

4.05 Children 1 through 4 years

POLICY:

Food Package IV is designed for issuance to participants 1 through 4 years of age who do not have a condition qualifying them to receive Food Package III.

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

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

1. Milk, 16 qt. (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. Soy-based beverage: Soy-based beverage can be substituted for milk on a quart for quart basis
 - ii. Cheese, 1 pound: 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. Whole milk yogurt, as specified in FDA standards, is the only type allowed for children 12 through 23 months.
 3. Low-fat yogurts, as specified in FDA standards, are the only types allowed for children \geq 24 months of age.
2. Breakfast cereal, 36 oz.
3. Juice, 128 fl oz.

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4. Fruits and Vegetables, \$26.00
5. Whole grain bread, or other whole grains, 2 lb. (32 oz.)
6. Eggs, 1 dozen
7. Legumes, 1 lb. or 4 cans (15-16oz), or Peanut Butter, 16-18 oz.

B. Prescribing Food Packages

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 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