

## SECTION 7.3

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### **Subject: Food Package Assignment Overview**

**References:** 7 CFR 246.10

#### **Policy:**

- Food packages must be assigned by CPAs and be appropriate to the category of eligibility.
- CPAs, in consultation with the participant or parent/caregiver, must tailor the food package to address the nutritional needs, circumstances, and preferences of the participant.
- The food package must support and protect breastfeeding.

**Purpose:** To provide a food package that will best meet the participant's needs and provide foods the participant will consume.

#### **Procedures:**

1. **There are seven Food Package Categories.** Refer to the specific policy for each food package category. See table below.
2. **Food Package Assignment.** Local Agencies must:
  - Authorize only CPAs to assign food packages.
  - Make available to participants the maximum monthly allowance of authorized supplemental foods in their food package category.
    - **Exception:** If supplementation is determined necessary for a breastfed infant, prescribe the *minimum* amount of formula needed.
  - Not exceed maximum monthly allowance of authorized supplemental foods in the food package category.
  - Abide by authorized substitution rates for WIC foods.
3. **Nutrition Tailoring.** CPAs may individually tailor a food package and prescribe less than the maximum monthly allowance of supplemental foods *only* in the following situations:
  - A breastfed infant is determined to require supplementation: the CPA must evaluate current feeding practices and prescribe the minimum amount of formula needed.
  - A participant has a medical or nutritional condition warranting the restriction of certain foods. Examples include:

- Food allergies
- Diabetes, in which case fruit juice might be limited or eliminated
- Cases in which providing the maximum allowance would exceed the amount of food prescribed by the medical provider
- A participant refuses a food or cannot use the maximum monthly allowance.
- The quantities necessary to supplement another program’s contribution (e.g., MA) to fill a medical prescription would be less than the maximum monthly allowance.

### Food Package Categories

Category:	Food Package designed for:
<b>Food Package 1</b> <a href="#">Section 7.7</a>	<ul style="list-style-type: none"> <li>● Infants 0 through 5 months</li> </ul>
<b>Food Package 2</b> <a href="#">Section 7.8</a>	<ul style="list-style-type: none"> <li>● Infants 6 through 11 months</li> </ul>
<b>Food Package 3</b> <a href="#">Section 7.9</a>	<ul style="list-style-type: none"> <li>● Women with qualifying conditions</li> <li>● Children with qualifying conditions</li> <li>● Infants with qualifying conditions</li> </ul>
<b>Food Package 4</b> <a href="#">Section 7.10</a>	<ul style="list-style-type: none"> <li>● Children 1 through 4 years</li> </ul>
<b>Food Package 5</b> <a href="#">Section 7.11</a>	<ul style="list-style-type: none"> <li>● Pregnant women</li> <li>● Mostly-Breastfeeding women</li> </ul>
<b>Food Package 6</b> <a href="#">Section 7.12</a>	<ul style="list-style-type: none"> <li>● Some-Breastfeeding women up to 6 months postpartum (whose infants receive more formula than allowed in the Mostly-Breastfed Infant food package)</li> <li>● Non-breastfeeding postpartum women up to 6 months postpartum</li> </ul>
<b>Food Package 7</b> <a href="#">Section 7.13</a>	<ul style="list-style-type: none"> <li>● Breastfeeding women up to 1 year postpartum, whose infants do not receive infant formula from WIC</li> <li>● Women pregnant with multiples</li> <li>● Women Mostly-Breastfeeding multiple infants (whose infants are receiving the Mostly-Breastfed Infant food package)</li> <li>● Women breastfeeding multiple infants where one infant is receiving the Fully-Breastfed Infant food package and the other(s) receiving the Mostly- or Some- Breastfed Infant food package.</li> <li>● Women pregnant <u>and</u> Fully-Breastfeeding an infant up to 1 year</li> </ul>
<b>Food Package 7+</b> <a href="#">Section 7.13</a>	<ul style="list-style-type: none"> <li>● Women Fully-Breastfeeding multiple infants</li> </ul>

## Guidance:

- Use information gathered during the health and nutrition assessment to individualize and tailor the food package as appropriate. Consider:
  - Nutrition needs
  - Personal and cultural preferences
  - Environmental conditions
- Explain the food package to the participant. WIC foods are intended to help meet the participant's nutrition needs and support his/her health.
  - WIC foods are good sources of selected nutrients often lacking in many diets.
  - WIC offers more healthful forms of foods (such as lowfat milk, fruits without added sugar, cereals with less sugar, etc.) to promote healthier family meals.
  - Foods provided by WIC enable families to spend their food dollars on other foods they might wish to buy.
- Participants are not required to purchase all the foods (or full quantity of foods) available to them.
- Availability of some food items and specific brands varies between vendors. Refer to [\*Minimum Stock Requirements\*](#) and [\*UPC WIC-Allowed Food Product Listing\*](#) for more information.