

WIC Food Package & StarLINC Tailoring Options

Milk—Refrigerated liquid cow’s milk is provided as the standard milk; whole milk (WCM) is provided to children 12-24 months of age, all other participants are provided low-fat/nonfat milk.

- WCM may be provided to a participant on a Food Package III (FPIII) who is receiving a special formula and who needs the extra calories of WCM. A nutritionist/competent professional authority (CPA) may determine the need for WCM for participants on FPIII.
- Low-fat/nonfat milk may be provided to child 12-24 months of age with obesity/overweight and/or familial history of heart disease per nutritionist/CPA’s assessment of need; may consult with the HCP.
- The following milk substitutions may be provided after an assessment of need by the nutritionist/CPA for children (C), pregnant women (PG), breastfeeding-fully/partial (FBF/PBF) and postpartum women (PP):
 - Lactose-free,
 - Evaporated milk per preference
 - Powdered milk per preference
 - UHT milk for i.e. homelessness/no refrigeration

Milk→ **cheese***—one pound of cheese is provided as the standard food package for all participants. One pound of cheese= 3 quarts of milk. This creates a “dangling quart” on most FP. Cheese may be tailored back to liquid milk. Only 1# cheese is allowed for children, pregnant, partially BF, and postpartum FPs. 2#s of cheese are allowed for FBF women.

Milk→ **yogurt***—one quart of milk may be tailored to one quart of yogurt per preference. No more than 1 quart of yogurt may be issued per assigned FP.

Milk→ **soymilk**—Soymilk may be provided per medical need, nutritionist/CPA assessment and/or participant preference. Soymilk may be substituted for all of the milk on a 1:1 quart ratio.

Milk→ **tofu***—Tofu may be substituted for milk at a rate of 1 pound of tofu per 1 quart of milk per medical need, nutritionist/CPA assessment and/or participant preference. (Limits 4# for C/PG/PBF/PP; 6# for FBF)

* No more than a total of 4 quarts of milk may be substituted for cheese/yogurt/tofu for FPIV to VI; 6 quarts for FPVII. FPIII allows 4 quarts for C, PG, PP, PBF FP; 6 quarts for FBF FP.

Whole Grains—Per participant preference at the store a choice of 16 oz./1# whole wheat bread, whole wheat or corn tortillas, oatmeal, brown rice or whole wheat pasta.

Juice—As the base food package, children are provided 64 oz. bottled juice and women are provided 11.5/12 oz. frozen concentrate. The amount of juice is as follows: children--128oz = (2) 64 oz. bottles; PG/MBF/FBF women--144oz= (3) 11.5/12 oz. concentrate cans; PP women--96oz = (2) 11.5/12 oz. concentrate cans. Tailor options for children’s FP to frozen concentrate and/or women’s FP to bottled juice are allowed however this results in a reduced juice amount that is not the participant’s full nutrition benefit. (PG/MBF/FBF women will receive 16oz less w/ bottled juice; PP women will receive 32oz less w/ bottled juice. Children will receive 32oz less w/ concentrate juice.) The participant must be informed of this and it must be documented in the tailor FP note as participant’s choice/preference.

Fruit and Vegetable Benefit (F&V benefit) —may be tailored for participants on FPIII, receiving a special formula and whose medical diagnosis warrants the substitution of the F&V benefit to infant fruits and vegetables, using the following substitutions:

\$9.00 → 144 oz. jarred fruits/vegetables (36)—4oz. jars

\$11.00 → 176 oz. jarred fruits/vegetables (44)—4oz. jars

\$16.50 → 264 oz. jarred fruits/vegetables (66)—4oz. jars [EVEN/ODD month \$16/\$17=256oz/272oz=(64)/(68)—4oz jars]

Infant jarred fruits and vegetables—at 9 to 12 months of age, per nutrition assessment half of the jarred infant fruits and vegetables may be tailored to a \$4 CVV for **fresh only** fruits and vegetables.

MBF/FFF: \$4 AND 64oz—16 jars infant fruits & vegetables [no fCVV/128oz—32 jars infant fruits & vegetables]

FBF: \$8 AND 128oz—32 jars infant fruits & vegetables [no fCVV/256oz—64 jars infant fruits & vegetables]

Breakfast Cereal—May be tailored for participants on a FPIII to infant cereal. (32 oz. infant cereal in place of 36 oz. adult breakfast cereal)

Beans/Peanut butter—4 cans of beans may be tailored to 1# dry beans and vice versa. 4 cans of beans may be tailored to 1 jar (16-18oz) peanut butter.

Fish— Per participant preference at the store a choice of canned light tuna or salmon.

Eggs—no substitution is available.

Infant Formula— Infant formula is provided as powder, powder may be changed to concentrate. Formula may also be tailored to ready-to-use when the conditions of RTU are present. When foods are contraindicated formula (special/standard) may be provided at the 4-5 month allowance rate in lieu of the supplemental foods on a FPIII at 6-12 months.

Revised date: 1/2022