

## **4.08 Postpartum Non-Breastfeeding Women**

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### **POLICY:**

The purpose of this policy is to outline the authorized supplemental food for women participants up to 6 months postpartum who are not breastfeeding their infant.

### **PROCEDURE:**

#### **A. Authorized Categories of Supplemental Foods**

Maximum monthly amounts of authorized supplemental food for postpartum women include the following.

1. Milk, 16 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, 96 fl. oz.
4. Fruits and Vegetables, \$10.00 voucher
5. Eggs, 1 dozen
6. Legumes, dry or Peanut Butter 1 lb. or 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,

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taking into consideration the participant's age and nutritional needs.

**REFERENCES:**

1. WIC Regulations 246.10, Food Package VI, Pregnant and Partially Breastfeeding Women