

**4.08 Postpartum Non-Breastfeeding Women**

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**POLICY:**

Food Package VI is designed for issuance to women up to 6 months postpartum who are not breastfeeding their infants who do not have a condition qualifying them to receive Food Package III.

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. Authorized Supplemental Foods for Food Package VI**

The maximum monthly allowances of authorized supplemental food for Food Package VI 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.)

**B. Prescribing Food Packages**

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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.

**REFERENCES:**

1. WIC Regulations 7 CFR 246.10, Food Package VI, Supplemental Foods
2. USDA Nutrition Services Standards, August 2013, Chapter 13, Food Package Prescriptions.