

4.08 Postpartum Non-Breastfeeding Women

POLICY:

Food Package VI is 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 to receive Food Package III.

Note: Food Package VI is also 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. See **Policy 4.07 Breastfeeding Women** for more information.

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

PROCEDURE:

A. Non-Breastfeeding Postpartum Women Participants Authorized Supplemental Foods (Food Package VI)

The maximum monthly allowances of authorized supplemental food for Food Package VI include:

1. Milk, fluid 16 quarts (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
 - 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.

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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, 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

B. 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.

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.