

## New Hampshire WIC Policy & Procedure Manual

### Chapter 2 NUTRITION & BREASTFEEDING SERVICES

#### B. Food Package Design

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##### Milk and Milk Alternatives

###### Purpose

To support adherence to the Dietary Guidelines for Americans in limiting the amount of cholesterol and saturated fat provided in the WIC food package.

To provide soymilk, tofu, yogurt or other milk alternatives as options within the WIC food packages per the nutritionist's/competent professional authority's (CPA) assessment, when applicable for qualifying medical conditions and to meet cultural preferences of WIC participants.

###### Policy

WIC participants shall be provided the following milk and cheese as part of the base food package (FP) for their respective category:

- Whole cow's milk is provided to children 12-23 months old.
- Low fat milk (1%) or skim milk is provided to children 2 to 5 years old and all women.
- One pound cheese is provided in the standard food package for WIC participants on FP IV, V, and VI. Two and three pounds of cheese is provide on FP VII and FP VII.5 respectively.

Options for tailoring milk in a participant's food package are available when the following provisions are met:

- Substitution of regular milk to any alternative is considered part of the participant's total milk allowance
- Low fat/fat free milk for participants 12-23 months old, lactose free milk, powdered milk, evaporated milk, and UHT shall be provided after a nutritionist's assessment of need.

There are specific conditions for tailoring food packages for women and children to the milk alternatives, soymilk and calcium-set tofu.

Per the nutritionist/ (CPA) assessment and consultation with the participant's health care provider (HCP) as needed,

- 1) Women/children ages 1-5 years old shall be provided soymilk or calcium-set tofu as an alternative to cow's milk for the following conditions:
  - Milk allergy
  - Lactose intolerance
  - Vegan diet
  - Cultural preference
- 2) Children age 12-24 months may be provided:
  - soy formula with a completed Request for Special Formula form when necessary, or
  - Low fat (1%) or skim milk with overweight, obesity or a familial history of heart disease.

###### Authority

CFR 246.10 (b)(2)(ii)(C) and Final Food Rule CFR 246 03/04/14

## New Hampshire WIC Policy & Procedure Manual

### Chapter 2 NUTRITION & BREASTFEEDING SERVICES

#### B. Food Package Design

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##### Procedure

The following shall be provided based on a complete individual nutrition assessment by the nutritionist/CPA and in consultation with the participant's HCP as appropriate:

- lactose free milk,
- UHT milk,
- Low fat(1%) or skim milk for participant 12-24 months of age,
- soymilk/tofu--Nutritionist shall assure that the provision of a soy beverage cannot be met with standard WIC food items such as: lactose free milk. Nutritionist shall provide education that stresses the importance of milk over milk-substitutes as appropriate, inform parents that diets may be nutritionally inadequate (Calcium/Vitamin D) when milk is replaced with other foods and may affect bone mass for children. Offer education on ways to meet Calcium and Vitamin D needs. For children age 12-24 months with high risk growth concerns (See Chapter 8 High Priority policy) a consultation with the child's HCP shall be obtained prior to provision of soymilk

Consultation with the HCP would be warranted in the following situations but not limited to, if there is a question regarding the need for a soy beverage or low fat milk, if there is concern for the nutritional intake/status of the participant, or to inform the HCP that soymilk/tofu or low fat or skim milk is the participant's primary milk source for children.

The nutritionists/CPA shall tailor the participant's food package appropriately. The nutritionists/CPA shall document in the StarLINC tailored food package screen the following: length of issuance (not to exceed 12 months for soy formula) and the reason for issuance of low fat/fat free milk to a participant 12-23 months old, lactose free milk, UHT milk, soymilk and/or tofu. The nutritionists/CPA shall document in the StarLINC Nutrition education screen a summary of the assessment/need for the milk-alternative provided and summary of HCP consultation when obtained. The StarLINC risk criteria screen shall be updated as appropriate.

The allowed soymilk for the NH WIC Program is available in a refrigerator half-gallon container.

The maximum monthly allowance of milk is based on the following substitution rates:

Lactose free milk is issued on a 1:1 quart ratio as standard cow's milk  
Powdered milk is issued on a ratio of 1:10 [1 envelope = 1 quart, 1 box=10 quarts]

Evaporated milk is issued on a 1:0.75 ratio [1 can =  $\frac{3}{4}$  quart]

UHT milk is issued on a 1:1 quart ratio

Soy milk can be issued on a 1:1 quart ratio

Cheese\* is substituted for milk at the rate of 1#:3 quarts

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### Chapter 2 NUTRITION & BREASTFEEDING SERVICES

#### B. Food Package Design

---

1 quart yogurt\* may be issued for 1 quart milk maximum. Yogurt follows the same guidelines as milk for fat content per participant's age/need.

Tofu\* may be substituted for milk at a rate of 1 pound of tofu per 1 quart of milk.

\*A maximum of 4 quarts of milk can be substituted for cheese/yogurt/tofu in food package IV (child), V (Mostly BF & Pregnant) and VI (Limited BF/Postpartum). A maximum of 6 quarts of milk can be substituted for tofu in food package VII (Fully BF woman). FPIII follows 4 quarts for child, PG, PP, PBF FP; 6 quarts for FBF FP.

Examples cheese and yogurt or tofu:

1# cheese (3qt) and 1 quart yogurt (1qt);

1# cheese (3qt) and 1 pound tofu (1qt); or

3# tofu (3qt) and 1 quart yogurt (1qt)

Substitution of milk for cheese, yogurt and tofu is not allowed.

#### **Exception**

Whole milk/yogurt is permitted in food package III for women and children over 2 years of age per WIC nutritionist/CPA determination or HCP request and provision of a special formula through WIC or Medicaid.