

Food Prescription 1A - Overview - WINNIE Online Training Module

OCTOBER 2023

Introduction

Intro

This online training module is provided by the Minnesota (MN) Department of Health WIC Program. It's an overview of Food Prescription in WINNIE, the MN WIC Information System.

Date

All dates in this module are based on today's date being October 5, 2023.

Overview 1

The WIC foods, and their quantities, are defined by Federal Regulations and determined by a participant's WIC Category, age when issued, assigned risk factors, and Breastfeeding Amount when applicable.

The current foods provided and allowed by MN WIC can be reviewed in the WIC Shopping Guide (<https://www.health.state.mn.us/docs/people/wic/vendor/fpchng/shopguide.pdf>) which is available on the MDH WIC website as well as through the WIC App.

Click to view the Shopping Guide, which will open in a new browser window.

Click the button to continue the module when ready.

Overview 2

Food Packages for each type of participant are assigned a number.

Food package 1 is for infants 0 to 5 months old and is only contract formula.

2 is for infants 6 to 11 months old and adds infant foods.

3 is for infants, children and women with qualifying conditions and allows provision of special or medical formula.

It is denoted as Food Package III in WINNIE.

Food package 4 is for children.

Overview 3

5 is for pregnant and mostly-breastfeeding (or MBF) women.

6 is for some (SBF) and non-breastfeeding (NBF) women.

7 is most commonly for fully breastfeeding (FBF) but is also provided to many different types of women, including women who are breastfeeding more than one infant where one is fully and the other is mostly or some; women mostly-breastfeeding more than one infant; pregnant women who are also fully or mostly-breastfeeding; and women who are pregnant with more than one fetus.

7+ is for women fully breastfeeding more than one infant.

<Transition Slide>

<screen description – no audio> Slide transitions to Search page.

NBF Infant 1

Let's start by looking at infants and food packages 1 and 2.

Tally Hoe, who was born on 9/21, is a two-week-old certified infant.

Since mom is non-breastfeeding, so is Tally.

Double-click on Tally's card to open her Participant Folder.

<Waiting>

<screen description – no audio> Spin icon displays.

NBF Infant 2

Go ahead and select Food Prescription from the sidebar.

<Waiting>

<screen description – no audio> Waiting...please wait and spin icon display.

Food Prescription 1

The Food Prescription page lists all past, current, and future food packages by Effective Date, or food package start date, with the most future at the top.

Add Food Prescription is enabled as long as the participant is in a current certification.

Age Categories 1

Infants have 5 age categories: 0-1 month, 1-3, 4-5, 6-8, and 9-11 months, which along with breastfeeding amount dictate the amount of formula and, at 6 months, infant foods WIC provides.

Age Categories 2

To issue benefits to an infant once they are 1, 4, 6 or 9 months old, they must have a food package for that age category.

When certified, WINNIE automatically generates a food package with an Effective Date of the Cert Date, as well as these “default food packages” with an Effective Date of their birthdate, which in Tally’s case was 9/21/23, plus 1 month, 4 months, 6 months, and 9 months.

Child DFP 1

If they have a risk factor that can be assigned to children as well as infants, the system will also generate the 1-year child default food package during the certification.

Expand/Collapse 1

We can expand, or collapse, the food prescription card by clicking the Effective Date or the toggle accordion icon.

Go ahead and do that.

<no audio> Click to expand.

Food Prescription 2

Because this food package’s Effective Date is in the past, most functionality is disabled.

Past food packages cannot be edited or deleted.

Both Show Details and Add General Note are always enabled and we will review those in another module.

The card displays the food items, their quantities, and the Unit of Measure or UOM.

BF Infants 1

Infants and their food prescriptions are usually described by their breastfeeding status: non, some, mostly or fully.

For instance, Tally is a non-breastfeeding infant.

BF Infants 2

If an infant is breastfeeding at all, even if only once a day, she should be considered breastfeeding, and is assigned the breastfeeding amount of some, mostly or fully based on the amount of formula WIC is providing.

Some and mostly-breastfed infants receive the same infant foods at 6 and 9 months as non-breastfed infants.

The difference is in the number of cans of formula they are receiving.

Food Package 1-1

Food package 1 provides only contract formula to infants up to 5 months old.

WIC has a 5-year agreement with a formula company to provide milk and soy-based formula for rebate, which is one of the funding sources for WIC.

These formulas are our “contract formula” and are provided to all WIC infants receiving formula unless they are Food Package III and receiving special or medical formula.

<Transition Slide>

The current contract formulas...

<screen description – no audio> Slide transitions to MN WIC Contract Formula Amounts Guide.

Contract Guide 1

...are listed on the MN WIC Contract Formula Amounts Guide on the MDH WIC website.

It also provides the maximum allowed amount of formula by type (powder, concentrate or ready-to-feed), Breastfeeding Amount, and Age Category.

Contract Guide 2

Since breastfed infants usually receive powder, although that is up to mom, we'll look at powder.

Mostly-breastfed infants are limited to one can from 0-1 month, the range then increases from 1 up to 4 or 5 cans depending on the infant's age when the benefits are issued.

Contract Guide 3

If the infant is receiving more than the maximum number of cans for mostly-breastfeeding, they are some-breastfeeding.

Contract Guide 3A

Some-breastfeeding has a range with a maximum equal to the amount provided to non-breastfed (or fully formula fed) infants, which is why they share a column.

It's also why some-breastfeeding women do not receive WIC foods after 6 months; their infants may be receiving the same number of cans as non-breastfeeding women.

Click the button to continue.

Food Package 1-2

Go ahead and expand the 1-3 then 4-5-month food packages.

Food Package 1-3

<no audio> Expand the 1-3 then 4-5-month food packages.

Food Prescription 3

Now that the Effective Date is in the future, it is enabled and can be modified.

The Delete icon to the far right of the card deletes the entire food package.

The header above the grid impacts the contents of the grid, and we can add, edit, and delete the food items listed in the grid.

Food Package 1-4

Returning to Food Package 1, as we can see from the number of items, only formula is provided up to 5 months, with a little increase for the 4-5-month age category.

At 6 months, there are 3 items.

Expand the 6-8-month food package.

Food Package 2-1

Food Package 2 adds foods for infants 6 to 11 months old.

At 6 months, the system automatically adds 24 ounces of cereal and 32 jars of baby fruits and vegetables, along with another decrease in formula.

There are 4 items in the 9-11-month food package. Go ahead and expand it.

Food Package 2-2

At 9 months, WINNIE adds the cash-value benefit or CVB, replacing 16 (or half) of the jarred baby fruits and vegetables.

The CVB provides fruits and vegetables, which are limited to only fresh for infants.

CVB 1

The Unit of Measure for the CVB is “cent” in WINNIE only, so it displays 400 cents within the system and 4 dollars anywhere the participant might see.

<Transition Slide>

Let’s take a look at a fully breastfed infant’s Food Prescriptions.

<screen description – no audio> Slide transitions to Tex Booke’s Food Prescription page.

FBF Infants 1

Tex Booke is a fully breastfed infant, as indicated by just the 6-8 and 9-11-month food packages.

Since fully breastfed infants do not use any formula, they only receive Food Package 2.

Go ahead and expand the 6-8-month food package.

FBF Infants 2

Fully breastfed infants receive the same amount of cereal, but twice as many jars of infant fruits and vegetables and are the only type of infant that receives 31 jars of infant meats as well.

Go ahead and expand the 9-11-month food package.

FBF Infants 3

They also receive twice the CVB amount.

<Transition Slide>

Returning to Tally’s folder...

<screen description – no audio> Slide transitions Tally Hoe’s Food Prescription page.

Food Package 4-1

Let’s expand the 1-year food package.

Food Package 4-2

Food package 4 is issued to children 1 year old and older.

Children also have age categories: 1 up to 2, 2 up to 3, and 3-5.

A change in food package occurs at 1 and 2, but not at 3.

Food Package 4-3

Obviously, the change at one year old is from Food Package 2 to 4.

From 1 up to two years, the default Food Package 4 provides whole milk and higher-fat yogurt options.

Food Package 4-3A

At two, only lower fat milks and yogurt are offered and whole milk and higher-fat yogurt become Food Package III, or medically prescribed, food items.

Age Categories 3

Just like infants, a food package must exist for a child age category change to be able to issue benefits.

Again, the system will create a food package during the cert for any age category changes occurring during the certification period.

Validation 1

We might wonder why we don't just create them all at once, they are just default food packages, but we cannot create a food prescription with an Effective Date greater than the Cert End Date.

All Food Packages 1

As we view the rest of the default food packages, we'll notice that all of them have 1 pound of cheese and 1 quart of yogurt.

These can be replaced with more milk upon request.

1 pound of cheese is equal to 3 quarts of milk and 1 quart of yogurt is equal to 1 quart of milk.

Women's DFPs 1

Let's take a look at women's default food packages.

Switch to Tally's mom's (or Heidi's) folder. Click anywhere for a hint.

<failure hint> Click the Participant Menu (participant's name in header).

<audio – hint> Click the Participant Menu.

Women's DFPs 2

<no audio> Switch to Heidi's folder. Click anywhere for a hint.

<audio – hint> Select Hoe, Heidi from the Other Household Members list.

Women's DFPs 3

Let's start by expanding her 4/28/23 pregnancy food package, or Food Package 5.

Food Package 5-1

This is Food Package 5 for Pregnant and Mostly-Breastfeeding women.

Women's food packages are pretty similar to Food Package 4 for children, except for some different quantities.

Click the button to continue.

CVB Varied

We also need to note that at the time these training modules were created, the CVB had varied amounts, and may not reflect what our current amounts are, and may not be consistent from food package to food package that we view in these training modules.

Women's Juice

In order to ensure women are provided the full nutritional benefit, they are issued frozen concentrate juice instead of the 64 oz bottles of juice in their default food packages.

We can provide the ready-to-drink juice to women upon request, but they will receive less than the full amount allowed.

Go ahead and expand her 9/23/23 non-breastfeeding food package.

Food Package 6-1

Food Package 6 for some and non-breastfeeding women is very similar to Food Package 4, except for the frozen juice and it doesn't provide whole grains.

<Transition Slide>

Let's look at a fully breastfeeding woman...

<screen description – no audio> Slide transitions Anita Booke's Food Prescription page.

Food Package 7-1

Food Package 7 is most commonly associated with fully breastfeeding women but is also provided to other specific breastfeeding and pregnant women, and it provides increased quantities of many of the WIC foods.

Both 7 and 7+ are the only food packages that provide canned fish.

<screen description – no audio> Breastfeeding more than one infant where one is FBF and the other is MBF or SBF, MBF more than one infant, pregnant also FBF or MBF, and pregnant with more than one fetus.

Food Package 7 - Cheese

Of particular note for Food Package 7 and 7+ is that the one pound of cheese cannot be exchanged for more milk.

These food packages always provide 1 pound of cheese.

<Transition Slide>

One last food package...

<screen description – no audio> Slide transitions Sunny Daye's Food Prescription page.

Food Package 7+ 1

Food Package 7+ displays Fully Breastfeeding Multiples above the grid.

This food package is only provided to women fully breastfeeding more than one infant and is the same whether they are twins or triplets.

Food Package 7+ 2

It provides 1-and-a-half times the Food Package 7 quantities, resulting in some half-quantities.

This is a good opportunity to take a look at the Show Details function.

Let's click on the Whole Grain Item row, which has a quantity of 1.5, to select it.

Show Details 1

Go ahead and click the Show Details button.

<Waiting>

<screen description – no audio> Working...please wait and spin icon display.

Show Details 2

Show Details opens the Food Prescription Item Details modal.

It provides read-only information about the distribution of the selected food item beginning with the month of the Effective Date across either 6 months or until the Cert End Date, whichever arrives first.

Show Details 3

This applies if the Effective Date is the most-recent food package.

There are rules around what displays based on cert dates, future food packages, etc.

We aren't going into those. If interested, refer to Help.

Show Details 3

The information in the middle of the modal is what is entered into the back end of WINNIE when setting up this food item.

The next statement indicates the amount per month, the total distribution, and the math that provides the distribution across the time period displayed below.

The green arrow will only display under the current benefit month.

Show Details 4

The rotation begins by rounding up for the month a participant is certified, then down, up, down, etc., which we'll actually look at a number of times in the Adjust Benefits modules.

Show Details 5

Go ahead and close the modal.

<no audio> Click the Close button.

<Transition Slide>

<screen description – no audio> Slide transitions to topic slide.

BF Multiples 1

Women breastfeeding more than one infant can be assigned Food Package 7+, 7, 5 or 6.

The default food package is determined by the infant who is breastfeeding the most.

We'll continue our review of Food Prescription in the next training module.

Click the button when ready to continue.

Test Your Knowledge

T/F Q#1

True or False?

The default food package for women provides frozen concentrate juice because the ready-to-drink does not provide the full nutritional benefit.

Answer #1

The answer is True.

The full nutritional benefit for juice for women (ex: 96 ounces for Food Package 6) is provided with frozen concentrate juice, which makes 48 ounces per 11.5-12 oz container.

We can provide the Ready-to-Drink juice to women upon request, which is 64 ounces per container. Since we cannot issue more than the maximum amount, if we substitute Ready-to-Drink, they will only receive 64 ounces.

Multiple Choice Q#2

Which statement is **not** true?

- A. We must have a food package for an age category change if it occurs during the time period we are issuing benefits for.
- B. Infants have 3 age categories: 1-3, 4-5, and 6-11.
- C. Food Package 7 and 7+ provide one pound of cheese that cannot be substituted for more milk.
- D. Past food packages cannot be edited or deleted.
- E. Fully breastfed infants do not receive Food Package 1; they only receive Food Package 2.

Answer #2

The answer is B.

Infants have 5 age categories: 0-1, 1-3, 4-5, 6-8, and 9-11.

A food package with an Effective Date for each of these age category changes is auto-generated by WINNIE during the certification.

End

End Slide

Thank you for reviewing this WINNIE online training module presented by the Minnesota Department of Health WIC Program.

If you have any feedback, comments, or questions about the information provided, please submit the [WINNIE Questions for the State WIC Office](#) form.

FOOD PRESCRIPTION 1A - OVERVIEW

Minnesota Department of Health - WIC Program, 625 Robert St N, PO BOX 64975, ST PAUL MN 55164-0975; 1-800-657-3942, health.wic@state.mn.us, www.health.state.mn.us; to obtain this information in a different format, call: 1-800-657-3942.

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