

## 4.07 Breastfeeding Women

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### **POLICY:**

The purpose of this policy is to outline the authorized supplemental food for women participants who are breastfeeding their infants.

### **PROCEDURE:**

#### **A. Fully Breastfeeding Women Participants Categories of Supplemental Foods**

Maximum monthly amounts of authorized supplemental foods include the following.

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-based 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. Whenever 1# cheese is substituted, the remaining 1 quart of milk will be provided on the voucher with milk.
      - b. No more than 2 pounds of cheese may be substituted for milk.
      - c. If 2 pounds of cheese are substituted, then the 2 quarts of milk, will be converted to ½ gallon and be provided on the voucher with 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.

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7. Eggs, 2 dozen
8. Legumes, 1 lb and Peanut Butter, 18 oz.
9. Fish (canned), 30 oz.

### **B. Partially Breastfeeding Women Authorized Categories of Supplemental Foods**

Maximum monthly amounts of authorized supplemental foods 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-based 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 Wheat bread or other whole grains, 1 lb.
6. Eggs, 1 dozen
7. Legumes, 1 lb. and Peanut Butter, 18 oz.

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### C. Minimally Breastfeeding Women Authorized Categories of Supplemental Foods

Women in this category will receive the same food package as the postpartum, non-breastfeeding woman. Maximum monthly amounts of authorized supplemental foods include the following:

1. Milk, 16 qt.
  - a. Reduced fat milks, as specified in FDA standards, such as reduced fat (2%), Lowfat (1%) and (Skim milk), are the only types of milk allowed for women.
  - b. Milk substitutes
    1. Soy-based 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# of 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, 96 fl. oz.
4. Fruits and Vegetables, \$10.00 voucher
5. Eggs, 1 dozen
6. Legumes, 1 lb or Peanut Butter, 18 oz.

### D. Fully Breastfeeding Multiples Authorized Categories of Supplemental Foods

In odd calendar months, women fully breastfeeding multiples from the same pregnancy will receive the fully breastfeeding food package, (see **Section A** of this policy). In even calendar months, women fully breastfeeding multiples from the same pregnancy will receive double the amount of the fully breastfeeding food package. Maximum monthly amounts of authorized supplemental foods for the even calendar months include the following.

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1. Milk, fluid 48 qts.
  - a. Reduced fat milks, as specified in FDA standards, such as reduced fat (2%), Lowfat (1%) and 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 pound of 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.
      - c. If 2 pounds of cheese are substituted, then the 2 quarts of milk will be converted to ½ gallon and be provided on the voucher with milk.
2. Cheese 2 lb.
3. Breakfast cereal, 72 oz.
4. Juice, 288 fl. oz.
5. Fruits and Vegetables, \$10.00 voucher
6. Whole grain bread, 2 lb.
7. Eggs, 4 dozen
8. Legumes, 2 lb and Peanut Butter, 36 oz.
9. Fish (canned), 60 oz

**E. 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.

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**REFERENCES:**

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