

4.07

Breastfeeding Women

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 are issued **Food Package VII Plus**, where they 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.

Note: Food Package VII is also designed for issuance to pregnant women who are also fully or partially (mostly) breastfeeding a singleton infant and do not have a condition qualifying them for Food Package III. See **Policy 4.06 Pregnant Women** for more information.

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 (mostly) breastfed infants, and who do not have a condition qualifying them for Food Package III.

Note: Food Package VI is also designed for issuance to women up to 6 months postpartum who are not breastfeeding their infants and who do not have a condition qualifying them for Food Package III. See **Policy 4.08 Postpartum Non-Breastfeeding Women** for more information.

Food Package V-B 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 amounts that do not exceed the maximum allowances.

Note: Food Package V-B is also designed for issuance to pregnant women with two or more fetuses. See **Policy 4.06 Pregnant Women** for more information.

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 OR Pregnant Women who are Fully or Partially (Mostly) Breastfeeding a Singleton Infant 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 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.

4.07

Breastfeeding 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, 2 pounds: 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, up to a total of 6 quarts of milk.
- iii. Yogurt, 32 oz.: Yogurt may be substituted for milk at the rate of 32 oz. per .25 gallon 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, 2 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, up to 2 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), 20 oz.

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

4.07

Breastfeeding Women

The maximum monthly allowances of authorized supplemental food for women participants who are fully breastfeeding multiples 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, 3 pounds: 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, up to a total of 9 quarts of 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, 54 oz.
3. Juice, single strength 96 fluid 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. containers.
- 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

4.07

Breastfeeding Women

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(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, 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 (pouches or cans), 30 oz.

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

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

4.07

Breastfeeding Women

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(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 (canned), 15 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 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, 2 pounds: 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, up to a total of 6 quarts of milk.

4.07

Breastfeeding Women

- 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, 2 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, up to 2 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), 20 oz.

E. Partially (Minimally) Breastfeeding Women $\geq$ MMA Who Are Breastfeeding a Singleton Infant Authorized 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, fluid 16 qt. (4 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

4.07

Breastfeeding Women

- 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 gallon 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 (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, 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), 10 oz.

F. 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.

4.07

Breastfeeding Women

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.

***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"