

<p style="text-align: center;"><b>Nutrition Services</b> <b>Department of State Health Services</b></p>
---

Effective: October 1, 2015

Procedure No. FD 12.0

---

## **Food Packages**

### **Purpose**

To establish procedures for the issuance of the allowable foods within the food packages. To assure food benefits are appropriate for each participant's health and nutritional needs.

### **Authority**

7 CFR §246.10; 25 TAC §31.37

### **Policy**

Food packages shall be prescribed by a Certifying Authority (CA) or WIC Certification Specialist (WCS). Monthly food benefits are valid for one calendar month, the first day of the month through the last day of that same month. Full food package benefits will be issued to participants on or before the 15<sup>th</sup> day of the month; partial food package benefits will be issued to participants obtaining food benefits on or after the 16<sup>th</sup> day of the current month. Formula issuance will be prorated for the current month based on the number of days remaining in the month (i.e. for participants receiving benefits after the first day of the current month). Participants shall only receive those foods allowed for their category, age, special dietary needs and food preparation/storage needs.

### **Procedures**

- I. Food packages shall be prescribed by the CA or WCS in consultation with the participant and registered dietitian (R.D.) when necessary. Standard food packages shall be issued unless a participant has a need for a different type of package. The food package shall accommodate the individual's age, dietary needs, medical/nutritional conditions, and living conditions.

<p style="text-align: center;"><b>Nutrition Services</b> <b>Department of State Health Services</b></p>
---

Effective: October 1, 2015

Procedure No. FD 12.0

---

- II. Assigned food packages shall be documented on the appropriate State Agency (SA) Participant Form and entered into the participant's Texas WIC Information Network (WIN) record. The Food packages are listed on the *Food Package Guide* found at <http://www.dshs.state.tx.us/wichd/nut/foods-nut.shtm>.
- III. All food package changes are the responsibility of a CA or WCS. For WCS, refer to **FD: 13.0**, **FD: 16.0** and **FD: 16.1** for further instructions regarding food package changes which include formula. Food package changes shall be documented and maintained on file for audit or review.
- IV. Individual participant food package benefits will be aggregated on the Texas WIC card (EBT card). After all family members' food packages are loaded on the Texas WIC card; a Shopping List shall be printed. The Shopping List shall be signed by the participant, parent/guardian or proxy to indicate receipt of benefits.
- V. Infant Food Packages
  - A. Food packages for the breastfeeding mother and infant dyad are closely tied and must match except when the mother is breastfeeding multiple infants with differing breastfeeding statuses or if the woman is a surrogate mother or mother whose infant is adopted (refer to **Policy FD: 10.0**).
  - B. The infant food packages include:
    - 1. Exclusively breastfeeding – for infants who are breastfed and do not receive infant formula from WIC.
    - 2. Mostly breastfed infant – for infants who are breastfed and receive approximately a half package or less of infant formula.
    - 3. Some Breastfeeding/Full Formula fed infant – for infants who are fully formula fed or are breastfed at least one time a day and receive greater than a half package of infant formula.
  - C. During the birth month, a mother has two feeding options: an exclusively breastfeeding package or a formula package (full or

<p style="text-align: center;"><b>Nutrition Services</b> <b>Department of State Health Services</b></p>
---

Effective: October 1, 2015

Procedure No. FD 12.0

---

less). The local agency (LA) staff shall identify the feeding option in the Texas WIC Information Network (WIN) system.

D. Any month following the infant's birth month, the mother may choose between an exclusively breastfeeding package, a mostly breastfeeding package or a formula fed package.

VI. Child Food Packages

Children under two years of age receive a food package with whole milk (buttermilk is not an option) and dry beans. Children two through four years of age receive a food package with fat-free, low-fat milk and/or low-fat buttermilk and a choice of dry or canned beans or peanut butter.

VII. Pregnant Women Food Packages

Women with singleton (one infant) pregnancies shall receive the Pregnant woman food package (the same food package as mostly breastfeeding women). Women who are pregnant with multiple fetuses receive the Pregnant with Multiples food package. Pregnant women who are mostly or fully breastfeeding a singleton infant (the food package cannot be issued to a pregnant women breastfeeding a child) receive the "Pregnant Exclusively or Mostly Breastfeeding" package (The "Pregnant with Multiples" and "Pregnant Mostly or Exclusively Breastfeeding" packages are the same as the Mostly Breastfeeding Multiple Infants).

VIII. Exclusively Breastfeeding Women Food Packages

The exclusively breastfeeding food package may be issued to a breastfeeding mother in any month during which the participant's infant receives no formula up to the infant's first birthday.

A. When an exclusively breastfeeding woman's status changes, staff shall change her food package before changing the infant's food package and Infant Formula Plan (IFP).

B. If an exclusively breastfeeding food package has been issued and the mother returns to the clinic to request formula for the infant, staff shall not issue formula on the card or returned formula from

<p style="text-align: center;"><b>Nutrition Services</b> <b>Department of State Health Services</b></p>
---

Effective: October 1, 2015

Procedure No. FD 12.0

---

stock for the current month if the mother has redeemed any benefits which would not allow a void and replace of her current months food package. Refer the mother to the local agency peer counselor, Department of State Health Services (DSHS) trained breastfeeding educators (see Policy BF: 02.0) or lactation consultant and/or local resources for formula.

- C. A breastfeeding woman of multiple births from the same pregnancy (e.g., twins, triplets) is eligible to receive the Exclusively Breastfeeding food package if one or more infants are not receiving formula from WIC.
- D. A breastfeeding woman who has multiple infants from the same pregnancy is eligible to receive the Exclusively Breastfeeding Multiples package (which is equivalent to 1.5 times the Exclusively Breastfeeding Package) if no infants are receiving formula from WIC.

IX. Mostly Breastfeeding Women Food Packages

- A. When a Mostly Breastfeeding food package has been issued with less than the partial maximum amount of formula and the mother returns to request additional formula for the infant within the current benefit period, follow the procedures below. If the request is to increase:
  - 1. Up to the maximum partial formula package:
    - a. Obtain the Formula Issuance History in the IFP to determine initial quantity issued.
    - b. Refer to the *Formula Maximum Quantity Table* to determine the max quantity allowed for a partial package and subtract the initial quantity issued. This number will be the new maximum allowable amount.
    - c. In the Formula Exchange Module enter new amount to issue, not to exceed the new maximum allowable amount.

Example: Initially issued and purchased two cans of Similac Sensitive Powder.

<p style="text-align: center;"><b>Nutrition Services</b> <b>Department of State Health Services</b></p>
---

Effective: October 1, 2015

Procedure No. FD 12.0

---

The *Formula Maximum Quantity Table* shows the partial maximum quantity is 4 cans for the chosen month.

Subtract the two cans initially issued and purchased.

Two is the new maximum allowable amount to be added to the WIC card.

NOTE: proration is not applied as the formula does not exceed partial maximum quantity.

2. Up to the full formula package:
  - a. Provide breastfeeding counseling according to **Policy BF: 01.0** Procedure C.
  - b. Inform the woman that if she chooses to continue breastfeeding at least one time a day but prefers to receive a full package of formula for her infant, she will not be eligible to receive food benefits after the infant turns six month of age, but will be eligible to receive breastfeeding support.
  - c. If the woman still desires an increase in formula, staff shall ensure the woman's current food package can be void and replaced in the Texas WIC Information Network (WIN) system before changing the infant's food package and IFP.
  - d. Issue additional formula via the Formula Exchange Module up to the maximum allowed for that benefit period.

X. Some Breastfeeding Women Food Packages

- A. The Some Breastfeeding food package is issued to a woman who is up to one year postpartum who breastfeeds at least one time a day.
  1. The participant is no longer eligible to receive a food package when she is six months postpartum, but does continue to receive breastfeeding support including peer or lactation consultant counseling, breast pumps and participant-centered nutrition education, up to one year postpartum.
  2. If certified after six months postpartum, the participant should be encouraged to utilize WIC services, although she will not receive food benefits.

<p style="text-align: center;"><b>Nutrition Services</b> <b>Department of State Health Services</b></p>
---

Effective: October 1, 2015

Procedure No. FD 12.0

---

- B. If certified before six months postpartum, the food package code will automatically transition to code 000 at six months postpartum.
- C. If a woman is initially certified after six months postpartum, staff shall enter food package code 000 into the WIN system.

XI. Postpartum Women Food Packages

Postpartum women who are not breastfeeding and whose infants are receiving a full formula package are issued the Postpartum food package. The non-breastfeeding women are no longer categorically eligible to receive WIC benefits after they are six months postpartum.

XII. Nonstandard Food Packages

- A. A no refrigeration or cooking facilities food package may be issued to participants when there is a lack of food storage or food preparation facilities. The food package provides smaller containers of juice and peanut butter and/or canned beans as a substitute for eggs. Dry powder milk is provided. The package excludes cheese (except for exclusively breastfeeding women, who are issued two 8ounce packages of cheese).
- B. A lactose-free milk food package may be issued to women and children when they report lactose intolerance diagnosed by a physician or describe symptoms of lactose intolerance (nausea, gas, diarrhea, abdominal bloating or cramps) when dairy products are consumed. A doctor's prescription is not required for lactose-free milk. A lactose-free milk package shall be offered before issuing the soy milk package for lactose intolerance. A trial of lactose-free milk is not required to issue soy milk.
- C. A kosher food package providing kosher milk and cheese is available only for participants who must consume kosher foods due to religious eating patterns.
- D. Soy packages with soy milk and cheese or soy milk and tofu are available by request for women and children. Reasons for issuing

<p style="text-align: center;"><b>Nutrition Services</b> <b>Department of State Health Services</b></p>
---

Effective: October 1, 2015

Procedure No. FD 12.0

---

include, but are not limited to: milk allergy, lactose intolerance, galactosemia, vegan diet and cultural practices.

- E. A low-fat milk (1% or fat-free milk) food package is available to children under two years of age for overweight, obesity or for other medical conditions such as fatty acid deficiency that is self-reported by parent/guardian/caregiver or as reported by a healthcare provider or registered dietitian (RD).
  - 1. A CA or WCS, after consultation with the parent/guardian/caregiver and/or HCP if necessary can make a determination for the need for low-fat milk based on the complete nutrition assessment (e.g., dietary intake, risk code assignment, etc.)
  - 2. A CA can approve low-fat milk for medical reasons in consultation with healthcare provider if necessary. If self-reported by a parent/guardian/caretaker, an RD must approve.

### XIII. Issuing Packages with Formula

- A. For special dietary needs food packages with formula or WIC-eligible nutritionals for woman and children, refer to **Policy FD: 16.1**.
- B. For food packages with formula, the current month formula issuances shall be prorated, except for issuances on the first day of the month. The quantity of formula issued will be prorated for the current month based on the number of days remaining in the month (including the current day).
- C. Once formula has been issued to the card, the Formula Exchange Module shall be used to change the type and/or quantity of formula issued.
- D. Children and women may be issued the full quantity of formula or WIC-eligible nutritionals unless a lower quantity is specified by the healthcare provider on the Texas WIC Medical Request for

<p style="text-align: center;"><b>Nutrition Services</b> <b>Department of State Health Services</b></p>
---

Effective: October 1, 2015

Procedure No. FD 12.0

---

Formula/Food or Texas WIC Medical Request for Metabolic Formula/Food form.

- E. Formula from Returned Formula stock, when available, should be issued in conjunction with issuing and/or exchanging formula on the card for the current month only.
  - 1. Clinic staff discretion shall be used to determine the amount of returned formula to issue out of stock to an individual based on the participant's situation (e.g., transportation issues, capability, etc.).
  - 2. At least one container of formula shall be issued on the WIC Card. Refer to policy **FD: 19.0**. The Formula Exchange Module (FEM) shall be used to document the number of cans of formula given to the participant from returned formula stock.

**XIV. Exchanging Food Packages**

Participants can exchange a complete food package anytime during the month. However, any food package with formula cannot be exchanged for another food package in the current month. Benefits for the future months may be exchanged.

- A. If a participant has not redeemed any food benefits from the current food package, a different full food package may be issued. If the participant was issued a partial package the new package will be a partial package.
- B. If a family has redeemed a portion of the aggregated food benefits, a different food package may be issued if there are sufficient benefits remaining on the card equal to the items/quantities originally issued for the participant requesting the food package change. NOTE: The family should be informed this could affect the remaining food packages on the card. (e.g., change remaining milk on card to lactose free milk).
- C. When a food package without formula is exchanged for a food package with formula, the formula will be prorated depending on the number of days remaining in the current month.

<p style="text-align: center;"><b>Nutrition Services</b> <b>Department of State Health Services</b></p>
---

Effective: October 1, 2015

Procedure No. FD 12.0

---

XV. WIC standard food packages for the 5 categories of participants are defined below:

A. **Federal Regulations Food Package I** Infants (age 0 to 1 month):

1. Exclusively breastfeeding – Breastfeeding support, No foods
2. Formula feeding - Formula
  - a. up to 823 fl. oz. reconstituted concentrate,
  - b. up to 870 fl. oz. reconstituted powder, or
  - c. up to 832 fl. oz. ready to feed

B. **Federal Regulations Food Package I** Infants (age 1 through 3 months):

1. Exclusively breastfeeding – Breastfeeding support, no foods
2. Mostly breastfeeding - Formula
  - a. up to 388 fl. oz. reconstituted concentrate,
  - b. up to 435 fl. oz. reconstituted powder, or
  - c. up to 384 fl. oz. ready to feed
3. Formula feeding - Formula
  - a. up to 823 fl. oz. reconstituted concentrate,
  - b. up to 870 fl. oz. reconstituted powder, or
  - c. up to 832 fl. oz. ready to feed

C. **Federal Regulations Food Package I** Infants (age 4 through 5 months)

1. Exclusively breastfeeding – Breastfeeding support, no foods
2. Mostly breastfeeding - Formula
  - a. up to 460 fl. oz. reconstituted concentrate,
  - b. up to 522 fl. oz. reconstituted powder, or
  - c. up to 474 fl. oz. ready to feed
3. Formula feeding - Formula
  - a. up to 896 fl. oz. reconstituted concentrate,
  - b. up to 960 fl. oz. reconstituted powder, or
  - c. up to 913 fl. oz. ready to feed

<p style="text-align: center;"><b>Nutrition Services</b> <b>Department of State Health Services</b></p>
---

Effective: October 1, 2015

Procedure No. FD 12.0

---

**D. Federal Regulations Food Package II** Infants (age 6 through 11 months):

1. Exclusively breastfeeding
  - a. 24 oz. of infant cereal,
  - b. 64 4-oz. containers of infant fruits and/or vegetables
  - c. 31 2.5-oz. containers of infant meats
2. Mostly breastfeeding
  - a. up to 315 fl. oz. reconstituted concentrate,
  - b. up to 384 fl. oz. reconstituted powder, or
  - c. up to 338 fl. oz. ready to feed, and
  - d. 24 oz. of infant cereal
  - e. 32 4-oz. containers of infant fruits and/or vegetables
3. Formula feeding
  - a. up to 630 fl. oz. reconstituted concentrate,
  - b. up to 696 fl. oz. reconstituted powder, or
  - c. up to 643 fl. oz. ready to feed
  - d. 24 oz. of infant cereal
  - e. 32 4-oz. containers of infant fruits and/or vegetables.

**E. Federal Regulations Food Package III** Infants (age 6 through 11 months) – Special Dietary Needs (requires a prescription):  
Amounts as prescribed by the healthcare provider, not to exceed amounts below:

1. Mostly breastfeeding - Formula
  - a. up to 460 fl. oz. reconstituted concentrate,
  - b. up to 522 fl. oz. reconstituted powder, or
  - c. up to 474 fl. oz. ready to feed
2. Formula feeding - Formula
  - a. up to 896 fl. oz. reconstituted concentrate,
  - b. up to 960 fl. oz. reconstituted powder, or
  - c. up to 913 fl. oz. ready to feed

**F. Federal Regulations Food Package III** Women and Children with Special Dietary Needs (Amounts as prescribed by the healthcare provider, not to exceed amounts below):

1. Formula, up to 455 oz. liquid concentrate (or equivalent
2. amount of powder reconstituted to 910 oz. or less)

<b>Nutrition Services</b> <b>Department of State Health Services</b>
---

Effective: October 1, 2015

Procedure No. FD 12.0

---

2. Juice (single strength) – women 2 48-oz or 11.5-12-oz frozen; children 2 64-oz or 2 16-oz frozen.
3. Whole Milk (fluid) up to amount allowed by participant
4. category (A maximum of 1 lb. of cheese may be substituted for 3 qts. of milk)
5. Cereal (adult OR infant cereal) up to amount allowed by participant category
6. Eggs – up to quantity allowed by participant category
7. Fruits and vegetables - up to quantity allowed by participant category
8. Whole wheat bread or other whole grains – up to quantity allowed by participant category
9. Beans / peanut butter, up to amount allowed by participant category

**G. Federal Regulations Food Package IV Children (age 1 to 2 years):**

1. Juice (single strength) – 128 fl. oz. (2 64-oz. single strength or 2 16-oz. frozen)
2. Whole Milk (fluid) – 16 qt. (A maximum of 1 lb. of cheese may be substituted for 3 qts. of milk)
3. Breakfast cereal - 36 oz.
4. Eggs – 1 dozen
5. Fruits and vegetables - \$8.00 value
6. Whole wheat bread or other whole grains – 2 lbs.
7. Beans - 1 lb.

**H. Federal Regulations Food Package IV Children (age 2 through 4 years):**

1. Juice (single strength) – 128 fl. oz. (2 64-oz. single strength or 2 16-oz. frozen)
2. Low-fat and fat-free milks and/or low-fat buttermilk (fluid) – 16 qt. (A maximum of 1 lb. of cheese may be substituted for three qts. of milk)
3. Breakfast cereal - 36 oz.
4. Eggs – 1 dozen
5. Fruits and vegetables - \$8.00 value

<p style="text-align: center;"><b>Nutrition Services</b> <b>Department of State Health Services</b></p>
---

Effective: October 1, 2015

Procedure No. FD 12.0

---

6. Whole wheat bread or other whole grains – 2 lbs.
7. Beans/peanut butter – 1 lb. dried beans OR 64 oz. of canned beans/peas OR 16 to 18 oz. peanut butter

**I. Federal Regulations Food Package V** Pregnant and Mostly Breastfeeding Women:

1. Juice (single strength) – 144 fl. oz. (3 48-oz. single strength or 3 11.5-12 oz. frozen)
2. Low-fat and fat-free milk and/or low-fat buttermilk (fluid) – 22 qt. (A maximum of 1 pound of cheese may be substituted for 3 qts. of milk)
3. Breakfast cereal - 36 oz.
4. Eggs – 1 dozen
5. Fruits and vegetables - \$11.00 value
6. Whole wheat bread or other whole grains – 1 lb.
7. Beans/peanut butter – 1 lb. dried beans and 16 to 18 oz. peanut butter OR 1 lb. dried beans and 64 oz. canned beans/peas OR 64 oz. canned beans/peas and 16 to 18 oz. peanut butter OR 2 1-lb dried beans OR 128 oz. canned beans OR 36 oz. peanut butter.

**J. Federal Regulations Food Package VI** Postpartum Women (Includes Texas WIC participant category Some Breastfeeding Women and Some Breastfeeding Multiple Infants from the same pregnancy):

1. Juice (single strength) – 96 fl. oz. (2 48-oz. single strength or 2 11.5-12 oz. frozen)
2. Low-fat and fat-free milk and/or low-fat buttermilk (fluid) – 16 qt. (A maximum of 1 lb. of cheese may be substituted for 3 qt. of milk)
3. Breakfast cereal - 36 oz.
4. Eggs – 1 dozen
5. Fruits and vegetables - \$11.00 value
6. Beans/peanut butter – 1 lb. dried beans OR 64 oz. of canned beans/peas OR 16 to 18 oz. peanut butter

**K. Federal Regulations Food Package VII** Exclusively Breastfeeding Women (this food package will also be issued to

<p style="text-align: center;"><b>Nutrition Services</b> <b>Department of State Health Services</b></p>
---

Effective: October 1, 2015

Procedure No. FD 12.0

---

Pregnant with Multiples, "Pregnant Exclusively or Mostly Breastfeeding" and Mostly Breastfeeding Multiples from the same pregnancy:

1. Juice (single strength) – 144 fl. oz. (3 48-oz. single strength or 3 11.5-12 oz. frozen)
2. Low-fat and fat-free milk and/or low-fat buttermilk – 24 qt. (A maximum of 1 pound of cheese may be substituted for 3 qt. of milk)
3. Cheese – 1 lb.
4. Breakfast cereal - 36 oz.
5. Eggs – 2 dozen
6. Fruits and vegetables - \$11.00 value
7. Whole wheat bread or other whole grains – 1 lb.
8. Beans/peanut butter – 1 lb. dried beans and 16 to 18 oz. peanut butter OR 1 lb. dried beans and 64 oz. canned beans/peas OR 64 oz. canned beans/peas and 16 to 18 oz. peanut butter OR two 1 lb. dried beans OR 128 oz. canned beans OR 36 oz. peanut butter.
9. Tuna and/or salmon (canned) – 30 oz.

**L. Exclusively Breastfeeding Women Breastfeeding Multiple Infants from the same pregnancy – receives 1.5 times food items in food package VII:**

1. Juice, single strength – 216 fl. oz. (1 64-oz. single strength or 1 16-oz. frozen and 3 48-oz or 3 11.5-12-oz frozen)
2. Low-fat and fat-free milk (fluid) – 33 qt. (A maximum of 1 lb. of cheese may be substituted for 3 qt. of milk)
3. Cheese – 2.5 lbs.
4. Breakfast cereal - 54 oz.
5. Eggs – 3 dozen
6. Fruits and vegetables - \$16.50 value
7. Whole wheat bread or other whole grains – 1.5 lbs.
8. Beans/peanut butter – 2 lb. dried beans and 1 16 to 18 oz. peanut butter, or for nutritional reasons such as underweight, allergies or participant preference, combinations such as: 1 lb. dried beans and 128 oz. canned beans/peas OR 128 oz. canned beans/peas and 1 16 to 18 oz. peanut butter OR 1 lb. dried

**Nutrition Services**  
**Department of State Health Services**

Effective: October 1, 2015

Procedure No. FD 12.0

---

beans and 1 16 to 18 oz. peanut butter and 64 oz. canned  
beans/peas.

9. Tuna and/or salmon (canned) – 45 oz.