

4.06 Pregnant Women

POLICY:

Food Package V is designed for issuance to women participants with singleton pregnancies who do not have a condition qualifying them to receive Food Package III.

Food Package VII is designed for women participants who are pregnant who are fully or partially (mostly) breastfeeding singleton infants and for women participants pregnant with two or more fetuses, and who do not have a condition qualifying them to receive Food Package III. Women who are pregnant who are fully breastfeeding multiple infants from the same pregnancy receive 1.5 times the supplemental foods provided in Food Package VII.

Food Package III is designed for any woman with a medical condition documented by either a **WIC-53 Formula Prescription Form** or other medical documentation (see **Policy 4.09 Food Package III, Women, Infants and Children with Qualifying Medical Conditions**).

PROCEDURE:

A. Women with a Singleton Pregnancy Authorized Supplemental Foods (Food Package V)

The maximum monthly allowances of authorized supplemental food for women with a singleton pregnancy include:

1. Milk, fluid 22 qt. (5.5 gallons)
 - a. Low-fat milks, as specified in FDA standards, which includes Low-fat (1%) and Fat Free (Skim Milk) are the allowable milks for women.
 - b. Milk Substitutes
 - i. Soy beverage: Soy based beverage can be substituted for milk on a quart for quart basis.
 - ii. Cheese, 1 pound (lb.): Cheese may be substituted for milk at the rate of 1 pound (lb.) of cheese per 3 quarts of milk. *Note:* no more than 1 pound of cheese may be substituted for milk
 - iii. Yogurt, 32 oz.
 1. Yogurt may be substituted for milk at the rate of 32 oz. per 1 quart of milk. *Note:* no more than 32 oz. of yogurt may be substituted for milk.
 2. Non-fat or low-fat yogurts, as specified in FDA standards, are the only types allowed for women.
2. Breakfast cereal, 36 oz.
3. Juice, 144 fl. oz., shelf-stable concentrate or frozen juice

4.06

Pregnant Women

4. Fruits and Vegetables, \$11.00
5. Whole grain bread, or other whole grains, 1 lb. (16 oz.)
6. Eggs, 1 dozen
7. Legumes, 2 choices* (1 lb. dried or 4 cans (15-16oz.) or Peanut Butter, 16-18 oz.)

B. Pregnant Women with Two or More Fetuses Authorized Supplemental Foods (Food Package VII)

The maximum monthly allowances of authorized supplemental food for women participants pregnant with two or more fetuses include:

1. Milk, fluid 24 qt. (6 gallons)
 - a. Low-fat milks, as specified in FDA standards, which includes Low-fat (1%) and Fat Free (Skim Milk) are the allowable milks for women.
 - b. Milk Substitutes
 - i. Soy beverage: Soy based beverage can be substituted for milk on a quart for quart basis.
 - ii. Cheese, 1 pound (lb.): Cheese may be substituted for milk at the rate of 1 pound (lb.) of cheese per 3 quarts of milk. *Note:* no more than 1 pound of cheese may be substituted for milk
 - iii. Yogurt, 32 oz.
 1. Yogurt may be substituted for milk at the rate of 32 oz. per 1 quart of milk. *Note:* no more than 32 oz. of yogurt may be substituted for milk.
 2. Non-fat or low-fat yogurts, as specified in FDA standards, are the only types allowed for women.
2. Cheese, 1 pound (lb.), *in addition to milk substitution*
3. Breakfast cereal, 36 oz.
4. Juice, 144 fl. oz., shelf-stable concentrate or frozen juice
5. Fruits and Vegetables, \$11.00
6. Whole Wheat bread, or other whole grains, 1 lb. (16 oz.)
7. Eggs, 2 dozen
8. Legumes, 2 choices* (1 lb. dried or 4 cans (15-16oz.) or Peanut Butter, 16-18 oz.)
9. Fish (canned), 30 oz.

C. Pregnant Women who are Fully Breastfeeding a Singleton Infant Authorized Foods (Food Package VII)

4.06

Pregnant Women

The maximum monthly allowances of authorized supplemental food for women participants who are pregnant who are fully or partially breastfeeding singleton infants include:

1. Milk, fluid 24 qt. (6 gallons)
 - a. Low-fat milks, as specified in FDA standards, which includes Low-fat (1%) and Fat Free (Skim Milk) are the allowable milks for women.
 - b. Milk Substitutes
 - i. Soy beverage: Soy based beverage can be substituted for milk on a quart for quart basis.
 - ii. Cheese, 1 pound (lb.): Cheese may be substituted for milk at the rate of 1 pound (lb.) of cheese per 3 quarts of milk. *Note:* no more than 2 pound of cheese may be substituted for milk.
 - iii. Yogurt, 32 oz.
 1. Yogurt may be substituted for milk at the rate of 32 oz. per 1 quart of milk. *Note:* no more than 32 oz. of yogurt may be substituted for milk.
 2. Non-fat or low-fat yogurts, as specified in FDA standards, are the only types allowed for women.
2. Cheese, 1 pound (lb.), *in addition to milk substitution*
3. Breakfast cereal, 36 oz.
4. Juice, 144 fl. oz., shelf-stable concentrate or frozen juice
5. Fruits and Vegetables, \$11.00
6. Whole Wheat bread, or other whole grains, 1 lb. (16 oz.)
7. Eggs, 2 dozen
8. Legumes, 2 choices* (1 lb. dried or 4 cans (15-16oz.) or Peanut Butter, 16-18 oz.)
9. Fish (canned), 30 oz.

D. Pregnant Women who are Fully Breastfeeding Multiples Authorized Foods (Food Package VII)

The maximum monthly allowances of authorized supplemental food for women participants who are pregnant who are fully breastfeeding multiple infants from the same pregnancy include:

1. Milk, fluid 36 qt. (9 gallons)
 - a. Low-fat milks, as specified in FDA standards, which includes Low-fat (1%) and Fat Free (Skim Milk) are the allowable milks for women.

4.06

Pregnant Women

b. Milk Substitutes

- i. Soy beverage: Soy based beverage can be substituted for milk on a quart for quart basis.
 - ii. Cheese, 1 pound (lb.): Cheese may be substituted for milk at the rate of 1 pound (lb.) of cheese per 3 quarts of milk. *Note:* no more than 2 pounds of cheese may be substituted for milk.
 - iii. Yogurt, 32 oz.
 1. Yogurt may be substituted for milk at the rate of 32 oz. per 1 quart of milk. *Note:* no more than 32 oz. of yogurt may be substituted for milk.
 2. Non-fat or low-fat yogurts, as specified in FDA standards, are the only types allowed for women.
2. Cheese, 1.5 pound (lbs.), *in addition to milk substitution*
 3. Breakfast cereal, 54 oz.
 4. Juice, 216 fl. oz., shelf-stable concentrate or frozen juice
 5. Fruits and Vegetables, \$16.50
 6. Whole Wheat bread, or other whole grains, 24 oz.
 7. Eggs, 3 dozen
 8. Legumes, 3 choices* (1 lb. dried or 4 cans (15-16oz.) or Peanut Butter, 16-18 oz.)
 9. Fish (canned), 45 oz.

E. Pregnant Women and Partially (Mostly) Breastfeeding \leq MMA Authorized Foods (Food Package VII)

The maximum monthly allowances of authorized supplemental food for women participants who are pregnant who are partially breastfeeding a singleton infant or multiple infants from the same pregnancy include:

1. Milk, fluid 24 qt. (6 gallons)
 - a. Low-fat milks, as specified in FDA standards, which includes Low-fat (1%) and Fat Free (Skim Milk) are the allowable milks for women.
 - b. Milk Substitutes
 - i. Soy beverage: Soy based beverage can be substituted for milk on a quart for quart basis.
 - ii. Cheese, 1 pound (lb.): Cheese may be substituted for milk at the rate of 1 pound (lb.) of cheese per 3 quarts of milk. *Note:* no more than 2 pound of cheese may be substituted for milk.

4.06

Pregnant Women

- iii. Yogurt, 32 oz.
 - 1. Yogurt may be substituted for milk at the rate of 32 oz. per 1 quart of milk. *Note:* no more than 32 oz. of yogurt may be substituted for milk.
 - 2. Non-fat or low-fat yogurts, as specified in FDA standards, are the only types allowed for women.
- 2. Cheese, 1 pound (lb.), *in addition to milk substitution*
- 3. Breakfast cereal, 36 oz.
- 4. Juice, 144 fl. oz., shelf-stable concentrate or frozen juice
- 5. Fruits and Vegetables, \$11.00
- 6. Whole Wheat bread, or other whole grains, 1 lb. (16 oz.)
- 7. Eggs, 2 dozen
- 8. Legumes, 2 choices* (1 lb. dried or 4 cans (15-16oz.) or Peanut Butter, 16-18 oz.)
- 9. Fish (canned), 30 oz.

F. Pregnant Women who are Partially (Minimally) Breastfeeding >MMA Authorized Foods (Food Package V)

The maximum monthly allowances of authorized supplemental food for women participants who are pregnant who are minimally breastfeeding a singleton infant or multiple infants from the same pregnancy include:

- 1. Milk, fluid 22 qt. (5.5 gallons)
 - a. Low-fat milks, as specified in FDA standards, which includes Low-fat (1%) and Fat Free (Skim Milk) are the allowable milks for women.
 - b. Milk Substitutes
 - i. Soy beverage: Soy based beverage can be substituted for milk on a quart for quart basis.
 - ii. Cheese, 1 pound (lb.): Cheese may be substituted for milk at the rate of 1 pound (lb.) of cheese per 3 quarts of milk. *Note:* no more than 1 pound of cheese may be substituted for milk
 - iii. Yogurt, 32 oz.
 - 1. Yogurt may be substituted for milk at the rate of 32 oz. per 1 quart of milk. *Note:* no more than 32 oz. of yogurt may be substituted for milk.

4.06

Pregnant Women

2. Non-fat or low-fat yogurts, as specified in FDA standards, are the only types allowed for women.
2. Breakfast cereal, 36 oz.
3. Juice, 144 fl. oz., shelf-stable concentrate or frozen juice
4. Fruits and Vegetables, \$11.00
5. Whole grain bread, or other whole grains, 1 lb. (16 oz.)
6. Eggs, 1 dozen
7. Legumes, 2 choices* (1 lb. dried or 4 cans (15-16oz.) or Peanut Butter, 16-18 oz.)

G. Prescribing Food Packages

1. Only a Nutritionist (CPA) or Nutrition Associate (CPA) is authorized to prescribe supplemental foods in quantities that meet the maximum monthly allowance (MMA) and are appropriate for the participant, taking into consideration the participant's age and nutritional needs.

***NOTE:** Per federal regulations, food packages allowing two (2) choices from the legume/peanut butter category will be able to purchase the following: (1) one legume + one pb; (2) two legumes; or (3) 2 peanut butter. Food packages allowing three (3) choices from the legume/peanut butter category will get to choose an additional legume or peanut butter.

REFERENCES:

1. WIC Regulations 7 CFR 246.10, Supplemental Foods
2. USDA Nutrition Services Standards, August 2013, Chapter 13, Food Package Prescriptions.
3. USDA Special Supplemental Nutrition Program for Women, Infants and Children, Food Package Policy and Guidance, Chapter 2, Food Package Design
4. USDA Special Supplemental Nutrition Program for Women, Infants and Children, Food Package Policy and Guidance Chapter 4, Nutrition Tailoring of WIC Food Packages
5. USDA Breastfeeding Policy and Guidance, July 2016, Chapter 3, "Issuing Food Packages to the Breastfeeding Dyad"