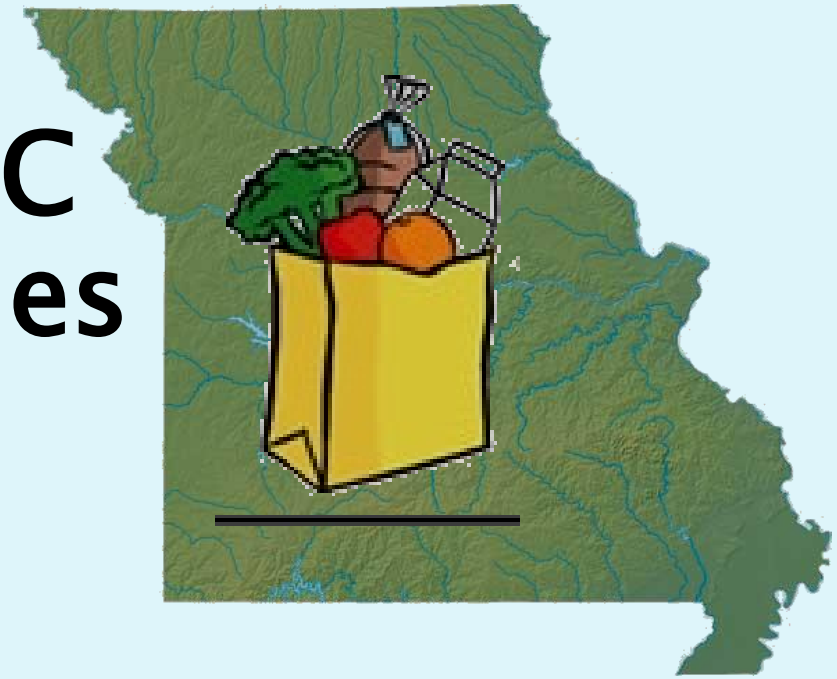
The NEW Missouri WIC Food Packages

Food and Focus!



Objectives

1. Identify reasons why the WIC food packages are changing.
2. Recognize the major changes to the WIC food packages.
3. Identify how has the infant food package changed.
4. Identify what extra food benefits a fully breastfeeding moms and their babies receive.
5. Identify which food items need a medical documentation from a health care provider.

Background to WIC Food Packages ...1974

The WIC food packages were designed to supplement participants' diets with foods rich in **five** (5) target nutrients known to be lacking in the diets of the WIC target population:

vitamins A and C, calcium, iron and protein.

History of WIC Foods

- No change in WIC food packages since 1980
- 1992 amount of foods provided for breastfeeding women was increased
- Requests to revise the WIC food packages from: advocacy groups, congress, medical and scientific communities, WIC administrators, and WIC participants

Major Changes to WIC Foods

- **New foods**
  - Fruits and vegetables
  - Whole wheat/grain breads
  - Infant foods
- **New alternatives**
  - Soy beverage
  - Tofu
  - Brown rice or whole wheat tortillas
  - Canned beans
  - Canned fish

- **New quantities**
  - Milk, egg, juice and cheese are reduced for women and children
  - Juice is eliminated from infant packages
  - Quantities of infant formula are reduced for partially breastfed and older infants

WIC Approved Food List

For Women and Children

Milk

Allowed
- Any brand
- Reduced/Low Fat milk (skim, ½%, 1%, 2%)
- Whole milk (if printed on WIC check)
- Plastic container size as printed on WIC check
- Cultured buttermilk (quart size)
- Evaporated milk, store brand only (12 oz can)
- Non-fat, dry milk, store brand only (8 quart box)

Not Allowed
- Filled milk
- Flavored milk
- Organic milk
- Substitutions
- Sweetened condensed milk

Specialty Milk
- Type and size will be printed on WIC check

Cheese

Allowed
- Store brand only, block, natural, domestic, American, Cheddar (extra sharp, sharp, medium or mild), Colby, Colby Jack, Monterey Jack, Mozzarella cheeses part skim or whole (8 or 16 oz)
- Store brand sliced American cheese only

Not Allowed
- Cheese additives
- String cheese
- Deli cheese
- Grated cheese
- Cheese food
- Flavored cheese
- Cheese spread
- Shredded cheese
- Cheese product
- Organic
- Cholesterol-reduced cheese
- Individually wrapped slices
- Low Fat/Fat Free cheese

Eggs

Allowed
- Large, white, grade A or AA (1 dozen package)

Not Allowed
- Low cholesterol eggs
- Organic eggs
- Specialty eggs
- Brown eggs

Dry Beans & Peas

Allowed
- Any variety of plain, mature dried beans, peas or lentils (16 oz package)
- Store brand only

Not Allowed
- Organic products
- Additives or flavors

Peanut Butter

Allowed
- Smooth, creamy or regular, store brand only (18 oz jar)

Not Allowed
- Crunchy peanut butter
- Low fat peanut butter
- Low salt/sodium peanut butter
- Organic peanut butter
- Mixtures with jams, jellies or honey

Canned Beans
- Bush's Best brand (16 oz can) only
- Garbanzo, Kidney, Pinto, and Red Beans

Whole Wheat/Whole Grain Breads

Wonder 100% Soft Whole Wheat Bread (16 oz)
Healthy Life 100% Whole Wheat/Whole Grain Bread (16 oz)
Bunny 100% Whole Wheat Bread (16 oz)
Best Choice 100% Whole Wheat Bread (16 oz)

Whole Grain Tortillas

Best Choice 100% Whole Wheat (16oz)
Chi-Chi's Whole Wheat Fajitastyle (16oz)
Hy-Vee Whole Wheat (16oz)
Best Choice Corn Tortilla (16oz)

Brown Rice
- Whole unprocessed grain
- 16 or 32 oz store brand packages
- No instant rice

Soymilk
(issued if meets criteria)
- 8th Continent Original Plain
- Half gallon only
- No flavored

Tofu (issued if meets criteria)
- **Mori-Nu Brand:**
  Silken Tofu Soft (12 oz)
  Silken Tofu Firm (12.3 oz)
  Silken Tofu Extra Firm (12.3 oz)
  Silken Lite Tofu Firm (12.3 oz)
  Organic Silken Tofu Firm (12.3 oz)
- **Azumaya Brand:**
  Firm Tofu (14 oz)
- **NaSoya Brand:**
  Firm Tofu-Organic (14 oz)
  Silken Tofu-Organic (16 oz)

For Infants

Infant Formula
- Brand, type and size printed on WIC check

Infant Cereal
- Plain, dry only (8 or 16 oz)

Beech-Nut
- Barley
- Multigrain
- Oatmeal
- Rice

Gerber
- Barley
- Mixed
- Oatmeal
- Rice
- Whole Wheat

Nature's Goodness
- Mixed
- Oatmeal
- Rice

Infant Fruit
- Only Applesauce, Apricot, Banana, Peach and Pears (4 oz jar)
- Any texture
- No mixed fruits

Beech-Nut, Gerber, Hy-Vee, Nature's Goodness

Infant Vegetables
- Only Carrots, Green Beans, Peas, Squash and Sweet Potatoes (4 oz jar)
- Any texture
- No mixed vegetables

Beech-Nut, Gerber, Hy-Vee, Nature's Goodness

Infant foods **not** allowed: Organic, Multiple-packs, and added DHA/ARA.

For Fully Breastfed Infants Only

Infant Meats
- Only Beef, Chicken, Ham, Lamb, Turkey and Veal (2.5 oz jar)
- Any texture, with broth or gravy

Beech-Nut, Gerber, Nature's Goodness

For Fully Breastfeeding Women

Canned Fish
- Light Tuna, water packed (5 or 6 oz) Chunk, solid or grated
- Pink Salmon (5,6, or 7.5 oz) Water packed only
- Sardines (3.75 oz) Water or soybean oil packed

Missouri Department of Health and Senior Services
WIC and Nutrition Services
P.O. Box 570
Jefferson City, MO 65102-0570
573-751-6204
www.dhss.mo.gov/WIC

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WIC-640 (09-09)

Missouri WIC

Special Supplemental Nutrition Program for Women, Infants and Children

Approved Food List

eating well & staying healthy

Effective October 1, 2009 – September 30, 2011

NEW

http://www.dhss.mo.gov/wic/FoodPackages/index.html

Section 1

The Breastfeeding Dyad

NOTE: Participant needs to tell the nutritionist if they need changes on WIC checks

Breastfeeding Incentives and Support

- Missouri WIC promotes breastfeeding as the preferred infant feeding method
- Health outcomes for both mother and infants are improved by breastfeeding
- Every mother should breastfeed for at least 1 year unless advised otherwise by a physician
- Breast pumps are provided for breastfeeding moms
- Fully breastfeeding infants and moms receive the best food package

Fully Breastfeeding Mothers

- Fully breastfeeding mothers receive the most variety, largest quantity of food and a $10 fruit and vegetable check for fruits and vegetables.

Fully Breastfeeding Infants

- Fully breastfed infants (6 – 12 months) receive infant meats and larger quantities of infant fruits and vegetables.

Mother's food package is determined by baby's feeding option

Fully Breastfeeding Food Package

Partially Breastfeeding Food Package

Partially Breastfeeding > Max Food Package

Non-Breastfeeding Food Package

Changes to the Infant Food Package

1. No routine issuance of formula in first month to help mother establish and maintain milk supply
2. Mom needs to request formula for her infant
3. No juice for infants
4. Infant cereal provided at 6 months
5. Infant food provided at 6 months: Fruit Vegetables and Meats*

*ONLY ISSUED TO A FULLY BREASTFED INFANT

New Food Packages for Partially Breastfeeding Infants

- Partially breastfed infants receive less infant formula to allow mothers to feed more breast milk to their infants.
- No routine issuance of formula in first month to help mother maintain milk supply
- Breastfeeding moms with infants over 6 months of age receiving more than ½ the amount of formula in an infant formula food package:
  - No longer receive food for themselves
  - Are counted as participating on the WIC program as breastfeeding women
  - Are given support and education to continue breastfeeding

Section 2

Children and Women

NOTE: Participant needs to tell the nutritionist if they need changes on WIC checks

Reduced Quantities: Milk, Cheese, Juice and Eggs

Amounts align with the 2005 Dietary Guidelines for Americans and recommendations of the American Academy of Pediatrics

Add Whole Grain Selections

- Whole Wheat Bread
  or
- Whole Wheat Tortilla
  or
- Soft Corn Tortilla
  or
- Brown Rice

Add Legumes

- Adds legumes to food package for postpartum women to improve the intake of iron, folate, Vitamin E, and fiber.

- Allows canned beans to be substituted for dried beans for all children and women.

Add New Milk and Dairy Alternatives

- Tofu
- Soy-based beverage

Medical documentation is required for children to receive soy-based beverage and tofu as alternatives to milk.

Add New Canned Fish for Fully Breastfeeding Women

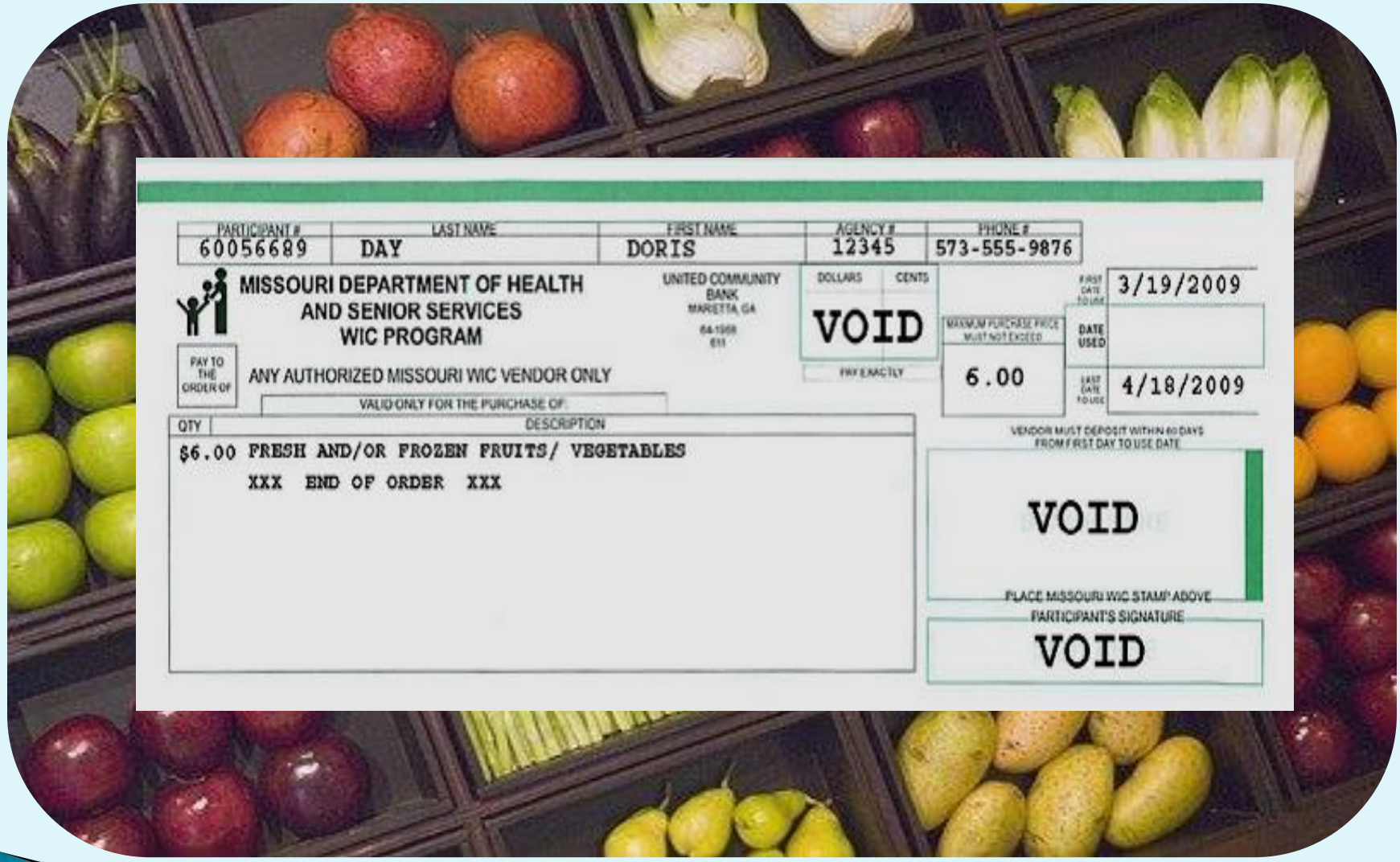
- Continues to allow canned light tuna (no albacore)
- Allows other canned fish identified as lower in mercury
  - Salmon
  - Sardines

Add Fruits and Vegetables

- Fruit and Vegetable Check FVC for fruits and vegetables for children and women
- Participants may choose from a wide variety of fruits and vegetables
- Fresh and frozen allowed

Children $6.00
Pregnant Women $8.00
Pregnant Women Carrying Multiples.$10.00
Partially Breastfeeding Women.....$8.00
Non-Breastfeeding Women.....$8.00
Fully Breastfeeding Women $10.00
Fully Breastfeeding Multiples $15.00

Fruit and Vegetable Check



PARTICIPANT # 60056689 | LAST NAME DAY | FIRST NAME DORIS | AGENCY # 12345 | PHONE # 573-555-9876

MISSOURI DEPARTMENT OF HEALTH
AND SENIOR SERVICES
WIC PROGRAM

UNITED COMMUNITY BANK
MARIETTA, GA

DOLLARS | CENTS
VOID
PAY EXACTLY

FIRST DATE TO USE 3/19/2009
DATE USED
LAST DATE TO USE 4/18/2009

MAXIMUM PURCHASE PRICE MUST NOT EXCEED
6.00

PAY TO THE ORDER OF
ANY AUTHORIZED MISSOURI WIC VENDOR ONLY

VALID ONLY FOR THE PURCHASE OF:

QTY	DESCRIPTION
$6.00	FRESH AND/OR FROZEN FRUITS/ VEGETABLES
	XXX END OF ORDER XXX

VENDOR MUST DEPOSIT WITHIN 60 DAYS FROM FIRST DAY TO USE DATE

VOID

PLACE MISSOURI WIC STAMP ABOVE

PARTICIPANT'S SIGNATURE

VOID

SHOPPING GUIDE FOR BUYING FRUITS AND VEGETABLES

SHOPPING GUIDE FOR BUYING FRUITS AND VEGETABLES

This shopping guide is to assist you in getting the most for your WIC fruit and vegetable check. Use this shopping list to keep track of your fruit and vegetable purchases. When choosing fruits or vegetables that are priced by the pound, please complete the following steps:

- Place the item on the scale in the produce section..
- Round the weight up to the nearest pound or half pound.
- Estimate the cost of the item based on this chart below.
- Write the item and price on this shopping list.

When you get to the check out counter, sort your foods. First, be sure to place the fresh fruits and vegetables on the conveyor belt or counter, then follow with the frozen fruits and vegetables.

REMINDERS:

1. More than one WIC check for fruits and vegetables may be added together for one WIC sale. Other WIC food checks must be rung up separately.
2. Your fruit and vegetable purchases must be the amount of the WIC check ($6, $8, or $10) or less. You may NOT pay the difference if your purchases exceed the WIC check amount. You may have to return some item(s) to reduce the amount of the sale to the amount of the WIC check or less.

Price per lb.	1 lb.	1 ½ lbs.	2 lbs.	2 ½ lbs.	3 lbs.	3 ½ lbs.	4 lbs.	4 ½ lbs.
0.49	0.49	0.74	0.98	1.23	1.47	1.72	1.96	2.21
0.59	0.59	0.89	1.18	1.48	1.77	2.07	2.36	2.66
0.69	0.69	1.04	1.38	1.73	2.07	2.42	2.76	3.11
0.79	0.79	1.19	1.58	1.98	2.37	2.77	3.16	3.56
0.89	0.89	1.34	1.78	2.23	2.67	3.12	3.56	4.01
0.99	0.99	1.49	1.98	2.48	2.97	3.47	3.96	4.46
1.09	1.09	1.64	2.18	2.73	3.27	3.82	4.36	4.91
1.19	1.19	1.79	2.38	2.98	3.57	4.17	4.76	5.36
1.29	1.29	1.94	2.58	3.23	3.87	4.52	5.16	5.81
1.39	1.39	2.09	2.78	3.48	4.17	4.87	5.56	6.26
1.49	1.49	2.24	2.98	3.73	4.47	5.22	5.96	6.71
1.59	1.59	2.39	3.18	3.98	4.77	5.57	6.36	7.16
1.69	1.69	2.54	3.38	4.23	5.07	5.92	6.76	7.61
1.79	1.79	2.69	3.58	4.48	5.37	6.27	7.16	8.06
1.89	1.89	2.84	3.78	4.73	5.67	6.62	7.56	8.51
1.99	1.99	2.99	3.98	4.98	5.97	6.97	7.96	8.96
2.09	2.09	3.14	4.18	5.23	6.27	7.32	8.36	9.41
2.19	2.19	3.29	4.38	5.48	6.57	7.67	8.76	9.86
2.29	2.29	3.44	4.58	5.73	6.87	8.02	9.16	10.31
2.39	2.39	3.59	4.78	5.98	7.17	8.37	9.56	10.76
2.49	2.49	3.74	4.98	6.23	7.47	8.72	9.96	11.21
2.59	2.59	3.89	5.18	6.48	7.77	9.07	10.36	11.66
2.69	2.69	4.04	5.38	6.73	8.07	9.42	10.76	12.11
2.79	2.79	4.19	5.58	6.98	8.37	9.77	11.16	12.56
2.89	2.89	4.34	5.78	7.23	8.67	10.12	11.56	13.01
2.99	2.99	4.49	5.98	7.48	8.97	10.47	11.96	13.46
3.09	3.09	4.64	6.18	5.23	9.27	10.82	12.36	13.91
3.19	3.19	4.49	6.38	7.98	9.57	11.17	12.76	14.36
3.29	3.29	4.94	6.58	8.23	9.87	11.52	13.16	14.81
3.39	3.39	5.09	6.78	8.48	10.17	11.87	13.56	15.26
3.49	3.49	5.24	6.98	8.73	10.47	12.22	13.96	15.71

SHOPPING LIST

Fresh Produce Priced by the Pound (Will need to be weighed)

Item	Price by Pound
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Estimated Total: _____

Fixed Price – Fruits & Vegetables

Item	Price	Quantity	Total
_____	_____	x _____	= _____
_____	_____	x _____	= _____
_____	_____	x _____	= _____
_____	_____	x _____	= _____
_____	_____	x _____	= _____

Estimated Total: _____

Frozen Fruits & Vegetables

Item	Price	Quantity	Total
_____	_____	x _____	= _____
_____	_____	x _____	= _____
_____	_____	x _____	= _____
_____	_____	x _____	= _____
_____	_____	x _____	= _____

Estimated Total: _____

Estimated Grand Total: _____

WIC IS AN EQUAL OPPORTUNITY PROVIDER.

#1004 (06-

Medical Documentation WIC 27

- Medical documentation ensures that the participant's physician has determined that foods provided by WIC will not cause harm.
- Medical documentation covers food; medical prescriptions do not.
- Medical documentation from the physician is needed before WIC can issue special formulas, soy milk and tofu for children.

MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
WIC AND NUTRITION SERVICES
Medical Documentation
Health Care Provider Authorization Form

Medical documentation is federally required to ensure that the patient under your care has a medical condition that requires the use of specialty formula and that conventional foods are precluded, restricted, or inadequate to meet their special nutritional needs.

Instructions: Complete sections A and D for all patients.
- To request a specialty formula and supplemental foods, also complete section B.
- To request a soy beverage, tofu or additional cheese, also complete section C.

The Missouri WIC Program will not authorize issuance for:
- Nonspecific symptoms; such as intolerance, fussiness, gas, spitting up, constipation, or colic.
- Enhancing nutrient intake or managing body weight without an underlying medical condition.

Fax form to WIC clinic or have WIC participant return form to clinic.

Local Agency:
Phone:
Fax:

A. Patient Information (Completed by Physician Office Staff)

Patient's Name: (Last, First, MI): **DOB:**
Parent/Caregiver's Name: Height: Weight: HGB:

Medical Reason/Dx: (Qualifying Condition) **MO WIC Risk Factor eligibility in parenthesis.*
- ☐ Prematurity *(*RF 142)*
- ☐ Low Birth Weight *(*RF 141)*
- ☐ Failure to Thrive *(*RF 134)*
- ☐ Metabolic Disorders *(*RF 360)*
- ☐ Gastrointestinal Disorders *(*RF 342)*
- ☐ Malabsorption Syndromes *(*RF 341)*
- ☐ Immune System Disorder *(*RF 360)*
- ☐ Severe Food Allergy *(*RF 353)*

☐ **Other-Describe** (Life Threatening Disorders, Diseases and Medical Conditions that impair digestion, absorption, or utilization of nutrients that could adversely affect the participants nutrition status). *(*RF341-362)*

Approval Length: ☐ 1 month ☐ 2 months ☐ 3 months ☐ 4 months ☐ 5 months ☐ 6 months (max)

B. Specialty Formula and WIC Supplemental Foods (Completed by Physician Office Staff)

Formula Requested (see approved list on back):
Prescribed Amount: ☐ maximum allowable **OR** ☐ _____ oz/day
Special Instructions/Mixing for Formula Requested:

Supplemental Food: (check one)
☐ Issue full provision of age appropriate supplemental foods.
☐ No WIC supplemental foods; provide formula only.
☐ Issue a modified food package omitting the supplemental foods checked below.

Special Instructions for Supplemental Food:

WIC Participant Category	WIC Supplemental Foods (Check Food to Omit)	
Infants (6-11 mos)	☐ Infant Cereal	☐ Infant Fruits/Vegetables
Children (1-4 yrs) & Women	☐ Milk* ☐ Cheese ☐ Eggs ☐ Juice ☐ Breakfast Cereals ☐ Legumes ☐ Peanut Butter ☐ Fruits and Vegetables ☐ Whole Grains ☐ Fish (fully breastfeeding women only)	

** WIC provides low fat milk for women and children > 2 years of age. Whole Milk may be issued only to patients receiving specialty formula whose medical condition qualifies them.* Only whole milk will be issued to 1 year olds.

C. Soy Beverage, Tofu or Additional Cheese (Completed by Physician Office Staff)

Check the boxes below to prescribe soy beverage, tofu or additional cheese:

☐ Soy Beverage or Tofu for Children	☐ > 1 lb Cheese for Women or Children
☐ > 4 lbs Tofu for Women (Prenatal, & Partially or Non-Breastfeeding)	☐ >6 lbs Tofu (for fully Breastfeeding Women)

Diagnosis (required): ☐ Milk Allergy ☐ Severe Lactose Maldigestion ☐ Vegan Diet
**Personal Preference is NOT an Allowed Reason.*

**Cheese, Tofu, & Soy Beverage amounts will be deducted from the maximum monthly allowance for reduced/low-fat milk, based on participant category.*

D. Health Care Provider Information (Completed by Prescriptive Authority Licensed by the State)

Signature of Health Care Provider:
Provider's Name: (please print) ☐ MD ☐ DO ☐ PA ☐ NP
Phone Number: **Date:**

MO 580-2913 (10-09) WIC-27

http://www.dhss.mo.gov/wic/FoodPackages/InfoforLWPs.html

When is Medical Documentation Required?

- Special infant formulas
- Any infant formula for children
- Medical foods for women and children
- Whole milk for anyone 2 years and older

Medical Documentation (Continued)

Cheese

- Greater than 1 pound for children and prenatal, partially breastfeeding and non-breastfeeding women
- Greater than 2 pounds for fully breastfeeding women

Soy beverage

- For children (1-4 years old)

Tofu

- Greater than 4 pounds for prenatal, partially and non-breastfeeding women
- Greater than 6 pounds for fully breastfeeding women
- Children any amount

October 1, 2009

New WIC Food Packages are coming in October 2009!

Food Packages will include:

- *Baby food fruits and vegetables*
- *Cash value checks for children and women to purchase fresh and/or frozen fruits and vegetables.*

AN EQUAL OPPORTUNITY / AFFIRMATIVE ACTION EMPLOYER: Services provided on a nondiscriminatory basis.

Sources:

- Food and Nutrition Service. WIC Food Packages. http://www.fns.usda.gov/wic/benefitsandservices/foodpkg.htm
- WIC Works Resource System. New WIC Food Packages Resources for WIC Staff. http://www.nal.usda.gov/wicworks/Learning_Center/Food_Packages.html
- Food and Nutrition Service (FNS). WIC Food Packages. http://www.fns.usda.gov/wic/benefitsandservices/foodpkg.htm
- California WIC Association. New WIC Foods: WIConnect http://www.calwic.org/newfood.aspx