

## Section 7.3: Food Package Assignment Overview

1/2011

**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

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- 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>▪ Fully-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 <b>and</b> Fully- or Mostly-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.

## Reference – Complete Listing of Hyperlinks

### Section 7.7: Food Package for Infants 0-5 Months (Food Package 1)

([https://www.health.state.mn.us/docs/people/wic/localagency/program/mom/chsctns/ch7/sctn7\\_7.pdf](https://www.health.state.mn.us/docs/people/wic/localagency/program/mom/chsctns/ch7/sctn7_7.pdf))

### Section 7.8: Food Package for Infants 6-11 Months (Food Package 2)

([https://www.health.state.mn.us/docs/people/wic/localagency/program/mom/chsctns/ch7/sctn7\\_8.pdf](https://www.health.state.mn.us/docs/people/wic/localagency/program/mom/chsctns/ch7/sctn7_8.pdf))

### Section 7.9: Food Package for Infants, Women, and Children with Qualifying Medical Conditions (Food Package 3)

([https://www.health.state.mn.us/docs/people/wic/localagency/program/mom/chsctns/ch7/sctn7\\_9.pdf](https://www.health.state.mn.us/docs/people/wic/localagency/program/mom/chsctns/ch7/sctn7_9.pdf))

### Section 7.10: Food Package for Children 1 through 4 years old (Food Package 4)

([https://www.health.state.mn.us/docs/people/wic/localagency/program/mom/chsctns/ch7/sctn7\\_10.pdf](https://www.health.state.mn.us/docs/people/wic/localagency/program/mom/chsctns/ch7/sctn7_10.pdf))

### Section 7.11: Food Package for Pregnant Women and Mostly-Breastfeeding Women (Food Package 5)

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([https://www.health.state.mn.us/docs/people/wic/localagency/program/mom/chsctns/ch7/sctn7\\_11.pdf](https://www.health.state.mn.us/docs/people/wic/localagency/program/mom/chsctns/ch7/sctn7_11.pdf))

### Section 7.12: Food Package for Some-Breastfeeding and Non-Breastfeeding Postpartum Women (Food Package 6)

([https://www.health.state.mn.us/docs/people/wic/localagency/program/mom/chsctns/ch7/sctn7\\_12.pdf](https://www.health.state.mn.us/docs/people/wic/localagency/program/mom/chsctns/ch7/sctn7_12.pdf))

### Section 7.13: Food Package for Fully Breastfeeding Women

([https://www.health.state.mn.us/docs/people/wic/localagency/program/mom/chsctns/ch7/sctn7\\_13.pdf](https://www.health.state.mn.us/docs/people/wic/localagency/program/mom/chsctns/ch7/sctn7_13.pdf))

### Minimum Stock Requirements

(<https://www.health.state.mn.us/people/wic/vendor/index.html#minimum1>)

### UPC WIC-Allowed Food Product Listing

(<http://www.health.state.mn.us/divs/fh/wic/vendor/fpchng/upc/index.html>)

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