

New Hampshire WIC Policy & Procedure Manual

Chapter 2 NUTRITION & BREASTFEEDING SERVICES

B. Food Package Design

Food Packages V Pregnant and Mostly Breastfeeding

Purpose To provide WIC participants with supplemental food benefits allowed according to their WIC category and nutritional needs.

Policy Food Package V is provided to women who are pregnant or mostly breastfeeding. The base food packages for each participant's category, including maximum amounts of supplemental foods allowed, are found in the attachment called NH StarLINC Base Food Package Quick Guide. [NH WIC Approved Foods](#) pamphlet provides detail of which foods per food category are allowed and not allowed.

The 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 or by the healthcare provider.

The food package V for breastfeeding women is determined by their infant's breastfeeding status on the infant's Health Interview Screen. A mostly breastfeeding woman is less than 1 year postpartum and has an infant who is less than one year of age and who does not exceed the maximum amount of formula allowed for a Mostly Breastfed Infant.

Authority **CFR 246.10 (e)**

Procedure The Nutritionist shall assign the food package for the participant on the Assign Food Package Screen. The nutritionist/CPA, after a thorough nutrition assessment, may tailor the participant's base food package to address nutritional concerns or preferences not requiring medical documentation. See related Food Package III, Milk and milk alternatives, and Food Package Tailoring policies.

For all breastfeeding women, the infant's food package shall be determined and assigned prior to assigning the mother's food package.

Exception Pregnant or mostly breastfeeding women with a qualifying medical condition receive a Food Package III.
Women mostly breastfeeding multiples, and women pregnant with multiples are eligible for additional foods, see Food Package VII.

Best Practice Work with families to expand their selection of new food options available in the WIC food package. Provide recipes using the WIC foods. Identify allowed WIC CVB purchases from local area store sale flyers that use the participant's full CVB amount.