are not limited to, milk allergy, lactose intolerance, vegan diet and cultural practices that prevent clients from including cow's milk in their diets.
    - iii. For a child on a food package for qualifying conditions, the determination to substitute soy beverage for milk must be made by the health care provider completing the Special Formula/Food Request DCH-1326 (See Policy 7.03, Food Package for Qualifying Conditions).
- d. Milk packages not requiring a Special Formula/Food Request DCH-1326 (See A.1.):
    - i. Lactose free milk
      - a. Fat free
      - b. Reduced fat (2%)
      - c. Whole
    - ii. Evaporated milk
      - a. Fat free
      - b. Reduced fat (2%)
      - c. Whole
    - iii. Non fat dry milk (NFDM)

- e. Cheese
    - i. No additional cheese may be added to food packages as packages already contain the maximum amount of cheese
    - ii. Food packages with less than the maximum amount of cheese can be assigned (See Policy 7.04, Maximum Food Package)
  - f. Yogurt
    - i. No additional yogurt may be added to food packages, as packages with yogurt already contain the maximum amount of yogurt.
5. At least one food from each food category is offered based on client category and type of food package allowed by federal regulations (except when packages are customized to the needs of individual clients – see Food Package Customization below). Food categories include milk and milk alternatives, juice, cereal, eggs, whole grains, fruits/vegetables, canned fish and legumes. See Policy 7.04, Maximum Food Package for the amounts of foods provided to clients receiving the maximum food package by category.

**B. Food Package Customization**

1. The full maximum monthly allowances of all supplemental foods in all food packages must be made available to clients (See Policy 7.04, Maximum Food Package).
2. Reductions in these amounts cannot be made for:
  - a. Cost-savings, administrative convenience, caseload management, or to control vendor abuse.
  - b. Categories, groups or subgroups of WIC clients.
3. Providing less than the maximum monthly allowance or excluding supplemental foods is allowable for individual clients when:
  - a. Medically or nutritionally warranted (e.g., to eliminate a food due to an allergy).
  - b. A client refuses or cannot use the maximum monthly allowances (e.g., client raises chickens and has a plentiful supply of eggs); or
  - c. The quantities necessary to supplement another programs' contribution to fill a medical prescription would be less than the maximum monthly allowances.
  - d. Providing breastfeeding support by tailoring the amount of formula in the partially breastfed infant food package.
4. Formulas (standard infant formulas, exempt infant formulas, and WIC eligible nutritionals) are the only items that can be added to maximum food packages (See 7.03, Food Package for Qualifying Conditions.)
5. The reason for customizing a client's food package shall be documented in the WIC record.

**GUIDANCE:**

When determining the need for an alternative milk food package, the CPA should consider the following:

1. All clients - does the client need a different type or form of a WIC food, i.e., lactose free, NFDM or evaporated milk, in place of some or all fluid milk?
2. Infants – does the client need concentrated or ready-to-feed rather than powdered formula? (See Policy 7.02, Authorized WIC Foods and Policy 7.03, Food Package for Qualifying Conditions.)
3. Infants 6-11 months of age - is the addition of infant food appropriate? (See Policy 7.03, Food Package for Qualifying Conditions.)
4. Infants 9-11 months of age - is the infant food appropriate? Does the caregiver wish to receive cash value benefit for fresh fruits and vegetables?
5. Clients receiving exempt infant formulas and WIC-eligible nutritionals - is the client tolerating the formula? (See Policy 7.03, Food Package for Qualifying Conditions.)

Reference:

WIC Food Packages – Laws and Regulations. Available at Internet site  
<https://www.fns.usda.gov/wic/wic-laws-and-regulations>  
USDA WIC Food Package Policy and Guidance, March 2018

Cross Reference:

- 2.01 Certification/Eligibility
- 2.13 Nutritional Risk Criteria
- 5.01 Nutrition Services Overview
- 7.02 Authorized WIC Foods
- 7.03 Food Package for Qualifying Conditions
- 7.04 Maximum Food Package