## Alabama WIC Food Package Training Video for Staff

### **Outline**

- Background
- · Overview of food package changes
- New Alabama WIC approved foods list
- New Cash Value Voucher

### **Outline**

- New food packages
- Special formula food packages and medical documentation
- New manual food instrument
- · New forms and brochures

## **The Changes**

- Implementing
  - -Monday, September 28, 2009
- First major food package change since 1974
- Our goal?
  - -Smooth transition!

### How Did We Get Here?

- Efforts to change packages began in 2003
  - Institute of Medicine (IOM)
     conducted study on WIC
     participant's nutrition needs
    - USDA published Interim Final Rule
      - -We're implementing 9/28/09

## **New Food Packages**

- Meet the 2005 Dietary Guidelines for Americans
- Consistent with American Academy of Pediatrics recommendations on infant feeding
- Address emerging nutrition-related issues
  - -Obesity, poor iron status

## **New Food Packages**

- Strengthen breastfeeding promotion and support in WIC
- Increase overall food choices for more appeal to diverse populations

## **Overview of Food Changes**

- Fresh fruits and vegetables
- · Whole grains
- Less milk, cheese, and juice for children and women

## **Overview of Food Changes**

- · Milk with lower fat content
  - -Women, children 24 months and older
- Whole milk
  - -Children 12 23 months

## **Infant Food Packages**

- Three infant feeding options
  - -Fully formula feeding
  - -Fully breastfeeding
  - -Partially breastfeeding

## **Infant Food Packages**

- · Formula amounts
  - Based on infant's age and feeding option
- Complementary foods
  - Delayed until 6 months

## **Infant Food Packages**

- Baby food
  - -Fruits and vegetables for all infants
  - Meats for fully breastfeeding infants
- No juice in infant food packages

## Why Now?

- Implementing September 28, 2009
- Start educating by June 29
- Provide information on infant and breastfeeding
  - More information from your Nutrition Director
- · Five new handouts
  - Kinds and amounts of food in each package

## **New AL WIC Approved Foods**



### Cereals

- Changes
  - -Jim Dandy Grits & General Mills
     Corn Chex have been removed
  - Honey Kix replaces Kix
  - Half the cereals must be whole grain

### Cereals

- Changes
  - -Can choose any combination not exceeding 36 ounces
    - 12 oz. + 12 oz. + 12 oz. = 36 oz.
    - 14 oz. + 18 oz. = 32 oz.
    - 18 oz. + 18 oz. = 36 oz.

### **Cereals**

- Buy only these cereals
  - -Rice Chex
- King Vitamin
- -Corn Flakes
- Crispix
- -Rice Krispies
- -Special K
- Quaker Instant Grits (Original)
- Honey Bunches of Oats
  - Honey Roasted & Almond

### Cereal

- Buy only these cereals (whole grain)
  - -Cheerios
  - MultiGrain Cheerios
  - -Wheat Chex
  - -Honey Kix
  - -Total
  - All-Bran

#### Cereal

- Buy only these cereals (whole grain)
  - Frosted Mini-Wheats
  - -Post Selects Banana Nut Crunch
  - Quaker Instant OriginalOatmeal

### **Eggs**

- No proposed changes
- Remember
  - -Large only (white or brown)
  - Eggland's Best and other specialty
     eggs are not WIC approved

#### Milk

- Changes
  - "Least expensive" vs. "store brand or least expensive"
    - Reduce confusion
  - May purchase the following in gallon or half gallon sizes
    - Fat free
    - 1% fat reduced
    - 2% fat reduced
    - Whole

### Milk

- · Milks may be
  - Calcium enriched
  - -Lactose free
  - -Lactose reduced
    - Lactose free or lactose reduced milk no longer has to be specified on food instrument

### Milk

- Varieties approved only when specified on food instrument
  - -12 oz. can evaporated milk
    - Carnation or Pet brands
  - -9.6 oz. box dry milk
  - -8 oz. ultra high temperature milk
  - -12 oz. can goat milk
    - Meyenberg evaporated brand only

### Milk

- · More changes
  - May substitute one 16 oz. package of cheese and 1 quart of buttermilk for one gallon of milk
    - Only allowed when specified on food instrument
    - Must be least expensive

#### Milk

- · Varieties not allowed for purchase
  - -Flavored
  - -Soy
  - Acidophilus treated
  - -Condensed
  - -Organic

### Cheese

- Must be "least expensive"
- Can be purchased in 16 oz. packages only
- · Varieties remain the same
  - Processed American, Cheddar,
     Colby, Monterey Jack, Mozzarella,
     Swiss
  - Low fat, low cholesterol, low sodium, sliced, hoop or block

#### **Juices**

- 64 oz. and 48 oz. containers added
  - Select size as specified on food instrument
- May now contain added calcium
- Must be 100% juice without added sweeteners
- No fruit punch, fruit drink or drink-ades

### Juices

- Only the following 64 oz. juices
  - All flavors Juicy Juice
  - All Northland Cranberry juice blends
  - -Seneca 100% Apple Juice
  - -Welch's 100% Grape, White Grape & Red Grape Juice
  - Orange
  - -Grapefruit

#### Juices

- Only the following 48 oz. juices
  - All Northland Cranberry juice blends
  - -Lucky Leaf 100% Apple juice
  - -Seneca 100% Apple juice

#### Juices

- Only the following 46 oz. juices
  - All Juicy Juice flavors
  - Dole Pineapple juice
  - -Essential Antioxidants V8 juice
  - -Lucky Leaf 100% Apple juice
  - -Welch's Grape & White Grape juice
  - -Whitehouse 100 % Apple juice
  - Orange, grapefruit & orange grapefruit juices

#### Juices

- Only the following 11.5oz 12 oz. frozen juices
  - Dole 100% Pineapple juice
  - -Seneca 100% Apple & Grape juices
  - -Welch's 100% Grape, White Grape, White Grape Peach, White Grape Pear, White Grape Raspberry Juice
  - Grapefruit, orange, orange grapefruit

## Whole Wheat & Whole Grain Breads

- A new addition
  - Must be purchased in 16 oz. packages
  - Refer participants to brochure to see which brands of breads can be purchased

### **Brown Rice**

- Can be purchased instead of whole wheat or whole grain bread
  - -16 oz. bag of any brand of plain brown rice
  - No gourmet or organic blends

### **Peanut Butter**

- No changes
- Purchase any 18 oz. brand
- No whipped, spreads, low fat, organic, combinations with jelly, honey, etc.

### **Dried Peas or Beans**

- · No changes
- Any brand
- 16 oz. bag
- · No added flavorings

### Tuna

- Fully breastfeeding woman
- · New 5 oz. can size
  - Light tuna, chunk style, packed in water
  - -No solid white

### Salmon

- Canned salmon now an option
  - Any brand of pink salmon in 14.75oz. can
  - Amount specified on food instrument
- No red or sockeye salmon

### **Infant Cereals**

- Infant whole wheat cereal added
- Any brand
- 8 oz. box
  - May be rice, oatmeal, barley, mixed or whole wheat
  - No fruit, organic or DHA and other additives

### **Infant Juice**

No longer WIC approved

# Infant Food Package Additions

- Fruits & vegetables
  - Any brand of 2<sup>nd</sup> stage infant fruits
     & vegetables
  - -4 oz. single varieties only
- No fruits & vegetables containing sugars, starches, salt or DHA
- · No organic

### **Infant Meats**

- · Fully breastfed infants
  - -Any brand of 2<sup>nd</sup> stage infant meats
  - -2.5 oz. jars
- No DHA or organic

### **Infant Formula**

- Continue to purchase brand, type, size and quantity specified on the food instrument
- · No substitutions allowed

### Fresh Fruits and Vegetables

- · Big addition
- · Fresh only
- · Whole or cut
  - -Sweet potatoes and yams allowed
- No
  - White potatoes, herbs, spices, edible blossoms or flowers (broccoli, cauliflower and artichokes are allowed)

### Fresh Fruits and Vegetables

- No
  - -Salad bar items
  - -Party trays or fruit baskets
  - -Nuts
  - -Ornamental or decorated
  - Bagged lettuce/salad greens with dressing or croutons
  - Canned, frozen or dried fruits or vegetables

## Fresh Fruits and Vegetables

- \$6, \$8, and \$10 cash vouchers will be provided
  - Dependent upon participant's status

### 

### Cash Value Voucher

- Instrument for fresh fruits and vegetables
- Given in \$6, \$8 and \$10
  - Determined by WIC status
- · Infants not eligible
- · Can only be used at grocery stores
- Separate from Farmer's Market Nutrition Program

### Cash Value Voucher

- If cost exceeds value of voucher participants pay the difference
  - -Cash
  - Credit/debit
  - -Store gift cards
  - -Food stamps
- If cost is less than voucher participants do not receive any money back

### Cash Value Voucher

- Review new brochure with participants
- Review Alabama WIC Guide for Using the Cash Value Vouchers

## **New Food Packages**

- Brand new
- Name changes on package codes
  - Easier to remember
  - -Based on status
- New codes
  - -CH1
  - -CH2

#### CH<sub>1</sub>

- For children 12-23 months
- CH = child
- 1 = 1-year-old

### CH<sub>1</sub>

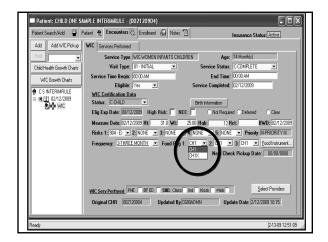
- Total monthly amount
  - -Milk must be whole
    - 4 gal. whole milk <u>OR</u> 3 gal. whole milk + 16 oz. cheese & 1 qt. buttermilk
    - No code for lactose reduced and lactose free milk
      - -Can purchase these with any food instrument allowing milk

### CH1

- · Total monthly amount
  - -Two 64 oz. containers of juice
  - Two 16 oz. whole grain/whole wheat bread <u>OR</u> two 16 oz. brown rice
  - -1 dozen eggs
  - -36 oz. cereal
  - -18 oz. peanut butter <u>OR</u> 16 oz. dried beans/peas

### CH1

- Total monthly amount
  - -\$6.00 value food instrument for fresh fruits/vegetables
  - Continue offering information on choking precautions
    - Refer to Feeding Your Toddler brochure for reminders



### CH<sub>1</sub>

- Monthly allowances divided on to 5 food instruments
  - -First 4
    - Food
  - -Fifth
    - Cash Value
       Voucher

### CH<sub>1</sub>

- Food Instrument 1 (CH1-1)
  - -1 gallon whole milk
  - -1-64 oz. juice
  - -1-16 oz. whole grain/whole wheat bread

<u>OR</u>

1-16 oz. brown rice

### CH1

- Food Instrument 2 (CH1-2)
  - -1 gallon whole milk
  - -1-64 oz. juice

### CH1

- Food Instrument 3 (CH1-3)
  - -1 gallon whole milk
  - -36-oz. cereal
  - -1-18 oz. peanut butter OR
    - 1-16 oz. dried peas/beans

### CH1

- Food Instrument 4 (CH1 4)
  - -1 gallon whole milk OR
    - 1-16 oz. cheese & 1 qt. buttermilk
  - -1 dozen eggs (large only)
  - -1-16 oz. whole grain/whole wheat bread <u>OR</u>

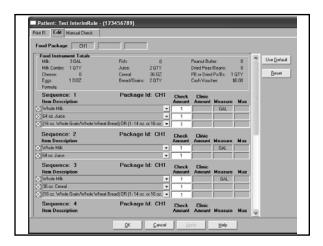
1-16 oz. brown rice

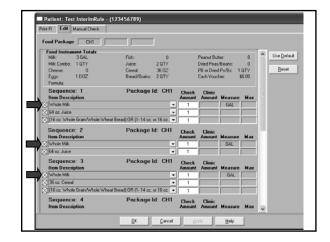
### CH<sub>1</sub>

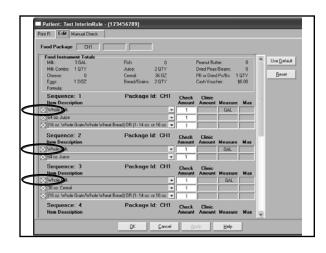
- Food Instrument 5 (CH1 5)
  - -\$6.00 Cash Value Voucher
  - Used to purchase fresh fruits and vegetables at grocery stores only
- · Partial month food instruments
  - -PHALCON will start omitting at the 4th food instrument, then 3rd, then 2nd

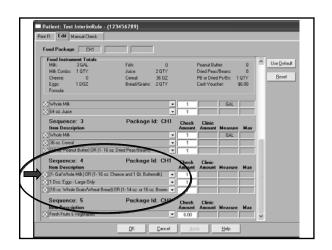
### CH<sub>1</sub>

- When to tailor food packages
  - Medically or nutritionally warranted
  - Patient cannot use maximum amounts or refuses a food item









### CH<sub>2</sub>

- For the child who is 24 months through 60 months of age
- CH = child
- 2 = 2 years and older

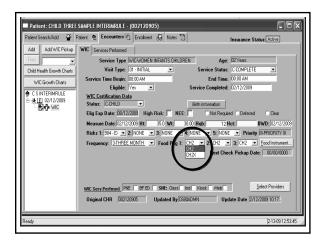
### CH2

- Total monthly amount
  - -4 gallons 2%, 1%, fat-free milk
    OR
    3 gallons 2%, 1%, fat-free milk
  - 3 gallons 2%, 1%, fat-free milk + 16 oz. cheese & 1 qt. buttermilk
  - -2-64 oz. containers of juice
  - -2-16 oz. whole grain/whole wheat breadOR

2-16 oz. brown rice

#### CH<sub>2</sub>

- Continue offering information about choking precautions
- Feeding Your Toddler and Feeding Your Preschooler brochures



## CH<sub>2</sub>

- Monthly allowances divided on to 5 food instruments
  - -First 4
    - Food
  - -Fifth
    - Cash Value Voucher

### CH<sub>2</sub>

- Food Instrument 1 (CH2 1)
  - -1 gallon 2%, 1%, fat-free milk
  - -1-64 oz. juice
  - -1-16 oz. whole grain/whole wheat bread OR

1-16 oz. brown rice

### CH2

- Food Instrument 2 (CH2 2)
  - -1 gallon 2%, 1%, fat-free milk
  - -1-64 oz. juice

### CH<sub>2</sub>

- Food Instrument 3 (CH2 3)
  - -1 gallon 2%, 1%, fat-free milk
  - -36 oz. cereal
  - -1-18 oz. peanut butter OR
    - 1-16 oz. dried peas/beans

### CH<sub>2</sub>

- Food Instrument 4 (CH2 4)
  - -1 gallon 2%, 1%, fat-free milk OR
    - 1-16 oz. cheese & 1 qt. buttermilk
  - -1 dozen eggs (large only)
  - -1-16 oz. whole grain/whole wheat bread

OR

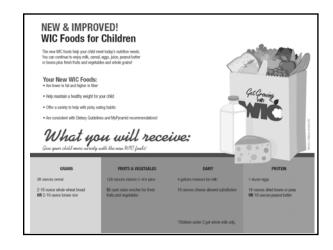
1-16 oz. brown rice

### CH2

- Food Instrument 5 (CH2 5)
  - -\$6.00 Cash Value Voucher
  - Fresh fruits and vegetables

## **Child Food Package Changes**

- 12-23 mos. receive whole milk
- 24 + mos. receive lower fat milk
  - -2%, 1% and fat-free
- Juice containers now 64 oz.
- Whole grain/whole wheat bread or brown rice
- Cheese & buttermilk can replace milk
- \$6.00 Cash Value Voucher



### **CHR Documentation**

- Children 22 23 months old
  - -Food package CH1
  - No CHR documentation needed until next recert
    - PHALCON automatically updates code to CH2

### Infant to Child Status

- For use 30 days before 1st birthday
- Change infant status to "I to C" in 11th month
  - -Complete an SNE at this visit
  - Complete required fields on Encounter Screen & SAVE
- Can change food package without having to recertify infant
- Food package will be CH1

### **Prenatal Food Package**

- Food code
  - -PN (for prenatal)

### PN - Prenatal Woman

- Total monthly amount
  - $-5^{1}/_{2}$  gallons 2%, 1%, fat-free milk OR
    - 4<sup>1</sup>/<sub>2</sub> gallons 2%, 1%, fat-free milk + 16 oz. cheese & 1 qt. buttermilk
  - -3-48 oz. containers

OR

3-46 oz. containers

OR

3-12 oz. frozen juice

### PN - Prenatal Woman

- Total monthly amount
  - -1-16 oz. whole grain/whole wheat bread

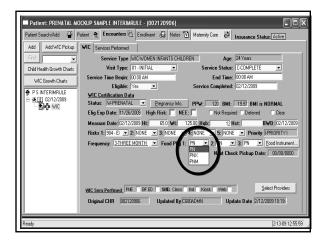
OR

1-16 oz. brown rice

- -1-dozen eggs
- -36 oz. cereal

### PN - Prenatal Woman

- Total monthly amount
  - -18 oz. peanut butter
  - -16 oz. dried beans/peas
  - -\$8.00 Cash Value Voucher
    - Fresh fruits & vegetables



### **PN - Prenatal Woman**

- Monthly allowances divided on to 5 food instruments
  - -First 4
    - Food
  - -Fifth
    - Cash Value
       Voucher

### PN - Prenatal Woman

- Food Instrument 1 (PN 1)
  - -1-1/2 gallon 2%, 1%, fat-free milk
  - -1-48 <u>OR</u> 46 oz. container OR
    - 1-12 oz. frozen juice
  - -1-16 oz. whole grain/whole wheat bread

OR

1-16 oz. brown rice

### **PN - Prenatal Woman**

- Food Instrument 2 (PN 2)
  - -2 gallons 2%, 1%, fat-free milk
  - -1-48 oz. <u>OR</u> 46 oz. container OR
    - 1-12 oz. frozen juice
  - -1-18 oz. peanut butter

### PN - Prenatal Woman

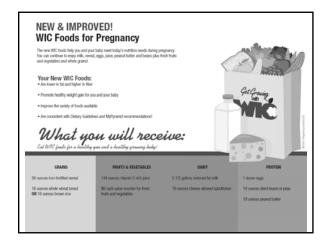
- Food Instrument 3 (PN 3)
  - -1 gallon 2%, 1%, fat-free milk
  - -1-48 oz. <u>OR</u> 46 oz. container OR
    - 1-12 oz. frozen juice
  - -36 oz. cereal
  - -1-16 oz. dried peas/beans

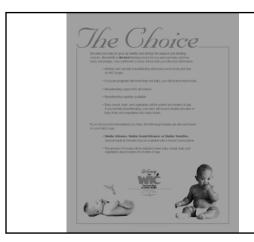
### PN - Prenatal Woman

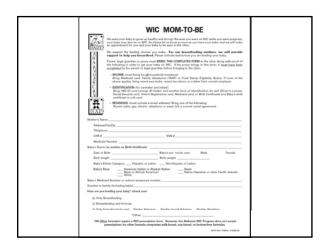
- Food Instrument 4 (PN 4)
  - -1 gallon 2%, 1%, fat-free milk OR
    - 1-16 oz. cheese & 1 qt. buttermilk
  - 1 dozen eggs(large only)

### PN - Prenatal Woman

- Food Instrument 5 (PN 5)
  - -\$8.00 Cash Value Voucher
    - Fresh fruits and vegetables







# Fully Breastfeeding Woman Food Package

- FB (Fully Breastfeeding)
- · WIC breastfeeding definition
  - "The practice of feeding a mother's breast milk to her infant on the average of once a day."
- Definition places mother in breastfeeding status & provides supplemental foods

# Fully Breastfeeding Woman Food Package

- Accurately reflect how mother feeds infant
- · Encourage breastfeeding
- Discourage formula for first month

# Fully Breastfeeding Woman Food Package

- Fully breastfeeding
  - -No formula from WIC
  - Largest amount and variety of WIC foods
- New name for the Enhanced Breastfeeding Package

# Fully Breastfeeding Woman Food Package

- Code FB
  - -Fully Breastfeeding
- Package for up to 12 months after birth of infant

### FB

- · Total monthly amount
  - -6 gallons 2%, 1%, fat-free milk OR
    - 5 gallons 2%,1%, fat-free milk
    - + 16 oz. cheese & 1 qt. buttermilk
  - -16 oz. cheese

### FB

- Total monthly amount
  - -3-48 oz. containers

<u>OR</u>

3-46 oz. containers

OR

3-12 oz. frozen juice

### FB

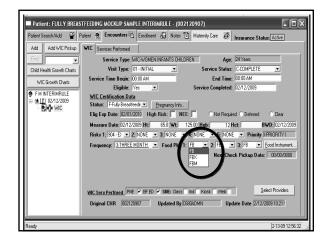
- · Total monthly amount
  - -1-16 oz. whole grain/whole wheat bread

OR

- 1-16 oz. brown rice
- -2 dozen eggs
- -36 oz. cereal
- -18 oz. peanut butter

### FB

- Total monthly amount
  - -16 oz. dried beans/peas
  - -30 oz. canned tuna/salmon
  - -\$10.00 Cash Value Voucher for fresh fruits & vegetables



### FB

- Food allowances
  - Divided on to 5 instruments
    - 4 food
      - -Option to choose cheese & buttermilk to replace milk on 4th food instrument
    - 1 Cash Value Voucher

### FB

- Food allowances
  - Package changes if mother stops breastfeeding or starts formula
  - If mother stops breastfeeding and infant is 6 months or older mother is terminated from program

### FB

- Food Instrument 1 (FB-1)
  - -2 gallons 2%, 1%, fat-free milk
  - -1-48 <u>OR</u> 46 oz. container <u>OR</u> 1-12 oz. frozen juice
  - -1-16 oz. whole grain/whole wheat bread
    - OR 1-16 oz. brown rice
  - 1 dozen large eggs (large only)

### **FB**

- Food Instrument 2 (FB-2)
  - -2 gallons 2%, 1%, fat-free milk
  - -1-48 <u>OR</u> 46 oz. container OR
    - 1-12 oz. frozen juice
  - -1-18 oz. peanut butter
  - -1-16 oz. cheese

### FB

- Food Instrument 3 (FB-3)
  - -2 gallons 2%, 1%, fat-free milk
  - -1-48 <u>OR</u> 46 oz. container <u>OR</u> 1-12 oz. frozen juice
  - -36 oz. cereal
  - -1-16 oz. dried peas/beans

### FB

- Food Instrument 4 (FB-4)
  - -1 gallon 2%, 1%, fat-free milk OR
    - 1-16 oz. cheese & 1 qt. buttermilk
  - -1 dozen eggs (large only)
  - -6-5 oz. tuna

<u>OR</u>

2-14.75 oz. salmon

### FB

- Food Instrument 5 (FB-5)
  - -\$10.00 Cash Value Voucher
    - Fresh fruits & vegetables

# Infant Fully Breastfed Food Package

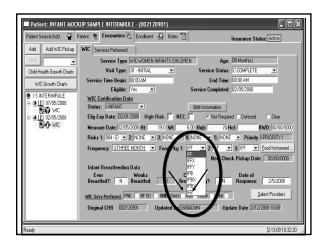
- Package code = IFB
- · For up to 12 months after birth
- Breastfeeding data updated at each visit
  - "Yes" entered for "currently breastfeeding" on Encounter screen
- Correct birth date in PHALCON

#### **IFB**

- · Total monthly amounts
  - -No food until 6 months of age
  - -Still assign IFB food package
    - PHALCON will issue food at 6 months
    - Age calculation based on date of birth entered

### **IFB**

- · Total monthly amounts
  - -6-11 months
    - 3-8 oz. containers infant cereal
    - 64-4 oz. containers stage 2 infant fruits & vegetables
    - 31-2.5 oz. containers stage 2 infant meat



### **IFB**

- 6-12 months food instruments
  - -Two checks a month
    - All cereal on first instrument
    - Fruits/vegetables and meats divided between two instruments
  - -Partial month
    - First instrument issued automatically
  - -No Cash Value Voucher

### **IFB**

- 0-5 months
  - Fully breast fed infant not receiving food or formula
    - No food instrument issued

### **IFB**

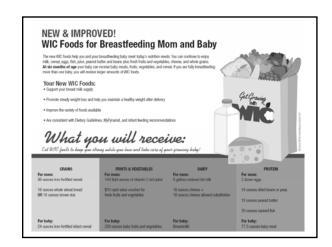
- 6-12 months food instruments
  - -Food Instrument 1 (FB-1)
    - 3-8 oz. containers infant cereal
    - 32-4 oz. containers stage 2 infant fruits & vegetables
    - 16-2.5 oz. containers stage 2 infant meat

### **IFB**

- 6-12 months food instruments
  - Food Instrument 2 (FB-2)
    - 32-4 oz. containers stage 2 infant fruits & vegetables
    - 15-2.5 oz. containers stage 2 infant meat

### **IFB**

- Individualize food packages to meet infants needs and encourage breastfeeding
- Containers of infant food and cereals may be decreased in any package



# Partially Breastfeeding Woman Food Package

- First month
  - -No routine issuance of formula
  - -One can of powdered formula
  - If more formula requested
    - Mother's and infant's food packages change
    - Assigned after careful assessment

# Partially Breastfeeding Woman Food Package

- · Package code
  - -PB (partially breastfeeding)
- Available up to 12 months after birth of infant

### PB

- Total monthly amounts
  - -5<sup>1</sup>/<sub>2</sub> gallons 2%, 1%, fat-free milk OR 5<sup>1</sup>/<sub>2</sub> gallons 2%, 1%, fat-free milk + 16 oz. cheese and 1 qt. buttermilk

### PB

- Total monthly amounts
  - -3-48 oz. containers

OR

3-46 oz. containers

<u>OR</u>

3-12 oz. frozen juice

### PB

- Total monthly amounts
  - -1-16 oz. whole grain/whole wheat bread

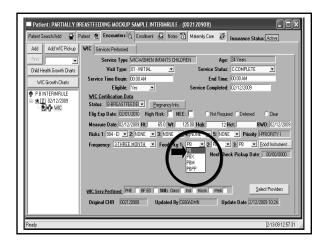
<u>OR</u>

1-16 oz. brown rice

- -1 dozen eggs
- -36 oz. cereal

### PB

- Total monthly amounts
  - -18 oz. peanut butter
  - -16 oz. dried beans/peas
  - -\$8.00 Cash Value Voucher



### PB

- Food instruments
  - Divided into 5 instruments
    - •1 4 food
  - -Cheese & buttermilk in place of milk on instrument 4
  - -Food instrument 5 is

**Cash Value Voucher** 

### PB

- Food instrument 1 (PB-1)
  - -11/2 gallons 2%, 1%, fat-free milk
  - -1-48 oz. <u>OR</u> 46 oz. container OR
    - 1-12 oz. frozen juice
  - -1-16 oz. whole grain/whole wheat bread <u>OR</u>
    - 1-16 oz. brown rice

#### PB

- Food instrument 2 (PB-2)
  - -2 gallons 2%, 1%, fat-free milk
  - -1-48 oz. <u>OR</u> 46 oz. container <u>OR</u>
    - 1-12 oz. frozen juice
  - -1-18 oz. peanut butter

### PB

- Food instrument 3 (PB-3)
  - -1 gallons 2%, 1%, fat-free milk
  - -1-48 oz. <u>OR</u> 46 oz. container <u>OR</u>
    - 1-12 oz. frozen juice
  - -36 oz. cereal
  - -1-16 oz. dried peas/beans

### PB

- Food instrument 4 (PB-4)
  - -1 gallon 2%, 1%, fat-free milk OR
    - 1-16 oz. Cheese & 1 qt. buttermilk
  - -1 dozen eggs (large only)

### PB

- Food instrument 5 (PB-5)
  - -\$8.00 Cash Value Voucher
    - Fresh fruits & vegetables

### PB

- Remember
  - Requests for more formula change mother's and infant's food packages
  - Mother terminated from program if she stops breastfeeding her infant after 6 months of age

## **Infant Partially Breastfed**

- Food package code
  - IPB (Infant Partially Breastfed)
- Formula allowances
  - Based on reconstituted formula amounts for liquid concentrate, powder & ready-to-feed forms
  - PHALCON calculates

## **Infant Partially Breastfed**

- · Food package for infants on
  - -Similac Advance Early Shield
  - -Isomil Advance
  - -Similac Sensitive
- Others
  - -Special Formula Food
    Packages

## **Infant Partially Breastfed**

- Update breastfeeding data each visit
  - -Enter "yes" or "no" in "Currently Breastfeeding" on Encounter screen
  - Food packages re-assigned for mothers who stop breastfeeding
- Enter birth date correctly

## **IPB Food Package**

- Total monthly amount
  - -0-1 month
    - 1 can powder

## **IPB Food Package**

- Total monthly amount
  - -1 3 months
    - 14 cans concentrate
    - 4 cans powder

OR

12 cans RTF

## **IPB Food Package**

- Total monthly amount
  - -4 5 months
    - 17 cans concentrate
    - 5 cans powder

OR

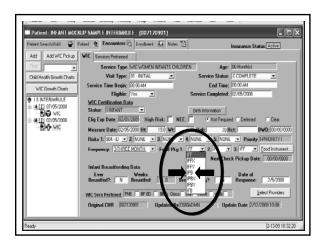
14 cans RTF

## **IPB Food Package**

- · Total monthly amount
  - -6 11 months
    - 12 cans concentrate
    - 4 cans powder OR

10 cans RTF

- 3-8 oz. containers infant cereal
- 32-4 oz. containers stage 2 infant fruits & vegetables



### **IPB**

- 0-5 months
  - One formula instrument per month until 6 months
    - Amount based on age
  - -Cereal on 1st instrument
  - Fruits & vegetables divided
  - -Partial month
    - 1st instrument issued automatically

### **IPB**

- 6-11 months
  - Food instrument 1 (FI-1)
    - Formula for 6-11 month old
    - 3-8oz. containers infant cereal
    - 16-4 oz. containers stage2 infant fruits &vegetables

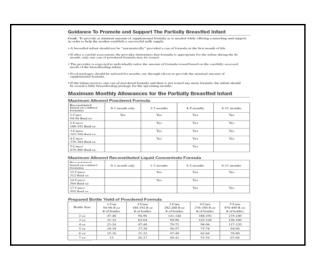
### **IPB**

- 6-11 months
  - Food instrument 2 (FI-2)
    - 16-4 oz. containers stage 2 infant fruits & vegetables

### **IPB**

- Remember
  - Individualize food packages to meet needs and encourage breastfeeding
  - May issue less than maximum formula amount
  - May issue fewer containers of infant food and cereal





## **Postpartum Food Package**

- · Non-breastfeeding mother
- Infant on fully formula fed package
- Package code
  - -PP (Postpartum)
- Available for 6 months past birth

## **Postpartum Food Package**

- · Total monthly amounts
  - -4 gallons 2%, 1%, fat-free milk
    OR

3 gallons 2%, 1%, fat-free milk + 16oz. cheese & 1 qt. buttermilk

## **Postpartum Food Package**

- Total monthly amounts
  - -2-48 oz. containers

OR

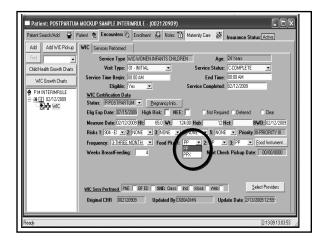
2-46 oz. containers

OR

2-12 oz. frozen juice

## **Postpartum Food Package**

- Total monthly amounts
  - -1 dozen eggs
  - -36 oz. cereal
  - -18 oz. peanut butter
  - -\$8.00 Cash Value Voucher
    - Fresh fruits & vegetables



### PP

- Food instrument 1 (PP-1)
  - -1 gallon 2%, 1%, fat-free milk
  - -1-48 <u>OR</u> 46 oz. container

OR

1-12 oz. frozen juice

### PP

- Food instrument 2 (PP-2)
  - -1 gallon 2%, 1%, fat-free milk
  - -1-48 OR 46 oz. container

<u>OR</u>

1-12 oz. frozen juice

### PP

- Food instrument 3 (PP-3)
  - -1 gallon 2%, 1%, fat-free milk
  - -36 oz. cereal
  - -1-18 oz. peanut butter

OR

1-16 oz. dried peas/beans

### PP

- Food instrument 4 (PP-4)
  - -1 gallon 2%, 1%, fat-free milk OR
    - 1-16 oz. cheese &
    - 1 qt. buttermilk
  - -1 dozen eggs(large only)

### PP

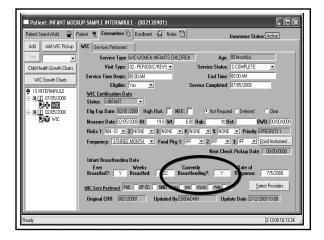
- Food instrument 5 (PP-5)
  - -\$8.00 Cash Value Voucher
    - Fresh fruits & vegetables

## **Fully Formula Fed Infant**

- Also for infant who needs more formula than on PB food package
- Package code
  - -IFF (Infant Formula Fed)
- Formula allowances based on reconstituted amounts for liquid, powder & ready-to-feed
- PHALCON calculates

## **Fully Formula Fed Infant**

- · Only the following formulas
  - -Similac Advance Early Shield
  - -Isomil Advance
  - -Similac Sensitive
- Other formulas require special packages



## **IFF Food Package**

- · Only formula issued until 6 months
- Formula amounts vary
   by age

## **IFF Food Package**

- Total monthly amount
  - -0-3 months
    - 31 cans concentrate
    - 9 cans powder

OR

26 cans RTF

## **IFF Food Package**

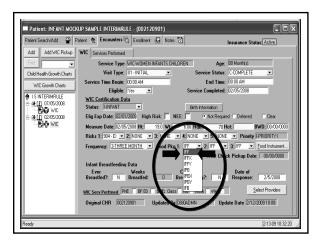
- Total monthly amount
  - -4-5 months
    - 34 cans concentrate
    - 10 cans powder

<u>OR</u>

28 cans RTF

## **IFF Food Package**

- · Total monthly amount
  - -6-11 months
    - 24 cans concentrate
    - 7 cans powder OR 20 cans RTF
    - 3-8 oz. containers infant cereal
    - 32-4 oz. containers stage 2 infant fruits & vegetables



### **IFF**

- 0-5 months
  - One formula instrument per month until 6 months
    - Amount based on age
  - -Cereal on 1st instrument
  - Fruits & vegetables divided
  - -Partial month
    - 1st instrument issued automatically

### **IFF**

- 6-11 months
  - Food instrument 1 (FI-1)
    - Formula for 6-11 month old
    - 3-8 oz. containers infant cereal
    - 16-4 oz. containers stage 2 infant fruits & vegetables

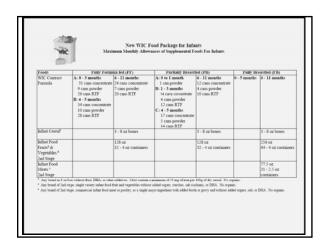
### **IFF**

- 6-11 months
  - Food instrument 2 (FI-2)
    - 16-4 oz. containers stage 2 infant fruits & vegetables

### **IFF**

- Remember
  - Individualize food packages to meet needs and encourage breastfeeding
  - May issue less than maximum formula amount
  - May issue fewer containers of infant food and cereal





## Partially Breastfeeding Postpartum Woman

- For partially breastfeeding mothers requesting more formula
- 12 months after birth
- Mother gets food package until infant 6 months old

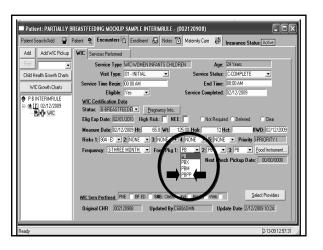
## Partially Breastfeeding Postpartum Woman

- Assignment of food package made by provider after carefully assessing infant's feeding pattern
- Food package code
  - PBPP (Partially

    Breastfeeding Postpartum)

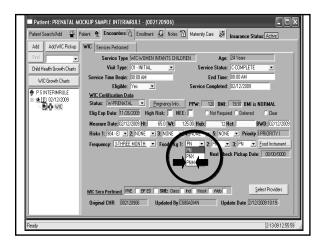
## Partially Breastfeeding Postpartum Woman

- Stops breastfeeding within 6 months of delivery
  - -Postpartum Food Package assigned
- Stops breastfeeding after 6 months of age
  - -Terminated from WIC



## Prenatal Woman with Multiples

- Prenatal woman pregnant with more than one baby
- Food package code
- PNM (Prenatal with Multiples)
- Must enter Nutrition Risk Code 335 in PHALCON



## Fully Breastfeeding Woman with Multiples

- Breastfeeding more than one infant
- 12 months after birth of infants
- Assigned after careful assessment
- Food package code
  - -FBM (Fully Breastfeeding Multiples)
- Must enter nutrition risk code 335 in PHALCON

- Total average monthly amounts
  - -9 gallons 2%, 1%, fat-free milk OR
  - 8 gallons 2%, 1%, fat-free milk +16 oz. cheese & 1 qt. buttermilk
  - -24 oz. cheese
  - -216 oz. juice

### **FBM**

- Total average monthly amounts
  - -24 oz. whole grain/whole wheat bread

OR

- 24 oz. brown rice
- -3 dozen eggs
- -54 oz. cereal

### **FBM**

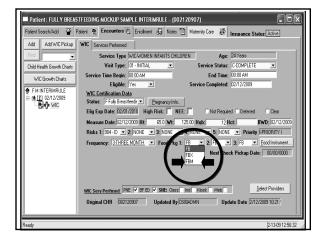
- Total average monthly amounts
  - -27 oz. Peanut butter
  - -24 oz. Dried beans/peas
  - -45 oz. Canned tuna/salmon
  - -\$15.00 Cash Value Voucher
    - Fresh fruits & vegetables

### **FBM**

- 1¹/₂ times amount of food as FB package
- Required to offer maximum food package
- Problems with container sizes
  - -Juice
  - -Peanut butter

### **FBM**

- Solution
- · Issue foods over 2 months
  - -1st month
    - Regular FB package
  - -2nd month
    - Double FB package



- Total amounts (2 months)
  - -1st month
    - 5 instruments
      - -4 food, 1 Cash Value Voucher
  - -2nd month
    - 6 instruments
      - -4 food, 2 Cash Value Vouchers

### **FBM**

- Food Instrument 1 (FMB-1)
  - -2 gallons 2%, 1%, fat-free milk
  - -1-48 <u>OR</u> 46 oz. container <u>OR</u>
    - 1-12 oz. frozen juice
  - -1-16 oz. whole grain/whole wheat bread <u>OR</u>
    - 1-16 oz. brown rice
  - -1 dozen eggs (large only)

### **FBM**

- Food Instrument 2 (FMB-2)
  - -2 gallons 2%, 1%, fat-free milk
  - -1-48 <u>OR</u> 46 oz. container <u>OR</u>
    - 1-12 oz. frozen juice
  - -1-18 oz. peanut butter
  - -1-16 oz. cheese

### **FBM**

- Food Instrument 3 (FMB-3)
  - -1 gallon 2%, 1%, fat-free milk
  - -1-48 <u>OR</u> 46 oz. container <u>OR</u>
    - 1-12 oz. frozen juice
  - -1-36 oz. cereal
  - -1-16 oz. dried peas/beans

### **FBM**

- Food Instrument 4 (FMB-4)
  - -1 gallon 2%, 1%, fat-free milk OR
    - 1-16 oz. Cheese & 1 qt. Buttermilk
  - -1 dozen eggs (large only)
  - -6-5 oz. Tuna

OR

2-14.75 oz. salmon

### **FBM**

- Food Instrument 5 (FMB-5)
  - -\$10.00 Cash Value Voucher
    - Fresh fruits and vegetables

- Food Instrument 6 (FMB-6)
  - -4 gallons 2%, 1%, fat-free milk
  - -2-48 OR 46 oz. container OR
    - 2-12 oz. frozen juice
  - -1-16 oz. whole grain/whole wheat bread OR
    - 1-16 oz. brown rice
  - -2 dozen eggs (large only)
  - -36 oz. cereal

### **FBM**

- Food Instrument 7 (FMB-7)
  - -4 gallons 2%, 1%, fat-free milk
  - -2-48 <u>OR</u> 46 oz. container OR
    - 2-12 oz. frozen juice
  - -2-18 oz. peanut butter
  - -2-16 oz. cheese

### **FBM**

- Food Instrument 8 (FMB-8)
  - -2 gallons 2%, 1%, fat-free milk
  - -2-48 <u>OR</u> 46 oz. container <u>OR</u>
    - 2-12 oz. frozen juice
  - -36 oz. cereal
  - -2-16 oz. dried peas/beans

### **FBM**

- Food Instrument 9 (FMB-9)
  - 2 gallons 2%, 1%, fat-free milk
     OR 2-16 oz. cheese & 2 1 qt.
     buttermilk
  - -1-16 oz. whole grain/whole wheat bread <u>OR</u> 1-16 oz. brown rice
  - -2 dozen eggs (large only)
  - -12-5 oz. tuna OR 4-14.75 oz. salmon

### **FBM**

- Food Instrument 10 (FMB-10)
  - -\$10.00 Cash Value Voucher
    - Fresh fruits and vegetables

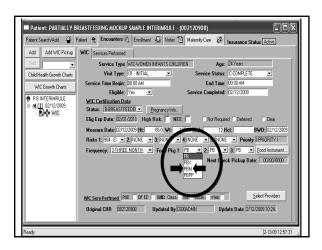
### **FBM**

- Food Instrument 11 (FMB-11)
  - -\$10.00 Cash Value Voucher
    - Fresh fruits and vegetables

- FBM 1-5 issued for 1 month of food
- · Package not used often
- Packages change if mother starts formula or stops breastfeeding
- Mother terminated from WIC if stops breastfeeding 6 months and older

## Partially Breastfeeding Woman with Multiples

- For women partially breastfeeding two or more infants
- Assigned after careful assessment
- Package code
  - -PBM (Partially Breastfeeding Multiples)
- Must enter nutrition risk code 335 in PHALCON



#### **PBM**

- · Same as FB food package
- Packages change
  - Mother requests more formula
  - -Stops breastfeeding
- Mother stops breastfeeding after 6 months of age
  - -Terminated from WIC

### **Homeless & Incarcerated**

- · Manual food instruments
  - -Up to 6 per month
  - -Cash Value Vouchers are separate
- No PHALCON code
- Consult WIC procedure manual

## Special Formula Food Packages

- · Women & children on formula
  - ProPhree & Pediasure
- · Infants on non-contract formula
- Contract formulas
  - -Similac Advance Early Shield
  - -Isomil Advance
  - -Similac Sensitive

- Child/Woman package
  - -Codes
    - CH1X PPX
    - CH2X FBX
    - PNX PBX

- Child/Woman package
  - -Changes
    - Food & formula
      - -Doctor ordered
    - Revisions to WIC-111
    - Child/Woman & Infant prescription forms separate

Date	
Patient's Name	Date of Birth
ICD-9 Code and/or Medical Diag Federal Result	runds or resource many personal condition.
Formula Prescribed ounce 'Maximum issuance per day allowed by USDA	
After 6 months a new pool     If prescription is not renewe	
	in addition to medical formula, the WIC Program is appropriate. Food items will be issued <b>only</b> if i.
Please check all that apply.  Juice	
Milk and Cheese	
Ccrcal	
☐ Eggs	
☐ Whole Wheat Bread	
Dried Beans/Peas	
Peanut Butter	
☐ Fresh Fruit/Vegetable	s
Signature of Health Care Provid Provider's Name (please print) _ Phone ()	

# Special Formula Food Packages

- Child/Woman package
  - -Formula amounts
    - 910 oz./mo. OR 30 oz./day
    - Reconstituted amounts for liquid, powder, ready-to-feed
    - PHALCON calculates



# Special Formula Food Packages

- CH1X Package
  - -CH1 package + 113 cans Pediasure
  - -6 food instruments
    - 1 4 food
    - 5 Cash Value Voucher
    - 6 formula food instrument

- CH1X Package
  - -Food instrument 1 (CH1X-1)
    - 1 gallon whole milk
    - 1-64 oz. juice
    - 1-16 oz. whole grain/ whole wheat bread
       OR 1-16 oz brown rice

- CH1X Package
  - -Food instrument 2 (CH1X-2)
    - 1 gallon whole milk
    - 1-64 oz. juice

# Special Formula Food Packages

- CH1X Package
  - -Food instrument 3 (CH1X-3)
    - 1 gallon whole milk
    - 36 oz. cereal
    - 1-18 oz. peanut butter
       OR 1-16 oz. dried peas or beans

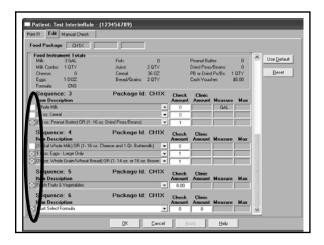
## Special Formula Food Packages

- CH1X Package
  - -Food instrument 4 (CH1X-4)
    - 1 gallon whole milk <u>OR</u> 1-16 oz. cheese & 1 qt. buttermilk
    - 1 dozen eggs (large only)
    - 1-16 oz. whole grain/ whole wheat bread
       OR 1-16 oz. brown rice

# Special Formula Food Packages

- CH1X Package
  - Food instrument 5 (CH1X-5)
    - \$6.00 Cash Value Voucher
      - -Fresh fruits & vegetables

- CH1X Package
  - -Food instrument 6 (CH1X-6)
    - Special formula not to exceed 910 fluid ounces



- Infants
  - Any formula other than contract
  - Allowances based on reconstituted amounts for liquid concentrate, powder, ready-to-feed
  - PHALCON calculates

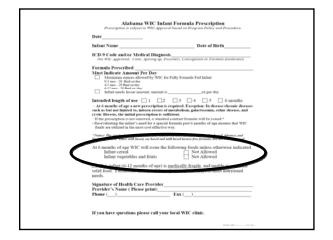
# Special Formula Food Packages

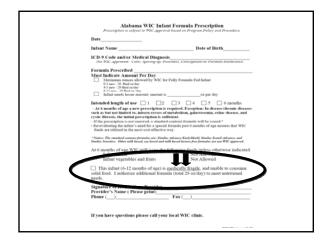
- Fully Formula Fed
  - -Package codes
    - IFFX
    - IFFY
    - IFFXT

- Fully Formula Fed
  - -IFFX
    - Majority
    - Same amount of formula as contract
    - Receive food at 6 months

Date	
Infant Name	Date of Birth
ICD-9 Code	olic, Spitting up. Passiness, Consignition - cola Intolerance.
0-3 mos - 26 fluid or 4-5 mos - 29 fluid or 6-12 mos - 20 fluid or	nt Per Day allowed by WIC for Fully Forustia Fed Infant slay slay
such as but not itemed cystic fibrosis, the initial - If the prescription is not - Re-evaluating the infant fixeds are utilized in the "Notice: The standard contra	prescription is required. Except the discover threshold the prescription is sufficient.  The remerved, a standard contract formula will be issued.  's need for a special formula past 6 months of age ensures that Wild past of the standard past of anothrs of age ensures that Wild most contributive way.  For formula new Similar Admant Englishing, Small Admant, and bloody as past and fill hand fairned for formula new Wild Agency, and bloody as past and fill hand fairned for formula new Wild Agency, and the Agency and the Sandard Sandard Sandard Sandard Sandard.
At 6 months of age W Infant cereal Infant vegetable  This infant (6-12 n	TC will issue the following foods unless otherwise indicates and fruits Not Allowed Not Allowed months of age) is medically fragile, and unable to consum
solid food. I authorize needs.	e additional formula (total 29 oz/day) to meet nutritional
Signature of Health 6	Care Provider







- Fully Formula Fed
  - -IFFXT
    - Medically fragile
    - 29 fluid oz./day
    - Doctor ordered

# Special Formula Food Packages

- Fully Formula Fed
  - -IFFY
    - More than one special formula
      - -Alimentum
      - -Polycose

# Special Formula Food Packages

- Partially breastfed receiving formula
  - -Food Packages
    - IPBX
    - IPBXT
    - IPBY
  - Receive as much special formula as partially breastfed infant on contract formula

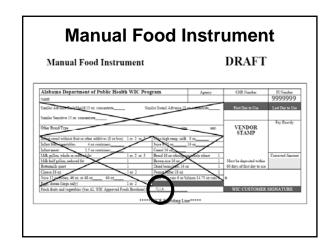
### **Manual Food Instrument**

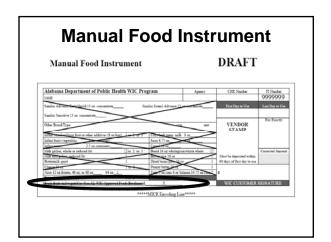
- Changes
  - -Children & women
    - 3 per month
      - -2 food
      - –1 Cash Value Voucher

### **Manual Food Instrument**

- Changes
  - Infants 0-6 months receiving formula
    - One per month
  - Infants 6 months & older receiving food
    - 2 per month









Pause video here to review this food package

Pause video here to discuss and review the new Alabama WIC Approved Foods brochure. Pause video here to discuss and review the Cash Value Voucher and the Alabama WIC Guide for Using the Cash Value Voucher.

Pause video here to discuss and review the WIC 691, WIC Foods for Children form.

Pause video here to discuss and review the WIC 687, WIC 121 and WIC 154 forms as well as the Prenatal package.

Pause video here to discuss and review the WIC 688 form, WIC Foods for the Breastfeeding Mom and Baby, and the food packages for the Fully Breastfeeding Mother and Her Infant.

These packages are all new. We will pause after each one for you to discuss and review.