

## New Hampshire WIC Policy & Procedure Manual

### Chapter 2 NUTRITION & BREASTFEEDING SERVICES

#### B. Food Package Design

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##### Food Package I –Infants 0 through 5 months

<b>Purpose</b>	To provide WIC participants with supplemental food benefits according to their WIC category and nutritional needs.
<b>Policy</b>	<p>Food Package I is provided to all infants age 0 through 5 months of age. The base food packages, including maximum amounts of supplemental foods allowed for each category are found in the NH StarLINC Base Food Package Quick Guide (see attachments). <a href="#">NH WIC Approved Foods pamphlet</a> provides detail of which foods per food category are allowed and not allowed.</p> <p>A nutritionist/competent professional authority (CPA) shall assign a participant's food package in accordance with federal regulations and State policy. The nutritionist/CPA shall provide the full maximum monthly allowance of formula for WIC participants, unless reduced quantities are requested by the healthcare provider or the participant.</p> <p>Food Package I is determined by the age and feeding method of the infant. Food Package I is divided into the following infant feeding categories and age groups:</p> <ul style="list-style-type: none"><li>• Fully Breastfed (FBF), Mostly Breastfed (MBF), Limited Breastfed (LBF) at 0-1, 1-3, and 4-5 months of age; and</li><li>• Full Formula/Non-breastfed (FFF) at 0-3, and 4-5 months of age.</li></ul> <p>(See Breastfeeding, Postpartum Women and Infant Categories and Definition document.)</p>
<b>Authority</b>	CFR 246.10 (e)
<b>Procedure</b>	<p>The nutritionist/CPA shall support and encourage exclusive breastfeeding as the preferred infant feeding method for all babies. The nutritionist/CPA shall provide education and guidance on infant feeding to mom's who choose not to breastfeed or who choose to partially breastfeed.</p> <p>Staff shall determine and document the infant's feeding status as: fully breastfed (no formula through the WIC or Medicaid programs), mostly breastfed (receive some formula from WIC or Medicaid programs), limited breastfed (receives more than the maximum amount for formula allowed for a MBF infant from WIC or Medicaid), or full formula fed in the StarLINC Health Interview screen. Changes back to fully breastfed, mostly breastfed or limited breastfed are allowed. The infant's breastfeeding status determines the food package options available for the breastfeeding dyad.</p>

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Routine provision of formula for a breastfed infant in the first month is not allowed. After a thorough assessment has been completed, a partially breastfed infants, 0 to 1 month of age may receive formula as determined by the nutritionist/CPA. There are 2 options MBF 0-1 with 1 can of formula provided or LBF 0-1 with a minimum of 2 cans formula provided. Infants provided a FBF, MBF or LBF food package shall have follow up in one month.

Healthy, full term formula-fed infants are provided with the contract standard milk-based or soy-based infant formula. The local agency shall issue formula in concentrate liquid or powder. (See Contract/Alternate Formula policy.)

The nutritionists/CPA shall select the base food package in StarLINC. The nutritionists/CPA shall tailor the infant's food package based on the infant's dietary intake.

Staff shall ask all caregivers of infants or children on the WIC Program if they are receiving formula from another program and if yes, document by checking the "receives formula from another program" checkbox on the Assign Food Package Screen. (See Special Formula Provided Through NH Medicaid policy.)

#### **Exception**

Infants 0 through 5 months of age with a qualifying medical condition receive a Food Package III.

Medical documentation is required prior to issuing contract soy-based formula to premature infants.

Ready-to-feed formula may be provided when the CPA determines and documents:

1. The participant's household has unsanitary or restricted water supply or poor refrigeration;
2. The person caring for the participant may have difficulty in correctly preparing the concentrate or powder formula; or
3. The formula is only available in ready-to-feed.

#### **Best Practice**

All infants shall be seen by a nutritionist/CPA at FUN appointments.

Breastfed infants who are 0-1 month should only receive one can of formula when not fully breastfeeding to support breastfeeding success.