

## New Hampshire WIC Policy & Procedure Manual

### Chapter 2 NUTRITION & BREASTFEEDING SERVICES

#### B. Food Package Design

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##### Food Package II –Infants 6 through 12 months

<b>Purpose</b>	To provide WIC participants with the supplemental food benefit to which they are allowed according to their WIC category and nutritional needs.
<b>Policy</b>	<p>Food Package II is provided to infants ages 6 through 12 months. The base food packages, including maximum amounts of supplemental foods allowed for each category are found in the attachment called NH StarLINC Base Food Package Quick Guide. <a href="#">WIC Approved Foods</a> list provides detail of which foods per food category are allowed and not allowed.</p> <p>A nutritionist or 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 all foods for WIC participants, unless reduced quantities are requested by the participant’s caregiver or the healthcare provider indicates the infant should have additional standard formula and no supplemental foods due to a medical condition. (See Food Package III policy.)</p> <p>Food Package II is provided to infants 6 through 12 months of age and is determined by feeding method of the infant. Food Package II is divided into the following infant feeding categories:</p> <ul style="list-style-type: none"><li>• Fully Breastfed (FBF), Mostly Breastfed (MBF), Limited Breastfed (LBF) and</li><li>• Full Formula/Non-breastfed (FFF).</li></ul> <p>(See attachments Breastfeeding, Postpartum Women and Infant Categories and Definition, Infant Feeding Chart – More and More Rewards, and Donor Milk &amp; WIC Food Packages documents.)</p>
<b>Authority</b>	CFR 246.10 (e)
<b>Procedure</b>	<p>The nutritionist/CPA shall support and encourage breastfeeding as the preferred infant feeding method, with the addition of age appropriate complementary foods. The nutritionist/CPA shall provide education and guidance on infant feeding to moms who are not breastfeeding or who are partially breastfeeding. The nutritionist/CPA shall assess and educate on proper formula storage, handling, and preparation, including water source assessment.</p> <p>To support the education, the nutritionist/CPA shall review and provide either the Mixing Powder Infant Formula or Preparing Ready-to-Feed or Liquid Concentrate Infant Formula handout as indicated by the type of formula provided. Protect Your Baby from Cronobacter handout shall be reviewed/provided to infants younger than 2 months old, babies born prematurely or with a weakened immune system.</p>

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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.

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

All infants on a food package II are provided the following supplemental foods: infant cereal, and jarred infant fruits and vegetables. In addition, FBF infants also receive infant meats and greater quantities of jarred infant fruits and vegetables. Starting at 9 months of age, the option for the substitution of fresh fruits vegetables with a Fresh only-Cash Value Benefit (fCVB) for half of the jarred infant fruits and vegetables per the nutritionist's assessment is allowed. When fCVB is determined staff shall provide information on safe food preparation, storage and feeding practices.

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 and developmental readiness.

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 6 through 12 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 to be seen by a nutritionist/CPA at FUN appointments.