

## 4.05 Children 1 through 4 years

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### POLICY:

The purpose of this policy is to outline the authorized supplemental food for participants 1 through 4 years of age who do not have a condition qualifying them to receive food package III. .

### PROCEDURE:

#### A. Authorized Supplemental Foods

Authorized supplemental food for children includes the following.

1. Milk, 16 qt.
  - a. Whole milk, as specified in FDA standards is the only type of milk allowed for children 12 through 23 months.
  - b. Reduced fat milks, as specified in FDA standards, such as reduced fat (2%), Lowfat (1%) and Fat Free (Skim milk), are the only types of milk allowed for children  $\geq$  24 months of age.
  - c. Milk substitutes
    1. Soy-based beverage
      - a. Soy-based beverage can be substituted for milk only with medical documentation on a quart for quart basis.
      - b. A health care professional licensed by the State to write prescriptions must make a medical determination and provide medical documentation on the **Prescription Formula Documentation Form (WIC-53)** that a child cannot drink milk and requires soy-based beverage. Such determinations can be made for situations that include, but are not limited to:
        - milk allergy
        - severe lactose maldigestion
        - vegan diets

See policy 4.09, Food Package III, Women, Infants and Children with Qualifying Medical Conditions, Section F, #1 for documentation requirements.

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2. Cheese
  - a. Cheese may be substituted for milk at the rate of 1 pound of cheese per 3 quarts of milk. Whenever 1# cheese is substituted, the remaining 1 quart of milk will be provided on the voucher with milk.
  - b. No more than 1 pound of cheese may be substituted for milk.
2. Breakfast cereal, 36 oz.
3. Juice, 128 fl oz.
4. Fruits and Vegetables, \$6.00
5. Whole grain bread, 2 lb.
6. Eggs, 1dozen
7. Legumes, 1 lb. or Peanut Butter, 18 oz.

**B. Prescribing Food Packages**

Only a Competent Professional Authority (CPA) is authorized to prescribe supplemental foods in quantities that do not exceed the regulatory maximum and are appropriate for the participant, taking into consideration the participant's age and nutritional needs.

**REFERENCES:**

1. WIC Regulations 246.10, Food Package IV, Children 1 through 4 years