

4.08 Postpartum Non-Breastfeeding Women

POLICY:

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

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. 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
 - 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 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 cans (15-16oz), or Peanut Butter, 16-18 oz.

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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 VI, Pregnant and Partially Breastfeeding Women
2. Federal Register/Vol. 79, No. 42/Rules and Regulations