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**Breastfeeding Women**

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**POLICY:**

Food Package VII is designed for issuance to breastfeeding women up to one (1) year postpartum whose infants do not receive infant formula from WIC (these breastfeeding women are assumed to be exclusively breastfeeding their infants), and who do not have a condition qualifying them for Food Package III. Women participants fully breastfeeding multiple infants from the same pregnancy receive 1.5 times the supplemental foods provided in Food Package VII. Food Package VII also includes women participants who are partially (mostly) breastfeeding more than one infant from the same pregnancy.

Food Package VI is designed for issuance to breastfeeding women up to 6 months postpartum whose participating infant receives more than the maximum amount of formula allowed for partially (minimally) breastfed infants, and who do not have a condition qualifying them for Food Package III.

Food Package V is designed for issuance to partially (mostly) breastfeeding women participants, up to one (1) year postpartum, who do not have a condition qualifying them for Food Package III and whose partially (mostly) breastfed infants receive formula from the WIC Program in amount that do not exceed the maximum allowances.

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. Fully Breastfeeding Women Participants Authorized Supplemental Foods (Food Package VII)**

The maximum monthly allowances of authorized supplemental food for women participants who are fully breastfeeding 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.

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- 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.

**B. Fully Breastfeeding Women Who Are Breastfeeding Multiples Authorized Supplemental Foods (Food Package VII)**

The maximum monthly allowances of authorized supplemental food for women participants who are fully breastfeeding multiples 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.
  - 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.

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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.

**C. Partially (Mostly) Breastfeeding Women  $\leq$  MMA Who Are Breastfeeding a Singleton Infant Supplemental Foods (Food Package V)**

The maximum monthly allowances of authorized supplemental food for women participants who are partially (mostly) breastfeeding a singleton infant 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.

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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.)

**D. Partially (Mostly) Breastfeeding Women≤MMA Who Are Breastfeeding Multiples Authorized Supplemental Foods (Food Package VII)**

The maximum monthly allowances of authorized supplemental food for women participants who are partially (mostly) breastfeeding more than one infant 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 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*

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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.

**E. Partially (Minimally) Breastfeeding Women  $\geq$  MMA Who Are Breastfeeding a Singleton Infant Supplemental Foods (Food Package VI)**

The maximum monthly allowances of authorized supplemental food for women participants who are partially (minimally) breastfeeding a singleton infant include:

1. Milk, 16 qt. (4 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, 96 fl. oz., shelf-stable concentrate or frozen juice
4. Fruits and Vegetables, \$11.00
5. Eggs, 1 dozen
6. Legumes, 1 (1 lb. or 4 cans (15-16 oz.), or Peanut Butter, 16-18 oz.)

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**F. 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"