

4.06

Pregnant Women

POLICY:

Food Package V is designed for issuance to pregnant women participants who do not have a condition qualifying them to receive Food Package III, and is divided into:

Food Package V-A for women participants with singleton pregnancies and pregnant women who are partially (minimally) breastfeeding an infant who receives formula from the WIC Program greater than or equal to the maximum allowances and

Food Package V-B for women pregnant with two or more fetuses.

Note: Food Package V-B is also 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 amounts that do not exceed the maximum allowances.

See **Policy 4.07 Breastfeeding Women** for more information.

Food Package VII is designed for issuance to pregnant women participants who are also fully or partially (mostly) breastfeeding a singleton infant and who do not have a condition qualifying them to receive Food Package III.

Note: Food Package VII is also designed for issuance to fully breastfeeding women whose infants do not receive formula from WIC and women who are partially (mostly) breastfeeding multiple infants from the same pregnancy and who do not have a condition qualifying them for Food Package III. See **Policy 4.07 Breastfeeding Women** for more information.

Food Package VII is further divided into **Food Package VII Plus** for pregnant women participants fully breastfeeding multiples. Participants in Food Package VII Plus receive 1.5 times the supplemental foods provided in Food Package VII.

Food Package III is designed for any pregnant 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 OR Pregnant Women who are Partially (Minimally) Breastfeeding >MMA Authorized Foods (Food Package V-A)**

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

1. Milk, fluid 22 quarts (5.5 gallons)
 - a. Low-fat milks, as specified in FDA standards, which include Low-fat (1%) and Fat Free (Skim Milk) are the allowable milks for women.

4.06

Pregnant Women

b. Milk Substitutes

- i. Plant-based Milk: Soy-based beverage can be substituted for milk on a gallon-for-gallon basis.
- ii. Cheese, including plant-based options: Cheese may be substituted for milk at the rate of 1 pound (lb.) of cheese per .75 gallons of milk.
Note: no more than 1 pound of cheese may be substituted for milk.
- iii. Yogurt, 32 oz.: Yogurt may be substituted for milk at the rate of 32 oz. per .25 gallons of milk.

Note: No more than 32 oz. of yogurt may be substituted for milk.

- 1. Low-fat yogurts, as specified in FDA standards, are the only types allowed for women.
 - iv. Tofu: Tofu may be substituted for milk at the rate of 4 pounds (lbs.) of tofu per 1 gallon of milk, up to the maximum monthly milk allowance designated in the WIC food package.
- 2. Breakfast cereal, 36 oz.
 - 3. Juice, single-strength, 64 fl oz. defaults to Cash Value Benefit (CVB).
Note: The monthly value of the CVB substitution amount for juice will be adjusted annually for inflation consistent with the annual inflation adjustments made to CVB.
 - 4. Fruits and Vegetables CVB, authorizing fresh, frozen or canned varieties.
Note: The monthly value of the CVB substitution amount for fruits and vegetables will be adjusted annually for inflation consistent with the annual inflation adjustments made to CVB.
 - 5. Whole-wheat or whole-grain bread or other whole grains, 48 oz.
 - 6. Eggs, 1 dozen

a. Egg Substitutes

- i. Legumes: Dry legumes (1 lb), canned legumes (64oz.) or peanut butter(16-18 oz.)/other nut butters (8-18 oz.) may be substituted for 1 dozen eggs.
 - ii. Tofu: 1 pound (lb.) tofu may be substituted for 1 dozen eggs.
- 7. Legumes, 2 choices: Legumes, 1 lb. dry or 4 cans (15- 16 oz./can), or Peanut Butter (16-18 oz.)/Other Nut Butters (8-18 oz.)
 - 8. Fish (pouches or cans), 10 oz.

4.06

Pregnant Women

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

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

1. Milk, fluid 22 quarts (5.5 gallons)
 - a. Low-fat milks, as specified in FDA standards, which include Low-fat (1%) and Fat Free (Skim Milk) are the allowable milks for women.
 - b. Milk Substitutes
 - i. Plant-based Milk: Soy-based beverage can be substituted for milk on a gallon-for-gallon basis.
 - ii. Cheese, including plant-based options: Cheese may be substituted for milk at the rate of 1 pound (lb.) of cheese per .75 gallons of milk.
Note: No more than 1 pound of cheese may be substituted for milk.
 - iii. Yogurt, 32 oz.: Yogurt may be substituted for milk at the rate of 32 oz. per .25 gallons of milk.
Note: no more than 32 oz. of yogurt may be substituted for milk.
 1. Low-fat yogurts, as specified in FDA standards, are the only types allowed for women.
 - iv. Tofu: Tofu may be substituted for milk at the rate of 4 pounds (lbs.) of tofu per 1 gallon of milk, up to the maximum monthly milk allowance designated in the WIC food package.
2. Breakfast cereal, 36 oz.
3. Juice, single strength 64 fluid oz. defaults to Cash Value Benefit (CVB).
Note: The monthly value of the CVB substitution amount for juice will be adjusted annually for inflation consistent with the annual inflation adjustments made to CVB.
4. Fruits and Vegetables CVB, authorizing fresh, frozen or canned varieties.
Note: The monthly value of the CVB substitution amount for fruits and vegetables will be adjusted annually for inflation consistent with the annual inflation adjustments made to CVB.
5. Whole wheat or whole grain bread, or other whole grains, 48 oz.
6. Eggs, 1 dozen
 - a. Egg Substitutes
 - i. Legumes: Dry legumes (1 lb), canned legumes (64oz.) or peanut butter for 1 dozen eggs may be substituted for 1 dozen eggs.

4.06

Pregnant Women

- ii. Tofu: 1 pound (lb.) tofu may be substituted for 1 dozen eggs, up to 3 lbs. max for eggs.
- 7. Legumes, 2 choices: Legumes, 1 lb.dry or 4 cans (15- 16 oz./can), or Peanut Butter (16-18 oz.)/Other Nut Butters (8-18 oz.)
- 8. Fish (pouches or cans), 15 oz.

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

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 quarts (6 gallons)
 - a. Low-fat milks, as specified in FDA standards, which include Low-fat (1%) and Fat Free (Skim Milk) are the allowable milks for women.
 - b. Milk Substitutes
 - i. Plant-based Milk: Soy-based beverage can be substituted for milk on a gallon-for-gallon basis.
 - ii. Cheese, including plant-based options: Cheese may be substituted for milk at the rate of 1 pound (lb.) of cheese per .75 gallons of milk.
Note: no more than 2 pounds of cheese may be substituted for milk.
 - iii. Yogurt, 32 oz.: Yogurt may be substituted for milk at the rate of 32 oz. per .25 gallons of milk.
Note: no more than 32 oz. of yogurt may be substituted for milk.
 - 1. Low-fat yogurts, as specified in FDA standards, are the only types allowed for women.
 - iv. Tofu: Tofu may be substituted for milk at the rate of 4 pounds (lbs.) of tofu per 1 gallon of milk, up to the maximum monthly milk allowance designated in the WIC food package.
- 2. Breakfast cereal, 36 oz.
- 3. Juice, single-strength, 64 fl oz. defaults to Cash Value Benefit (CVB).
Note: The monthly value of the CVB substitution amount for juice will be adjusted annually for inflation consistent with the annual inflation adjustments made to CVB.
- 4. Fruits and Vegetables CVB, authorizing fresh, frozen or canned varieties.
Note: The monthly value of the CVB substitution amount for fruits and vegetables will

4.06

Pregnant Women

be adjusted annually for inflation consistent with the annual inflation adjustments made to CVB.

5. Whole-wheat or whole-grain bread or other whole grains, 48 oz.
6. Eggs, 2 dozen

a. Egg Substitutes

- i. Dry legumes (1 lb), canned legumes (64oz.) or peanut butter may be substituted for 1 dozen eggs.
 - ii. Tofu: 1 pound (lb.) tofu may be substituted for 1 dozen eggs.
7. Legumes, 2 choices: Legumes, 1 lb. dry or 4 cans (15- 16 oz./can), or Peanut Butter (16-18 oz.)/Other Nut Butters (8-18 oz.)
 8. Fish (pouches or cans), 20 oz.

D. Pregnant Women who are Fully or Partially (Mostly) Breastfeeding Multiple Infants from a Single Pregnancy Authorized Foods (Food Package VII Plus)

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 quarts (9 gallons)
 - a. Low-fat milks, as specified in FDA standards, which include Low-fat (1%) and Fat Free (Skim Milk) are the allowable milks for women.
 - b. Milk Substitutes
 - i. Plant-based Milk: Soy-based beverage can be substituted for milk on a gallon-for-gallon basis.
 - ii. Cheese, including plant-based options: Cheese may be substituted for milk at the rate of 1 pound (lb.) of cheese per .75 gallons of milk.
Note: No more than 3 pounds of cheese may be substituted for milk.
 - iii. Yogurt, 32 oz.: Yogurt may be substituted for milk at the rate of 32 oz. per .25 gallons of milk.
Note: no more than 32 oz. of yogurt may be substituted for milk.
 1. Low-fat yogurts, as specified in FDA standards, are the only types allowed for women.
 - iv. Tofu: Tofu may be substituted for milk at the rate of 4 pounds (lbs.) of tofu per 1 gallon of milk, up to the maximum monthly milk allowance

4.06

Pregnant Women

designated in the WIC food package.

2. Breakfast cereal, 54 oz.
3. Juice, single-strength, 96 fl oz. defaults to Cash Value Benefit (CVB).
Note: If juice is prescribed, quantities will alternate to ensure MMA (i.e. 1-64 oz. one month and 2-64 oz. alternating month).
 - a. Odd months will receive 2 - 64 oz. container
 - b. Even months will receive 1 - 64 oz. container

Note: The monthly value of the CVB substitution amount for juice will be adjusted annually for inflation consistent with the annual inflation adjustments made to CVB.

4. Fruits and Vegetables CVB, authorizing fresh, frozen or canned varieties.
Note: The monthly value of the CVB substitution amount for fruits and vegetables will be adjusted annually for inflation consistent with the annual inflation adjustments made to CVB.
5. Whole-wheat or whole-grain bread or other whole grains, 72 oz.
6. Eggs, 3 dozen
 - a. Egg Substitutes
 - i. Legumes: Dry legumes (1 lb), canned legumes (64oz.) or peanut butter for 1 dozen eggs may be substituted for 1 dozen eggs.
 - ii. Tofu: 1 pound (lb.) tofu may be substituted for 1 dozen eggs, up to 3 lbs. max for eggs.
7. Legumes, 3 choices: Legumes, 1 lb. dry or 4 cans (15- 16 oz./can), or Peanut Butter (16-18 oz.)/Other Nut Butters (8-18 oz.)
8. Fish (canned), 30 oz.

E. Prescribing Food Packages

1. Only a Competent Professional Authority (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.
2. The CPA may tailor food packages for special dietary needs, dietary patterns, and religious preferences to substitute in the appropriate food categories with:
 - a. plant-based cheese,
 - b. plant-based milk,
 - c. tofu and
 - d. other nut butters.

4.06

Pregnant Women

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