

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**

This food package includes fully breastfeeding women who are pregnant. Maximum monthly amounts of authorized supplemental foods include the following:

1. Milk, fluid 24 qt.
  - a. Low-fat milks, as specified in FDA standards, such as Low-fat (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 with milk.
      - b. No more than 2 pounds of cheese may be substituted for milk.
2. Breakfast cereal, 36 oz.
3. Juice, 144 fl. oz.
4. Fruits and Vegetables, \$11.00
5. Whole Wheat bread or other whole grains, 1 lb.
6. Eggs, 2 dozen

**4.07**

**Breastfeeding Women**

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7. Legumes, 1 lb. or 4 (15-16oz) cans and Peanut Butter, 16-18 oz.
8. 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. Low-fat milks, as specified in FDA standards, such as 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.
      - b. No more than 1 # of cheese may be substituted for milk.
2. Breakfast cereal, 36 oz.
3. Juice, 144 fl. oz.
4. Fruits and Vegetables, \$11.00
5. Whole Wheat bread or other whole grains, 1 lb.
6. Eggs, 1 dozen
7. Legumes, 1 lb., or 4 (15-16oz) cans and Peanut Butter, 16-18 oz.

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

4.07

**Breastfeeding Women**

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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. Low-fat milks, as specified in FDA standards, such as Lowfat (1%) and Fat Free (Skim milk), are the recommended 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# of cheese is substituted, the remaining 1 quart of milk will be provided 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, \$11.00
5. Eggs, 1 dozen
6. Legumes, 1 lb., or 4 (15-16oz) cans or Peanut Butter, 16-18 oz.

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

Maximum monthly amounts of authorized supplemental foods for the even calendar months include the following.

1. Milk, fluid 36 qts.

**4.07 Breastfeeding Women**

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- a. Low-fat milks, as specified in FDA standards, such as Low-fat (1%) and Fat Free (Skim milk), are the recommended 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, 1.5 lbs.
  - 3. Breakfast cereal, 54 oz.
  - 4. Juice, 216 fl. oz.
  - 5. Fruits and Vegetables, \$16.50
  - 6. Whole grain bread, or other whole grains, 24 oz.
  - 7. Eggs, 3 dozen
  - 8. Legumes, 3 lbs., 1 lb. dry, 4 (15-16oz) cans or Peanut Butter, 16-18 oz.
  - 9. Fish (canned), 45 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.

**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.
- 2. Federal Register/Vol. 79, No. 42/Rules and Regulations