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Effective August 1, 2022

Policy No. FD:12.0

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## 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 15th day of the month; partial food package benefits will be issued to participants obtaining food benefits on or after the 16th day of the current month. Formula issuance will be prorated every 10 days for the current month based on the number of days remaining in the month. Participants shall only receive those foods allowed in their participant profile, and for their 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. The food package shall accommodate the individual's age, dietary needs, medical/nutritional conditions, and living conditions.
- II. All food package changes are the responsibility of a CA or WCS. For WCS, refer to Policy [FD:13.0](#), [FD:16.0](#), [FD: 16.1](#) and [FD:19.0](#) for further instructions regarding food package changes which include formula.

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III. Individual participant food package benefits will be aggregated on the Texas WIC card. After all family members' food packages are loaded on the Texas WIC card a Shopping List shall be printed. The parent/guardian or proxy shall enter PIN acknowledge receipt of benefits.

IV. 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 birth mother whose infant is adopted (refer to [Policy CS:34.0](#) and [FD:10.0](#)).
- B. The parent/guardian can choose between four infant food packages including:
  - 1. Fully breastfeeding – for infants who are breastfed and do not receive infant formula from WIC.
  - 2. Partially breastfeeding – for infants who are breastfed and receive approximately a half package or less of infant formula.
  - 3. Some breastfeeding - for infants who are breastfed at least one time a day and receive greater than a half package of infant formula.
  - 4. Fully formula fed – for infants who are fully formula fed.

V. Child Food Packages

- A. Children under two years of age receive a food package with whole milk (buttermilk is not an option).
- B. Children two through four years of age receive a food package with fat-free, low-fat milk and/or low-fat buttermilk.

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VI. Pregnant Women Food Packages

- A. Women with singleton (one infant) pregnancies shall receive the Pregnant woman food package.
- B. Women who are pregnant with multiples receive the Pregnant with Multiples food package.
- C. Pregnant women who are partially breastfeeding singleton infants receive the Pregnant Partially Breastfeeding (PBF) package.
- D. Pregnant women who are fully breastfeeding singleton infants shall receive the Pregnant Fully Breastfeeding (FBF) package.

VII. Fully Breastfeeding Women Food Packages

The Fully Breastfeeding (FBF) 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 a Fully Breastfeeding food package has been issued and the parent/guardian returns to the clinic to request formula for the infant:
  - 1. If some benefits have not been redeemed and her food package has enough of the other foods to complete the replacement food package, staff shall perform a food package void and replace for the mother's food package and issue a formula package to the infant for current and future months.
  - 2. If there are not enough benefits to exchange her food package, the mother is not eligible for a food package void and replace for the current month and the infant is not eligible for a formula 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.

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- B. A breastfeeding woman of multiple births from the same pregnancy (e.g., twins, triplets) is eligible to receive the Partially Breastfeeding Multiples food package if one or more infants are not receiving formula from WIC (this food package is equivalent to the Fully Breastfeeding food package but allows for formula issuance should the breastfeeding infant need formula and a food package exchange is not possible for Fully Breastfeeding).
- C. A breastfeeding woman who has multiple infants from the same pregnancy is eligible to receive the Fully Breastfeeding Multiples package (which is equivalent to 1.5 times the Fully Breastfeeding Package) if no infants are receiving formula from WIC.

VIII. Partially Breastfeeding Women Food Packages

- A. When a Partially 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, staff may increase up to the Partial Max at issuance.
- B. Up to the full formula package:
  - 1. Provide breastfeeding counseling according to **Policy BF:01.0** Procedure C.
  - 2. 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.
  - 3. If the woman still desires an increase in formula, staff ensure the woman's current food package can be voided and replaced in the MIS.

IX. Some Breastfeeding Women Food Packages

The Some Breastfeeding profile allows a woman to receive food

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benefits up to the last day of the month that the infant turns six months.

- A. 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.
- B. If certified after six months postpartum, the participant should be encouraged to utilize WIC services, although she will not receive food benefits.

X. 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 for up to the last day of the month the infant turns six months.

XI. Other Food Package Types and Substitutions

- A. Limited or No Refrigeration food package may be issued to participants when there is a lack of food storage or food preparation facilities.
  - 1. 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 Fully Breastfeeding women, Fully Breastfeeding Multiples, Pregnant with Multiples, Pregnant and Breastfeeding and Partially Breastfeeding Multiples who are issued two 8-ounce packages of cheese.
  - 2. Dry milk can be provided in lieu of the two 8-ounce packages of cheese due to no refrigeration as an exception in the Limited or No Refrigeration food package for Fully Breastfeeding, Fully Breastfeeding Multiples, Pregnant with Multiples, Pregnant and Breastfeeding and Partially Breastfeeding Multiples.

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- B. Lactose-free milk food packages 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. Soy packages can be issued by request for women and children. Reasons for issuing include, but are not limited to: milk allergy, lactose intolerance, galactosemia, vegan diet and cultural practices.
- D. Kosher milk and cheese is available only for participants who must consume kosher foods due to religious eating patterns. Kosher milk and cheese can be issued by substitution in place of milk and cheese in the standard food package. Another option for participants who need to keep kosher is soy milk and tofu as soy milk is pareve (can be eaten with both meat and dairy dishes).
- E. Low-fat milk (1% or fat-free milk) 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). Low-fat milk can be issued by substitution in place of whole milk in the standard food package.
  - 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.

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XII. Issuing Packages with Formula

- A. For special dietary needs food packages with formula for woman and children, refer to [Policy FD:16.1](#).
- B. For food packages with formula, the current month formula issuances will be prorated, except for issuances on the first day of the month. The quantity of formula issued by the MIS will be prorated every 10 days for the current month.
- C. Children and women may be issued up to a full quantity of formula. Lower quantities may be issued if specified by the healthcare provider on the Texas WIC Medical Request for Formula/Food or Texas WIC Medical Request for Metabolic Formula/Food form or by parent/guardian request.

XIII. Food Package Substitutions

- A. Milk Substitution Group
  - 1. Substitutions can be made in all children and women's food packages for the milk substitution group based on quart equivalent.
  - 2. Milk Substitutions
    - a. Milk substitutions include:
      - i. Milk, lactose-free milk, soy milk – quart for quart equivalent
      - ii. Dry milk – 3.2 ounces is 1-quart equivalent
      - iii. Evaporated milk – 16 fluid ounces is 1-quart equivalent (1:2 ratio)
      - iv. Cheese – 1 pound is 3 quarts equivalent
      - v. Tofu – 1 pound is 1-quart equivalent
      - vi. Yogurt – 1 quart is 1-quart equivalent
    - b. No more than 4-quart equivalents can be substituted for a combination of cheese, yogurt or tofu for children and women, except for fully breastfeeding which is 6 quarts and 7.5 quarts, respectfully.

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- c. Milk substitutions can be made within a food package to the including different types of milks (e.g., milk and evaporated milk) per participant's preference.
- 3. Cheese
  - a. Food packages cannot contain more than 1 pound of cheese with the exception of the following food packages, which can contain up to 2 pounds: Fully Breastfeeding, Fully Breastfeeding and Pregnant, Partially Breastfeeding and Pregnant, and Pregnant with Multiples. Only the Fully Breastfeeding Multiples can contain 2.5 pounds of cheese.
  - b. Fully Breastfeeding and Fully Breastfeeding Multiples contain a minimum of 1 lb. and 1.5 lb. cheese per month, respectively, that cannot be substituted.
- 4. Yogurt
  - a. Food packages cannot contain more than 1 quart of yogurt.
  - b. One quart of milk or one pound of tofu can be substituted for yogurt.
- 5. Tofu - Additional tofu may be substituted for lactose intolerance only beyond 2.b. above.
- 6. Cereal and Fruit and Vegetable Substitution Group
  - a. Infant cereal can be substituted for breakfast cereal in women and children's Special Dietary Needs food packages only.
  - b. Fruit and vegetable cash value benefit (CVB) can be substituted in women and children's Special Dietary Needs food packages only.

XIV. Food Package Tailoring

- A. Individual nutrition tailoring is allowed based on the CA's or WCS assessment of a participant's supplemental nutrition needs.

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- B. The full maximum monthly allowance of all supplemental foods in all food packages should be made available to participants unless medically or nutritionally warranted.
  - C. Tailoring the package to provide less than the full amount is appropriate when, for example:
    - 1. Medically or nutritionally warranted such as removing an item due to a food allergy.
    - 2. A participant refuses or cannot use the maximum monthly amount.
- XV. Exchanging Food Packages
- A. A participant may exchange a food package for the current month although some benefits have been redeemed.
    - 1. When a food package is exchanged for another food package, the quantity of food originally issued must be equal to or more than the quantity of food in the new food package.
    - 2. When exchanging food packages with formula, formula will not be prorated for the current month.
    - 3. A food package exchange may not be possible if foods from the first package were redeemed that are not on the newly requested food package. For example - a Fully Breastfeeding Package with canned fish already redeemed cannot be exchanged for a Postpartum Package.
  - B. Food Package Exchange Scenarios
    - 1. Formula to Formula – any formula food package can be exchanged for another formula food package at any time if formula quantity on Texas WIC Card and/or returned is equal to or more than the formula quantity in the new food package.
    - 2. Formula to Non-Formula - a formula food package can be exchanged for non-formula food package if the amount of formula originally issued is returned either on the Texas WIC Card and/or unopened formula containers.

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3. Non-formula to Formula – When a non-formula food package is exchanged for a formula food package, the quantity of food originally issued must be equal or more than the quantity of food in the new food package.
  4. Issuing Formula to the Breastfeeding Infant – Formula quantities shall be tailored to meet needs of breastfeeding infant. See [Policy FD:10.0](#) for more information.
- XVI. 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. Fully 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. Fully breastfeeding – Breastfeeding support, no foods
    2. Partially 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. Fully breastfeeding – Breastfeeding support, no foods
    2. Partially breastfeeding – Formula
      - a. up to 460 fl. oz. reconstituted concentrate,

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- 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
- D. **Federal Regulations Food Package II - Infants (age 6 through 11 months):**
  - 1. Fully 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. Partially 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. Partially breastfeeding – Formula
    - a. up to 460 fl. oz. reconstituted concentrate,
    - b. up to 522 fl. oz. reconstituted powder, or

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- 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 amount of powder reconstituted to 910 oz. or less)
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 category (A maximum of 1 lb. of cheese may be substituted for 3 quarts of milk)
4. Cereal (adult OR infant cereal) up to amount allowed by participant category
5. Eggs – up to quantity allowed by participant category
6. Fruits and vegetables (cash value benefit or baby fruits and vegetables - up to quantity allowed by participant category
7. Whole wheat bread or other whole grains – up to quantity allowed by participant category
8. 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 quarts of milk)
3. Breakfast cereal - 36 oz.
4. Eggs – 1 dozen

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5. Fruits and vegetables - up to quantity allowed by participant category
  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
- 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 quarts of milk)
  3. Breakfast cereal - 36 oz.
  4. Eggs – 1 dozen
  5. Fruits and vegetables - up to quantity allowed by participant category
  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 Partially 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 quarts of milk)
  3. Breakfast cereal - 36 oz.
  4. Eggs – 1 dozen
  5. Fruits and vegetables - up to quantity allowed by participant category
  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

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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 quarts of milk)
3. Breakfast cereal - 36 oz.
4. Eggs – 1 dozen
5. Fruits and vegetables - up to quantity allowed by participant category
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 - Fully Breastfeeding Women:**

This food package will also be issued to Pregnant with Multiples, Pregnant Fully or Partially Breastfeeding, and Partially 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 quarts of milk)
3. Cheese – 1 lb.
4. Breakfast cereal - 36 oz.
5. Eggs – 2 dozen
6. Fruits and vegetables - up to quantity allowed by participant category

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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. Fish (canned) – 30 oz.
- L. Fully 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 quarts of milk)
  3. Cheese – 2.5 lbs.
  4. Breakfast cereal - 54 oz.
  5. Eggs – 3 dozen
  6. Fruits and vegetables - up to quantity allowed by participant category
  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 beans and 1 16 to 18 oz. peanut butter and 64 oz. canned beans/peas.
  9. Fish (canned) – 45 oz.