

4.06 Pregnant Women

POLICY:

The purpose of this policy is to outline the authorized supplemental food for women participants who do not have a qualifying condition to receive exempt formula or a medical food.

PROCEDURE:

A. Women with a Singleton Pregnancy Authorized Categories of Supplemental Foods

The maximum monthly allowances of authorized supplemental food for women with a singleton pregnancy include the following.

1. Milk, fluid 22 qt.
 - a. 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 women.
 - b. Milk Substitutes
 1. Soy beverage
 - a. Soy based beverage can be substituted for milk on a quart of quart basis.
 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, 144 fl. oz.
4. Fruits and Vegetables, \$10.00 voucher
5. Whole grain bread, 1 lb.
6. Eggs, 1 dozen
7. Legumes, 1 lb and Peanut Butter, 18 oz.

4.06 Pregnant Women

B. Pregnant Women with Two or More Fetuses Authorized Categories of Supplemental Foods

1. Milk, fluid 24 qt.
 - a. 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 women.
 - b. Milk Substitutes
 1. Soy beverage
 - a. Soy based beverage can be substituted for milk on a quart for quart basis.
 2. Cheese
 - a. Cheese may be substituted for milk at the rate of 1 pound of cheese per 3 quarts of milk.
 - b. No more than 1 pound of cheese may be substituted for milk
2. Cheese 1 lb.
3. Breakfast cereal, 36 oz.
4. Juice, 144 fl. oz.
5. Fruits and Vegetables, \$10.00 voucher
6. Whole Wheat bread or other whole grains, 1 lb.
7. Eggs, 2 dozen
8. Legumes and Peanut Butter, 1 lb. and peanut butter 18 oz.
9. Fish (canned) – 30 oz.

C. 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.

4.06 **Pregnant Women**

REFERENCES:

1. WIC Regulations 246.10, Food Package V, Pregnant and Partially Breastfeeding Women and Food Package VII, Fully Breastfeeding.