

4.05

Children 1 through 4 Years

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**POLICY:**

**Food Package IV** is designed for issuance to children 1 through 4 years of age who do not have a condition qualifying them to receive Food Package III and is divided into:

**Food Package IV-A** for children 1 to less than 2 years of age (i.e. 12 through 23 months) and **Food Package IV-B** for children 2 years through 4 years of age.

**Food Package III** is designed for any child 1 through 4 years of age 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 IV- A: 12 through 23 months and Food Package IV-B: 2 through 4 years**

The maximum monthly allowances of authorized supplemental food for participants 1 through 4 years of age include:

1. Milk, fluid 16 quarts (4 gallons)
  - a. Whole milk, as specified in FDA standards, is the only type of milk for children 12 through 23 months.
  - b. Low-fat milks, as specified in FDA standards, Low-fat (1%) and Fat Free (Skim Milk), are the only types of milk allowed for children  $\geq 24$  months of age.
  - c. 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. Whole milk and low-fat yogurt, as specified in FDA standards, is the only type allowed for children 12 through 23 months.
      2. Low-fat yogurt as specified in FDA standards, is the only type allowed for children  $\geq 24$  months of age.

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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, 24 oz.
6. Eggs, 1 dozen
  - a. Egg Substitutes
    - i. Legumes: Dry legumes (1 lb), canned legumes (64 oz.) 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 (15-16oz./can), or Peanut Butter (16-18 oz.)/Other Nut Butters (8-18 oz.)
8. Fish (pouches or cans), 6 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 246.10, Food Package IV, Children 1 through 4 years
2. USDA Nutrition Services Standards, 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